

Year 7										
Autumn	Identity and multicultural community	Registration Focus: Equalities – protected characteristics introduction, age and sexism Understanding self and other around you	FGM Positive Relationships Bullying and Discrimination	Positive Mental Health Self Esteem	Online safety	Black History Month Safe Travel afternoon SSO Media Literacy	Prevent Duty (British values)	Personal Awareness and Safety – making appropriate choices Personal Hygiene	CSE: Healthy/Unhealthy relationships Domestic Violence awareness - PC Gunn drop in Forming and Maintaining Respectful Relationships Relationship Values	Anti-bullying– homophobic, biphobic and transphobic assembly
Spring	Equalities – protected characteristics. Focus on sexual orientation and disability.		LGBTQI + History Month assembly and lesson	NHS Careers	RSE Ten:Ten resources Spring B – 5 lessons: 1. Who am I 2. Changing Bodies 3. Healthy Inside Out 4. Where do we come from? 5. Family and Friends 6. My life on screen		Drugs, Alcohol, Tobacco And Vaping	Relationship Values (Friendships)	Children's Mental Health week	

Summer	Registration Focus: Equalities – protected characteristics. Race and gender reassignment	Neurodiversity	Consent	Eating healthily – risks with both obesity and dieting, tooth decay, what influences decisions about balanced diet Exercise	Qualities and Skills development	Social Influences-Peer influence and making good choices
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Year 8								
Autumn	Forming and maintaining Relationships FGM	Forms of protest Equalities – protected characteristics intro and	Online Safety (social media pressure) Domestic Violence Awareness drop in SSO	Black History Month Prevent –British values, respect and tolerance	Positive Mental Health – emotional wellbeing Deve self-esteem project (body image)	Money laundering – registration	Positive Mental Health - sleep	Anti-bullying week – homophobic, biphobic transphobic assembly

		Sexism - Registr ation						
Spring	Core Values	Institute of Philanthropy project.	Mental Health Exercise Importance of sleep – link to Mental health	Drugs, Alcohol and Tobacco- Daniel spargo workshop	Consent LGBTQI History Month assembly	Relationship Values RSE TenTen Resources Spring B : 5 lessons 1.Appreciatin g Differences 2.Created and chosen 3.Feeling 4,Before I was born 5.Tough 6.Relationshi ps 7.Think before you share	CSE Awareness Week assembly CSE-Trafficking and child abuse Pornography, Advertising and Media	
Summer	National Government and Local Government	Neurod iversity	Money Laundering	Financial Literacy – key terms	Bullying and discrimination	Healthy Lifestyles Physical Health Cancer and cancer prevention and screening		

	Year 9								
Autumn	Registration Focus: Equalities – protected characteristics introduction, age and sexism	FGM	Positive Mental Health – managing mood and anxiety	Sexual Harassment Positive Relationships – Respect agenda	Black History Month Anti-social behaviour	Prevent Duty Radicalisation	Personal Awareness and Safety – making appropriate choices	Domestic Violence awareness	Anti-bullying– homophobic, biphobic, and transphobic assembly
Spring	Equalities – stereotypes.	LGBTQI+ History Month	Children’s Mental Health week	Relationship Values RSE TenTen Resources Spring B : 7 lessons 1. Search for Love 2. Love People, Use things 3. In Control of my choices 4. Fertility and Contraception 5. Marriage 6. One hundred percent		Substance misuse	CSE Awareness Assembly Domestic Violence Awareness drop in SSO	Careers	

Summer	Registration Focus: Equalities – protected characteristics. Race and gender reassignment Human Rights and Wrongs	Mental Health Awareness Week Session Handling Stress Neurodiversity awareness	Democracy, Monarchy, Political parties Justice and Youth Crime Importance of Community	Social Media and digital literacy – cyber security	RSE continued 1. Knowing my Rights and Responsibilities 2. Consent	Basic First Aid
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Health and Wellbeing(Physical and Mental Health) Relationships and Sex Education Living in the Wider World

Ursuline High School

Proposal: KS3 and 4 PSHE Curriculum 2024-2025

Intent:

We are all members of a community committed to learning and working collaboratively to ensure our students learn about issues with real life relevance to them, at a crucial transition point in their lives. Furthermore, as a Catholic community, characterised by a spirit of respect, trust and joy, we promote excellence in every aspect of life. The ethos of the sixth form promotes inclusivity, tolerance, and respect for others within a supportive, caring community which values diversity. Many of our sixth form students come from different schools, and we value the knowledge and experiences they bring with them. When necessary, we revisit and reinforce earlier PSHE learning, but we connect this content to contexts that are relevant to this age group. We equip our students with knowledge and understanding, skills, strategies, and attributes they need for independent living and the next stage in their lives. In the Ursuline Sixth Form, our students learn skills for life, and it is our intention every student leaves us feeling empowered and ready to succeed as you go on to higher education and successful careers of their choice. We intertwine sessions on the core themes across each term to ensure our students receive an engaging PSHE education which prepares them for life in modern Britain. The personal development of our students is at the heart of our planning.

Implementation:

In KS3 and 4, we have a clear and comprehensive scheme of work in line with the National Curriculum. The PSHE curriculum has three core learning themes:

- health and wellbeing
- relationships and sex education
- living in the wider world

Each PSHE session is connected to one of these core themes, and the objectives are linked to the KS3 and 4 guidance provided by the PSHE Association. In Spring Term we deliver a half-term of Relationship and Sex Education using Ten:Ten resources. Our students have a weekly session delivered by their tutor, and we actively seek out expert people and companies to speak to our students. Form tutors ensure there is a continuous dialogue by providing space and time for our students to share their reflections on their PSHE learning. To ensure our students feel empowered over their own learning, we actively seek their feedback and, if appropriate, we tailor our curriculum to meet their needs. Likewise, there is enough

flexibility in our long term to plan to allow us to address issues that may arise in wider society which we feel our students need to reflect on.

Impact:

We measure the impact of our curriculum by providing opportunities for our students to reflect on their learning and its implications for their lives. We use student voice feedback to measure the success of sessions and revisit topics if necessary.

Surveying of student knowledge is used to identify future learning needs and we provide opportunities in the sessions for students to demonstrate their progress. This ensures our staff know that learning has taken place and allows them to correct any gaps/misconceptions.

The impact of our curriculum is that our students acquire the following knowledge and skills.

Health and Wellbeing:

- Have skills and strategies to manage transitional life phases
- Are able to manage pressure and stress
- Recognise what constitutes positive mental health and emotional wellbeing
- Know how to maintain a healthy lifestyle
- Assess and manage risk and personal safety
- Develop a comprehensive understanding of sexual health
- Understand the impact of alcohol and drug abuse

Relationships and Sex Education within a catholic ethos and values:

- Articulate their relationship values
- Challenge prejudice and discrimination
- Form and maintain respectful relationships
- Understand the concept of consent (legal and moral)
- Understand their rights in relation to harassment
- Recognise and manage different forms of abuse
- Celebrate cultural diversity

Living in the Wider World

- Set ambitious and career and life goals
- Evaluate 'next step' options
- Identify and evidence their strengths and skills when applying and interviewing for future roles and opportunities
- Learn their employment rights and responsibilities
- Recognise the importance of professional conduct
- Learn how to make good financial choices
- Develop media literacy and digital resilience

