



PSHE CURRICULUM MAP

Personal, Social, Health and Economic (PSHE)

Intent:

In PSHE students develop the knowledge, skills, and attributes they need to manage their lives, now and in the future. It empowers children and young people to stay healthy and safe, whilst also preparing them to make the most of life and work, and prepares them for their role as future adult citizens.

All PSHE lessons fall under one of 3 Core Themes. 'Health and Wellbeing', 'Relationships', and 'Living in the Wider World'.

Key stage 3

At KS3, PSHE education acknowledges and addresses the changes that young people experience, beginning with transition to secondary school, the challenges of adolescence, and their increasing independence.

YEAR 7	Term 1: Transition to secondary	Term 2: Diversity	Term 3: Developing skills and aspirations	Term 4: Health and puberty	Term 5: Building relationships	Term 6: Staying safe
Key Knowledge	Transition to secondary school, new friendships, and respecting others	Diversity, prejudice, and bullying	Careers, teamwork and enterprise skills, and raising aspirations	Healthy routines, influences on health, puberty, menstruation.	Self-worth, romance and friendships (including online) and relationship boundaries, inc unwanted touching	Recognising danger, first aid, and staying safe.
Key Subject Skills	Case study analysis, individual and group mind-mapping, group discussion, evaluating and appraising situations, research, reflecting on our own understanding of topics					
Personal development:	PSHE meets statutory requirements of PSHE, RSE, and online safety throughout the curriculum.					
Connections with careers	Term 3 has a specific focus on Careers and careers education. However, the PSHE coordinator also regularly meets with Careers coordinator to establish whole-school initiatives, including assemblies and form time activities.					
Home support	<p>The focus of PSHE at RMGS is for a whole-school approach. This includes all teachers and pastoral leads playing a role, but also the vital input of parents and carers too.</p> <p>PSHE staff and parents/carers are all focused on the safety and wellbeing of students.</p> <p>Our first and last PSHE teachers are our families; everything from being taught to say “please” and “thank you” and how to brush our teeth, to advice on job interviews and on paying their first bills, all falls under PSHE education.</p> <p>Parents can support PSHE education from school by answering questions students may have. Some topics students may find particularly challenging and may wish to speak to family as well as school staff. All PSHE lessons also signpost additional support, such as helpful websites or local agencies, and parents can support us by helping students to access that additional support if students have continuing questions and concerns.</p>					

YEAR 8	Term 1: Substance misuse and vaping	Term 2: Discrimination	Term 3: Community and careers	Term 4: Emotional wellbeing	Term 5: Identity and relationships	Term 6: Digital literacy
Key Knowledge	Caffeine, alcohol, and tobacco misuse and the pressures surrounding their use.	Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Equality of opportunity in careers and life choices, and different types and patterns of work	Mental health and emotional wellbeing, including body image and coping strategies	Gender identity, sexual orientation, consent, sharing intimate photos, and an introduction to contraception	Online safety, digital literacy, scams, media reliability, and gambling hooks
Key Subject Skills	Case study analysis, individual and group mind-mapping, group discussion, evaluating and appraising situations, research, reflecting on our own understanding of topics					
Personal development:	PSHE meets statutory requirements of PSHE, RSE, and online safety throughout the curriculum.					
Connections with careers	Term 3 has a specific focus on Careers and careers education. However, the PSHE coordinator also regularly meets with Careers coordinator to establish whole-school initiatives, including assemblies and form time activities.					
Home support	<p>The focus of PSHE at RMGS is for a whole-school approach. This includes all teachers and pastoral leads playing a role, but also the vital input of parents and carers too.</p> <p>PSHE staff and parents/carers are all focused on the safety and wellbeing of students.</p> <p>Our first and last PSHE teachers are our families; everything from being taught to say “please” and “thank you” and how to brush our teeth, to advice on job interviews and on paying their first bills, all falls under PSHE education.</p> <p>Parents can support PSHE education from school by answering questions students may have. Some topics students may find particularly challenging and may wish to speak to family as well as school staff. All PSHE lessons also signpost additional support, such as helpful websites or local agencies, and parents can support us by helping students to access that additional support if students have continuing questions and concerns.</p>					

