

# PSHE

## Intent

Personal, social and health education (PSHE) gives pupils the knowledge, skills and attributes they need to keep themselves healthy and safe and to prepare themselves for life and work in modern Britain.

At The Rose School the PSHE curriculum brings together citizenship with personal well being, careers, relationships and sex education whilst promoting British Values.

In order to be happy, successful and more independent in adult life pupils will need the knowledge to be able to make informed decisions about their wellbeing, health and relationships and to build self confidence and self worth we feel that our curriculum can facilitate them in these things.

## Implementation

PSHE is taught as a discrete subject for 45 minutes each week in KS3 and KS4 Pupils also have one lesson per week in form time called Life Matters. This is going to reinforce knowledge about emotional and mental health, careers, British Values, our community, online safety and personal safety. This is taught by the Form teacher and planned by teaching staff.

PSHE lessons are taught by A.Moran (AM) with R,O,S and E groups as well as KS4. M.Cutforth (MC) teaches Nurture pupils.

At KS3 we use the information from the PSHE Association to guide planning and resources from EHC Resources in lessons which are tailored to our pupils as well resources developed in house.

Standardisation of PSHE lessons is through Mrs Moran and Mrs Cutforth meeting to discuss the planning and implementation of the lessons.

At present we use the AQA PSE Award(5800 in Year 11 and the Unit Standard Award Scheme in Year 10, these do not cover all aspects of KS4 RSE 2020 so the curriculum units are supplemented in order to do so.

<https://www.aqa.org.uk/subjects/work-and-life-skills/award-and-certificate-in-personal-and-social-education/personal-and-social-education-5800/spec-at-a-glance>

<https://www.aqa.org.uk/programmes/unit-award-scheme>

Rose+ pupils are completing units of PSE which are delivered by Rose+ staff. Rose+ pupils have a tailored programme that loosely follows the curriculum map for their Year group. The unit they are working on depends on their start date on Rose+ and engagement in the work over time.

Standardisation of this is ensured by Amanda Moran (AM) working closely with Rose+ staff and also AM marking all the units for AQA Assessment.

## Impact

Pupils take part in discussions and feedback sessions in order to show their knowledge and understanding. Pupils' emotional and social development is measured throughout the whole school with SMART targets linked to their EHC plans that are reviewed throughout the year. There are also personal targets recorded daily on their points sheets. Once a pupil is meeting a target regularly these are changed to address another area of social, emotional need.

At KS4 the units completed are tailored to their academic ability with them being able to complete work at any level from EL1 – L2. Most pupils in 2020/2021 are achieving EL3 / L1 in school, with the majority on Rose+ achieving EL2.

PSHE contributes to safeguarding in schools by helping pupils recognise unhealthy relationships and inappropriate behaviour, including staying safe online.

It also helps pupils to support and seek help for themselves and friends and family in unsafe situations and to recognise how their behaviour can put themselves and others at risk.

## **KS3 PSHE and Citizenship overview**

2020 2021 is Year 2

	<b>Autumn</b>	<b>Spring</b>	<b>Summer</b>
Year 1	<b>Financial Literacy</b> Wants and needs Budgeting Savings/loans/credit/ debit Financial products	<b>Healthy Minds and Relationships</b> - mental health communication Depression focus, anger management, resilience, love and relationships - family, friends, legal marriages. Bullying/ staying safe (and online safety) Conflict resolution and is running away the answer?	<b>How am I changing?</b> Personal hygiene, puberty, periods, hormones. Sexual feelings and LGBT+ Consent / unwanted contact - cup of tea FGM Self checking and cancer prevention, screening <b>This will be added into 3a in Year 2 for groups O, S and E as it was missed during lockdown.</b>
	<b>Government</b> , monarchy, political policies, voting, elections 2019	<b>Healthy Bodies</b> - food, exercise. Drugs, alcohol and tobacco Risk of abuse and the law (First Aid to be completed in Wellbeing / PE).	<b>How am I unique?</b> Diversity, identity, prejudice, homophobia, racism and extremism. Radicalisation - signs and prevention
Year 2	<b>Emotional literacy - positive</b> mental health, mindfulness, self awareness, teens and the media, Discrimination - disability focus	<b>Career Development</b> Personal target setting and skills, behaviour management. Challenging career stereotypes and raising aspirations <b>Careers and finance</b> Personal budgeting - income, expenditure, credit and debit	<b>How am I changing? MOved from 3a last year)</b> Personal hygiene, puberty, periods, hormones. Sexual feelings and LGBT+ Consent / unwanted contact -cup of tea Safe sex Contraception, STIs, consent, pornography, sexting.

