

CURRICULUM SUBJECT: PSHE

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“Education is the most powerful weapon which you can use to change the world.”– Nelson Mandela

CURRICULUM INTENT

Why is it important that pupils at Vale of York study PSHE?

Our vigorous PSHE curriculum not only covers the wider scope of a national expectation, but also applies local, contextualised knowledge as well. Examples of this are seen in local news, current affairs and geographical locations easily accessible by students. We delve deep into looking at local areas of support to gain aid in challenging topics, looking at local government and how these areas can impact their future. We also look into ambitious post-16 options within the community as well as what students can achieve in the wider areas of work. With a drive to access support and the areas around us, we aim to give students a sense of safety within their community as well as a sense of positively contributing to it ensuring sustainability inside and outside our school.

CURRICULUM STATEMENT

PSHE: Vale of York Academy is committed to providing a robust and creative curriculum for Shaping Character, which encompasses several areas, including Personal, Social, Health and Economic Education (PSHE), British Values and Citizenship. In compliance with statutory requirements for PSHE and RSHE, our ‘Character Shaping’ curriculum is designed to provide our students with a comprehensive understanding of their place in the world and to foster their personal awareness and self-worth. Our aim is to empower students to make informed choices and decisions both now and in the future. The curriculum is structured around three themes, namely, ‘Health and Wellbeing’, ‘Relationships’, and ‘Living in the Wider World’.

Although the curriculum is thoroughly planned and mapped, we remain flexible and responsive to emerging concerns or trends, as well as the needs of our students and their communities. Form time activities are intended to facilitate high-quality discussions among learners, focusing on the PSHE curriculum, current affairs, and topics relevant to the academy’s needs. Through these planned discussions, students develop their cultural capital, appreciation, and understanding of British Values, including British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs. The spiritual, moral, social, and

cultural development of our learners is at the heart of the planning and implementation of these activities. We aim to ensure that learners become valuable and fully rounded members of society, who treat others with respect and tolerance, regardless of background, and leave school fully prepared for life in modern Britain. At Vale of York Academy, we are committed to delivering a comprehensive and holistic PSHE curriculum, which empowers our students to thrive and succeed both academically and personally.

RSE: At Vale of York Academy, we teach statutory RSE (Relationships and Sex Education). This is inline with the national guidance to ensure our students understand the risks, where to access support and the greater values of the wider world. To gather a full understanding of our RSE policy, it is available to view in our policy page. We understand that as a parent/carer, you may have concerns about what your child is learning in the classroom and how RSE is being delivered. Which is why, at Vale of York Academy, we have a full transparency belief that parents/carers have every right to access our resources and materials at their request. Should you wish to look through our RSE resources for any year group, email j.marucci2@voy.hslt.academy. Alternatively, we also have our RSE Evenings, where parents/carers are welcome to come into school, look through our resources, have a chat with the curriculum leader and ask any questions they may have regarding RSE to strive for that full transparency between our RSE curriculum, the students we deliver it to and the parents as well. Information on our RSE Evenings will be sent out to parents with dates and arrangements for the evening.

CURRICULUM SEQUENCE

Key Stage 3:

	Year 7	Year 8	Year 9
Curriculum time	1 hour per fortnight + 20 minute weekly form activity	1 hour per fortnight + 20 minute weekly form activity	1 hour per fortnight + 20 minute weekly form activity
Curriculum framework	National Curriculum	National Curriculum	National Curriculum
Core knowledge & understanding covered	Health and Wellbeing: Autumn I <ul style="list-style-type: none"> - Understanding Drugs - Tobacco - Risks and Influence - Alcohol - Risks and Influence Autumn II <ul style="list-style-type: none"> - What is Mental Health 	Health and Wellbeing: Autumn I <ul style="list-style-type: none"> - Allergies - Asthma - Head Injuries - Basic Life Support 	Health and Wellbeing: Autumn I <ul style="list-style-type: none"> - Drug and Alcohol Attitudes - Drugs and The Law - Effects of Alcohol - Managing Influence

