

PSHE at Castle Mead Academy

Personal, social, health and economic (PSHE) education at Castle Mead Academy is a key part of our curriculum offer. At Key Stage 3, pupils build on the skills, attitudes, values, knowledge and understanding they have developed at primary school. We acknowledge the changes our pupils are experiencing, teach our pupils to manage diverse relationships and the increasing influences of peers and the media and how to make a full and active contribution to society. At Key Stage 4, pupils extend and rehearse the skills, further explore relevant attitudes and values and further deepen knowledge and understanding around similar themes as Key Stage 3.

Our PSHE curriculum is centred around three main themes: health and wellbeing, relationships and living in the wider world. These themes are addressed vertically throughout Key Stages 3 and 4, with topics and content we have decided to be appropriate for the age of our pupils. Our PSHE curriculum also reflects local priorities for our pupils and community.

Pupils learn about six topics per year. These topics are explored in tutor groups with their form tutors. We use calendared drop-down mornings and some Prep sessions for these PSHE lessons. The topics also complement our assembly calendar where appropriate.

Due to the ongoing importance and vigilance required around e-safety, e-safety is mapped separately alongside the PSHE curriculum for all pupils.

Throughout all themes and topics, pupils will learn how to identify and access help, advice and support.

Health and wellbeing	Relationships	Living in the wider world
<p>To include:</p> <ul style="list-style-type: none"> • How to manage transition • How to maintain physical mental and emotional health and wellbeing • How to assess and manage risks to health and to keep themselves and others safe • How to respond to an emergency, including administering first aid • The role and influence of the media in lifestyle. 	<p>To include:</p> <ul style="list-style-type: none"> • How to develop and maintain healthy relationships within a range of social and cultural contexts • How to recognise and manage emotions within a range of relationships and how to deal with risky or negative relationships 	<p>To include:</p> <ul style="list-style-type: none"> • Learning about the rights and responsibilities as members of a diverse community and as active citizens in our local and national economy • Learning about the concept of consent in a variety of contexts. • How to make informed choices and be enterprising and ambitious and about the economic and business environment • How to develop employability, team working and leadership skills and develop flexibility and resilience.

In year 9, pupils will have an additional timetabled one lesson of PSHE every week. This will see many of our Relationships and Sex Education and Health Education lessons taught. Topics in these lessons will include:

- Families
- Respectful relationships, including friendships
- Online media
- Being safe
- Intimate and sexual relationships, including sexual health
- Mental wellbeing
- Internet safety and the harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing and adolescent body.

PSHE map 2019-20

	Health and wellbeing	Relationships	Living in the wider world	Health and wellbeing	Relationships	Living in the wider world
	Topic 1 (weeks 1-7)	Topic 2 (weeks 8-13)	Topic 3 (weeks 14-20)	Topic 4 (weeks 21-26)	Topic 5 (weeks 27-33)	Topic 6 (weeks 34-39)
Year 7	Looking after yourself: physical and personal hygiene, mental health, physical activity, sleep, balanced diet	Bullying (to include mental health)	Extremism and intolerance	Puberty	Positive relationships	Drugs/the law/County Lines and Knife Crime
Year 8	Alcohol and Substance misuse (to include how to access support)	Sexuality and homophobia	Online and Offline risks: CSE (Kayleigh H/Brecks last game), grooming, consent, sexting	Mental health - stress and anxiety (to include further work on mindfulness)	Relationships and the media	Enterprise (to include 'make a difference')
Year 9	Mental health and wellbeing	It's your choice	Careers	First aid (CPR etc.)	Interviews with SLT about GCSE Options	Voting and democracy
Year 10	Alcohol and Substance misuse 2 (to include how to access support)	It's your choice and relationships and the media 2	Economic wellbeing and employability skills (to include online footprint also)	Drugs/the law/County Lines and Knife Crime 2	Apprenticeships	Preparing for work experience
Year 11	UCAS	UCAS	Preparing for College Interviews	Exam stress and revision		