

INTENT:



“The final forming of a person’s character lies in their own hands”

Anne Frank

The RSHE curriculum equips learners to become lights within their world. They are encouraged to live healthy, safe, productive, capable, responsible and balanced lives. Learners are encouraged to shine by being supported in making effective decisions, positive learning, career choices and in achieving economic wellbeing. Learners are provided with opportunities to reflect on, clarify their own values and attitudes, and explore the complex and conflicting range of values and attitudes encountered now and in the future. Learners will also develop inter and intra personal skills allowing them to develop team work and personal skills ensuring they shine and are not hidden.

Physical health and mental wellbeing

Health and wellbeing education should focus on enabling pupils to make well-informed, positive choices for themselves. This should enable pupils to understand how their bodies are changing, how they are feeling and why, to further develop the language that they use to talk about their bodies, health and emotions and to understand why terms associated with mental and physical health difficulties should not be used pejoratively.



Relationships and Sex Education (RSE)

The aim of RSE is to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships. It should enable them to know what a healthy relationship looks like and what makes a good friend, a good colleague and a successful marriage or other type of committed relationship. It should also cover contraception, developing intimate relationships and resisting pressure to have sex (and not applying pressure). It should teach what is acceptable and unacceptable behaviour in relationships.



Living in the Wider World

Even though much of 'Living in the Wider World' is not included in statutory requirements, this core theme is equally important. A high quality PSHE programme will also cover economic wellbeing, careers and enterprise education, as well as education for personal safety, including assessing and managing risk.





****Please click on the icons for further information on PSHE****



Mixed Ability	Half term points					
	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
7	Core Theme 1: Health and Wellbeing	Core Theme 2: Relationships	Core Theme 3: Living in the Wider World	Easter Celebration	Core Theme 2: Relationships	Core Theme 3: Living in the Wider World
	Learning to include: <ul style="list-style-type: none"> • self-concept • mental health and emotional wellbeing • healthy lifestyles • drugs, alcohol and tobacco 	Learning to include: <ul style="list-style-type: none"> • positive relationships • relationship values • forming and maintaining respectful relationships • contraception and parenthood 	Learning to include: <ul style="list-style-type: none"> • learning skills • choices and pathways 	Learning to include: <ul style="list-style-type: none"> • a walk through Easter 	Learning to include: <ul style="list-style-type: none"> • positive relationships • forming and maintaining respectful relationships • consent • bullying, abuse and discrimination • social influences 	Learning to include: <ul style="list-style-type: none"> • learning skills • choices and pathways



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Mixed Ability	Half term points					
	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
8	Core Theme 3: Living in the Wider World	Core Theme 1: Health and Wellbeing	Core Theme 2: Relationships	Easter Celebration	Core Theme 1: Health and Wellbeing	Core Theme 2: Relationships
	Learning to include: <ul style="list-style-type: none"> • learning skills • choices and pathways • work and career 	Learning to include: <ul style="list-style-type: none"> • self-concept • mental health and emotional wellbeing • managing risk and personal safety 	Learning to include: <ul style="list-style-type: none"> • positive relationships • relationship values • forming and maintaining respectful relationships 	Learning to include: A walk through Easter	Learning to include: <ul style="list-style-type: none"> • healthy lifestyles • drugs, alcohol and tobacco • managing risk and personal safety • puberty and sexual health 	Learning to include: <ul style="list-style-type: none"> • self-concept • contraception and sexual health • bullying and discrimination • social influences

Curriculum plan: RSHE



CONNECTED