	<ul style="list-style-type: none"> - Empathy and Mental Health - Self Care <p>Relationships:</p> <p>Spring I</p> <ul style="list-style-type: none"> - Puberty - Menstrual Wellbeing - Endpoint Assessment <p>Spring II</p> <ul style="list-style-type: none"> - Healthy and Unhealthy Relationships - Managing Conflict - Introduction to Consent <p>Living in the Wider World</p> <p>Summer I</p> <ul style="list-style-type: none"> - Bullying and Bystanders - Friendships and Challenges - Peer Influence <p>Summer II</p> <ul style="list-style-type: none"> - Careers all half term 	<p>Autumn II</p> <ul style="list-style-type: none"> - Diet and Exercise - Maintaining Physical Health - Sleep <p>Relationships:</p> <p>Spring I</p> <ul style="list-style-type: none"> - Relationship Values - Relationship Expectations - Sexual Orientations <p>Spring II</p> <ul style="list-style-type: none"> - Understand Changing Relationships - Family Roles <p>Living in the Wider World:</p> <p>Summer I</p> <ul style="list-style-type: none"> - Identity and Community - Bias and Stereotypes - Discrimination and Protected Characteristics <p>Summer II</p> <ul style="list-style-type: none"> - Careers all half term 	<p>Autumn II</p> <ul style="list-style-type: none"> - Attitudes to Mental Health - Unhealthy Coping Strategies - Healthy Coping Strategies - Change, Loss and Grief <p>Relationships:</p> <p>Spring I</p> <ul style="list-style-type: none"> - Contraception - Sexual Health - FGM <p>Spring II</p> <ul style="list-style-type: none"> - Respectful Relationship Behaviour - Capacity to Consent - Managing the End of a Relationship <p>Living in the Wider World</p> <p>Summer I</p> <ul style="list-style-type: none"> - Careers all half term <p>Summer II</p> <ul style="list-style-type: none"> - Gangs - The Risks of Gangs - Getting Out of Gangs
<p>Subject specific skills</p>	<p>Students will learn the following skills:</p> <ul style="list-style-type: none"> - Street Smarts - Assessing Risk and Influence - Empathy - Career Aspirations - Finding Help for Mental Health 	<p>Students will learn the following skills:</p> <ul style="list-style-type: none"> - How to deliver CPR - Spotting red flags in relationships - Language Intent - Successful family life - Assessing Risk and Influence 	<p>Students will learn the following skills:</p> <ul style="list-style-type: none"> - Safe Sex - Being STI aware - Research - Safety Aware - Assessing Risk and Influence
<p>Personal attributes evolved that support learning</p>	<p>Personal Attributes students will evolve and develop are: Act with integrity - Be thoughtful - Conduct themselves responsibly</p>		

Key Stage 4:

	Year 10	Year 11
Curriculum time	1 hour + 20 minute weekly form time activity	1 hour + 20 minute weekly form time activity
Core knowledge & understanding covered	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> - Substance Use and Abuse - Influence and Managing Substance Influence - Support for Substance Abuse - Drugs and The Law - County Lines - Personal Lifestyle Choices - Tattoos and Piercings - Cosmetics <p>Relationships</p> <ul style="list-style-type: none"> - Communication and Readiness - Sending Nudes - Rights, Trusts and Values - Impacts of Pornography - Pressure, Persuasion and Coercion - Managing Relationship Conflict and Breakups - Addressing Abuse - Intimacy and Pleasure <p>Living in the Wider World</p> <ul style="list-style-type: none"> - Valuing Diversity - Understanding and Preventing Extremism - How are people drawn into Extremist groups? - Abortion and Law - Careers <p>Religion</p> <ul style="list-style-type: none"> - Religion and Life - The Sanctity of Life - Euthenasia - Social Justice and Human Rights 	<p>Relationships</p> <ul style="list-style-type: none"> - Family Conflict - Long Term Commitments - Fertility and Routes to Parenthood - Pregnancy Outcomes <p>Living in the Wider World:</p> <ul style="list-style-type: none"> - Valuing Diversity - Prevent Extremism - Are Extremist Views Persuasive to young people? (Focus on Right Wing) - Left - Wing Extremism and Anarchy - How Dangerous are Conspiracy Theories - Creating an Anti-Extremism Campaign <p>Finance</p> <ul style="list-style-type: none"> - Take Away Payments - Budgeting - Savings Accounts - Investing - Insurance <p>Preparing for Next Steps</p> <ul style="list-style-type: none"> - Being a Safe Driver - Understanding Work-based behaviours - Growth Mind-set - CV Skills - Interview Prep