YEAR 9	Term 1: Drug use	Term 2: Respectful relationships	Term 3: Setting goals	Term 4: Healthy lifestyle	Term 5: Intimate relationships	Term 6: A changing world
Key Knowledge	Use of drugs and their effects.	Healthy and unhealthy relationships and friendships, peer pressure, and dangers of gangs, CSE	Learning strengths, career options and goal setting as part of the GCSE options process	Diet, exercise, lifestyle balance and healthy choices, and first aid	Relationships and sex education including consent, contraception, the risks of STIs, and dangers of pornography, including sharing nudes	AI, Cryptocurrency, privacy, and digital safety
Key Subject Skills	Case study analysis, individual and group mind-mapping, group discussion, evaluating and appraising situations, research, reflecting on our own understanding of topics					
Personal development:	PSHE meets statutory requirements of PSHE, RSE, and online safety throughout the curriculum.					
Connections with careers	Term 3 has a specific focus on Careers and careers education. However, the PSHE coordinator also regularly meets with Careers coordinator to establish whole-school initiatives, including assemblies and form time activities.					
Home support	<p>The focus of PSHE at RMGS is for a whole-school approach. This includes all teachers and pastoral leads playing a role, but also the vital input of parents and carers too. PSHE staff and parents/carers are all focused on the safety and wellbeing of students.</p> <p>Our first and last PSHE teachers are our families; everything from being taught to say “please” and “thank you” and how to brush our teeth, to advice on job interviews and on paying their first bills, all falls under PSHE education.</p> <p>Parents can support PSHE education from school by answering questions students may have. Some topics students may find particularly challenging and may wish to speak to family as well as school staff. All PSHE lessons also signpost additional support, such as helpful websites or local agencies, and parents can support us by helping students to access that additional support if students have continuing questions and concerns.</p>					

Key stage 4: GCSE

At KS4, PSHE education reflects the fact that students are moving towards an independent role in adult life, taking on greater responsibility for themselves and others.

YEAR 10	Term 1: Mental health	Term 2: Addressing bullying, extremism and radicalisation	Term 3: Financial decision making	Term 4: Exploring influence	Term 5: Healthy relationships	Term 6: Careers
Key Knowledge	Mental health and ill health, stigma, safeguarding health, including during periods of transition or change (including grief)	Communities, belonging, bullying, and challenging extremism	The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	The influence and impact of drugs, gangs, role models and the media	Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	CV and cover letter writing, applying to colleges and 6th forms- A Levels and vocational qualifications
Key Subject Skills	Case study analysis, individual and group mind-mapping, group discussion, evaluating and appraising situations, research, reflecting on our own understanding of topics					
Personal development:	PSHE meets statutory requirements of PSHE, RSE, and online safety throughout the curriculum.					
Connections with careers	Term 6 has a specific focus on Careers and careers education. However, the PSHE coordinator also regularly meets with Careers coordinator to establish whole-school initiatives, including assemblies and form time activities.					
Home support	<p>The focus of PSHE at RMGS is for a whole-school approach. This includes all teachers and pastoral leads playing a role, but also the vital input of parents and carers too. PSHE staff and parents/carers are all focused on the safety and wellbeing of students.</p> <p>Our first and last PSHE teachers are our families; everything from being taught to say “please” and “thank you” and how to brush our teeth, to advice on job interviews and on paying their first bills, all falls under PSHE education.</p> <p>Parents can support PSHE education from school by answering questions students may have. Some topics students may find particularly challenging and may wish to speak to family as well as school staff. All PSHE lessons also signpost additional support, such as helpful websites or local agencies, and parents can support us by helping students to access that additional support if students have continuing questions and concerns.</p>					

YEAR 11	Term 1: Building for the future	Term 2: Families	Term 3: The world of work	Term 4: Independence	Term 5: Communication in relationships	Term 6:
Key Knowledge	Self-efficacy, stress management, and future opportunities- application to colleges and 6 th forms	Different families and parental responsibilities, pregnancy, marriage and forced marriage, domestic abuse, and changing relationships	Wages, National Insurance, PAYE, careers opportunities, apprenticeships	Responsible health choices, and safety in independent contexts	Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse	
Key Subject Skills	Case study analysis, individual and group mind-mapping, group discussion, evaluating and appraising situations, research, reflecting on our own understanding of topics					
Personal development:	PSHE meets statutory requirements of PSHE, RSE, and online safety throughout the curriculum.					
Connections with careers	Term 3 has a specific focus on Careers and careers education. However, the PSHE coordinator also regularly meets with Careers coordinator to establish whole-school initiatives, including assemblies and form time activities.					
Home support	<p>The focus of PSHE at RMGS is for a whole-school approach. This includes all teachers and pastoral leads playing a role, but also the vital input of parents and carers too. PSHE staff and parents/carers are all focused on the safety and wellbeing of students.</p> <p>Our first and last PSHE teachers are our families; everything from being taught to say “please” and “thank you” and how to brush our teeth, to advice on job interviews and on paying their first bills, all falls under PSHE education.</p> <p>Parents can support PSHE education from school by answering questions students may have. Some topics students may find particularly challenging and may wish to speak to family as well as school staff. All PSHE lessons also signpost additional support, such as helpful websites or local agencies, and parents can support us by helping students to access that additional support if students have continuing questions and concerns.</p>					