		Wage slips, NI numbers, tax, pensions	Teenage pregnancy Online grooming FGM Self checking and cancer prevention, screening
	<b>How am I unique? (moved from 3b last year)</b> Diversity, identity, prejudice, homophobia, racism and extremism. Radicalisation - signs and prevention	<b>British Values</b> - explicit - recap Life matters lessons Celebrating one's own culture and religion. Tolerance. Islamophobia - Sharia law	<b>Body image and the media</b> - male and female. Impact of relationships Focus on eating disorders Selfie obsessions -why? Risks of cosmetic and aesthetic procedure - tattoos
Year 3	<b>Rules, laws and the justice system (Citz)</b> Role of the police and courts. Young offenders Knife crime and its impact Rights and responsibilities	<b>Sexual orientation</b> LGBT+ and tackling homophobia, transphobia and sexism What we should know	<b>Financial decisions</b> - risks and consequences Staying financially savy and avoiding debt Learning from successful business people
	<b>Managing Conflict at home and outside</b> Peer pressure Assertiveness and risk Gangs Dangers of running away	<b>Sustainability and the environment</b> Global inequality and poverty Fairtrade and ethical shopping	<b>Enterprise Project</b> Plan and implementation

### PSHE overview

Year group	10 (Princes Trust and AQA Unit Standard Scheme)	11 (AQA PSE Units)
Term 1a	<b>Planning for personal Development (PT)</b>  <b>Drugs</b> Alcohol limits and abuse Tobacco abuse Danger and misuse of legal drugs Classification of illegal drugs And health risks Law and drugs Social and emotional risks of drug taking Vaping	<b>Relationship and sex education.</b> Types of relationships, parenting, responsibilities, <b>parenting skills, breakups, domestic abuse and arranged marriages.</b> Consent, good sex, contraception, STIs, LGBT+ (Unit 3)

Term 1b	<p><b>Careers (PT)</b>  <b>Informed Career choices and applying for jobs and courses.</b>  Choosing careers and finding more information.  Completing a CV, application form and a letter of application.  Preparation for an interview  Planning questions and answers  Taking part in an interview and knowing about relationships at work.  H&amp;S, rights and responsibilities.</p>	<p><b>Personal finance</b>  Banking services  Bank accounts, balance credits and debits  Credit cards  Interest payments  Wage slips  Statutory and non-statutory deductions  Tax and National insurance  Possible Benefits  <b>Gambling</b>  Unit 4</p>
Term 2a	<p><b>Careers Relationships and behaviour in the workplace</b>  Structure of a business/organisation, rights and responsibilities of an employee, trade union memberships and the advantages and disadvantages, equal opportunities and Health and Safety in the workplace, Risk Assessments</p>	<p><b>Emotional Well-being</b>  <b>Perseverance and procrastination</b>  Mental health and ill health along with tackling the stigma.  Prejudice and discrimination.  Equal opportunities  <b>Promoting self-esteem</b>  Stress and stress management.  Bullying  <b>Dealing with change</b>  <b>Grief and bereavement</b>  Unit 5</p>
Term 2b	<p><b>Healthy Lifestyles (PT)</b>  Sleep  Mental health  Ill health  Taking responsibility for healthy choices.</p>	<p><b>Diversity, prejudice and discrimination.</b>  <b>Celebrating diversity (multiculturalism)</b>  <b>British values and community cohesion</b>  Types of prejudice and why it might occur  Examples of discrimination and the impacts (2010 Equality Act)  Stereotyping and the impacts of it  <b>Overt and covert racism</b></p>

		<p><b>Extremism and radicalisation</b>  unit 12  (Pupils should have completed this in Year 10 but unfortunately with Covid19 it needs to be addressed properly in Yr11)</p>
Term 3a	<p><b>Diversity, prejudice and discrimination.</b>  Celebrating diversity (multiculturalism)  British values and community cohesion  Types of prejudice and why it might occur  Examples of discrimination and the impacts (2010 Equality Act)  Stereotyping and the im</p>	<p><b>Catch up and finish any units</b></p>
Term 3b	<p><b>Personal Safety</b>  At home/ at work/ in education  Personal responsibility for safety  Dangers involved in personal safety, including cyber safety  Advice on personal safety</p>	