	<ul style="list-style-type: none"> - Religious Freedoms - Wealth and Poverty - Sexuality and Gender 	
Subject specific skills	<p>Students will learn the following skills:</p> <ul style="list-style-type: none"> - Challenging discrimination - Money management - Safe sex - Debate skill - Balancing and argument 	<p>Students will learn the following skills:</p> <ul style="list-style-type: none"> - Money Management - How to think under pressure - Spotting warning signs - Addressing Extremism - Work-based skill
Personal attributes evolved that support learning	<p>Personal Attributes students will evolve and develop are: Demonstrate respect - Act with tolerance - Understand balance</p>	

CURRICULUM OPPORTUNITIES

	<i>Year 7</i>	<i>Year 8</i>	<i>Year 9</i>	<i>KS4</i>
<i>Within the formal curriculum</i>	<i>Anti-bullying week</i>	<i>Restart a heart</i>	<i>Contraception Demonstration</i>	<i>Value of Life debate</i>
<i>Beyond the formal curriculum (out of lessontime)</i>	<i>Debate Club</i>			
<i>Links to other curriculum areas</i>	<i>English - Anti-bullying</i>	<i>PE - CPR and health and wellbeing</i>	<i>Science - Safe Sex</i>	<i>Maths - Money Management</i>
<i>Preparation for adult life</i>	<p><i>Our whole curriculum is designed with the intent of better preparing our students for adult life. Ways in which we ensure this, is making sure that our delivery works thematically. This means that all students will have one core focus at a time.</i></p> <p><i>As well as this, each year group has a section that drives focus on careers in order to better prepare them for the world of work.</i></p>			

CURRICULUM IMPLEMENTATION

As an Academy we have a range of clear standards and expectations of our pupils however each subject area has its own individual practices and habits that ensure that it can function to its optimum.

Curriculum delivery:

At Vale of York Academy, we take our PSHE lessons very seriously with a duty of safeguarding to uphold. The content covered through years 7-11 can be very delicate topics which is why we treat these lessons with care and professionalism. During this lesson, students are signposted to support should they need this. This support could be anything from mental health helplines to local pharmacies. Anything to ensure that what is delivered in the classroom, can be utilised in the real world.

SUPPORTING YOUR CHILD

	<i>Resources to support your child</i>	<i>Relevance - How it helps</i>
<i>Key Stage 3 & 4</i>	<p><i>NHS website</i></p> <p><i>British Heart Foundation</i></p> <p><i>Mind Charity</i></p>	<p><i>NHS - This comes with a lot of professional, researched advice about a lot that we cover in Worldviews and Modern Issues.</i></p> <p><i>BHF - A lot of professional insite that could one day become life saving. Just one of the topics we cover in this subject.</i></p> <p><i>Mind - Mental Health Charity. This website specialises specifically in young people's mental health (between the ages of 11-18)</i></p>

Links to above:

<https://www.nhs.uk/> - NHS website

<https://www.bhf.org.uk/> - British Heart Foundation

<https://www.mind.org.uk/for-young-people/> - Mind Charity