

Elm Court School

PSHE Curriculum Overview



Key Stage 3

Our PSHE education programme covers three core themes: Health and Well-being; Relationships; and Living in the Wider World and is delivered over the six half terms. Pupils in Years 7 to Year 9 study a variety of topics in these themes while progressing from Entry 1 to Entry 3 with Summative Assessments carried out at the end of each term. When possible, the topics are linked to festivals/events such as Anti-Bullying Month, additionally, we observed Mental Wellbeing Week termly. Pupils also participate in workshops, some of which are led by specialists as well as planned visits to places of interest linked to some of the topics covered.

Year 7	Year 8	Year 9
<p><u>Transition to Secondary School and personal safety</u></p> <ul style="list-style-type: none"> • School rules and people who can help with the transition • Respect in the school community • Safety in and outside school • Crossing the road safely • Safe use of the internet • Organisation that promotes safety 	<p><u>Personal safety</u></p> <ul style="list-style-type: none"> • Dangers in the home and the community • Road Safety including joyriding • Safe use of internet communication, including emails and social network sites. • Organisations that provide advice on safety • Managing risks 	<p><u>Personal Safety</u></p> <ul style="list-style-type: none"> • Respond to dangers in the home and community • Risk and the effect of behaviour on road safety • Internet safety – social network site and its age restriction • - dangers of internet communication, e.g., ‘sexting’ and ‘grooming’
<p><u>Emotional Wellbeing</u></p> <ul style="list-style-type: none"> • Recognise emotions • Our bodies • Types of Bullying • Assertive attitude to bullying • Who is a friend • Sign posting 	<p><u>Emotional Wellbeing</u></p> <ul style="list-style-type: none"> • Types of emotions • Puberty • Managing emotions/ stress • Recognising Bullying • Dealing with bullying • Support for victims • Being a friend • Mental and physical illness 	<p><u>Emotional Wellbeing</u></p> <ul style="list-style-type: none"> • Manage emotional experiences • Managing the changes of puberty • Cyberbullying • Self-esteem • Peer pressure • Difference between physical and mental illness • Signposting -support
<p><u>Relationship</u></p> <ul style="list-style-type: none"> • What makes a family • Features of family life • Personal boundaries/appropriate and inappropriate touch • Making and maintaining healthy friendships 	<p><u>Relationship</u></p> <ul style="list-style-type: none"> • Different types of relationships • Healthy and unhealthy relationships • Consent 	<p><u>Relationship</u></p> <ul style="list-style-type: none"> • Privacy and personal boundaries • Acceptable and unacceptable contact • Permission-seeking and giving

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<p><u>Drugs Education & Healthy Lifestyle</u></p> <ul style="list-style-type: none"> • Safe and unsafe substances • Recognise legal and illegal drugs • Problems associated with alcohol misuse • Danger of smoking • Effects on health • Identifying and managing risk 	<p><u>Drugs Education & Healthy Lifestyle</u></p> <ul style="list-style-type: none"> • Types of drugs • Alcoholic and non-alcoholic drink • Problems relating to alcohol abuse. • Problems relating to the use of tobacco • Maintaining a healthy body • Recognising and managing risk 	<p><u>Drugs Education & Healthy Lifestyle</u></p> <ul style="list-style-type: none"> • Problems associated with alcohol abuse • Health risks associated with tobacco and vaping • Problems associated with illegal drugs • What's needed for a healthy body • Laws about drugs • Signposting support
<p><u>Personal Finance & Careers</u></p> <ul style="list-style-type: none"> • Recognising British coins and notes • What is meant by saving • Spending • Paying for goods and services • Job opportunities • Contributing to fundraising 	<p><u>Personal Finance & Careers</u></p> <ul style="list-style-type: none"> • Identifying the value of British coins and notes • Ways of saving • Spending vs saving • Different ways to pay • Risks associated with money • Employment opportunities • Participating in a fundraising activity 	<p><u>Personal Finance & Careers</u></p> <ul style="list-style-type: none"> • Saving money • Lifestyle expenses • Income and expenditure • Careers linked to income • Methods of payment for goods and services • Current account and a savings account • Organising a fundraising activity
<p><u>Diversity</u></p> <ul style="list-style-type: none"> • Differences and similarities between people • Fair and unfair treatment • Our bodies • LGBTQ+ awareness 	<p><u>Diversity</u></p> <ul style="list-style-type: none"> • Respecting differences and similarities • Puberty – the body • Prejudice & discrimination • LGBTQ+ prejudice & discrimination 	<p><u>Diversity</u></p> <ul style="list-style-type: none"> • Different types of stereotyping • How stereotypes can be unfair and unhelpful • The Changes in Puberty • Challenging stereotyping • Extremism • Laws on discrimination

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Key stage 4 and Key stage 5

Pupils in KS4 and KS5 work towards an ASDAN PSHE qualification in the Lifeskills Challenge. During the six-term period, we explored a variety of topics. Pupils work their way up from Entry Level 2 to Level 1. When possible, the topics are associated with festivals or events such as Anti-Bullying Month, additionally, we observed Mental Wellbeing Week termly. Pupils also take part in workshops, some of which are led by specialists, as well as planned visits to places of interest linked to some of the topics covered.

Year 10	Year 11	Sixth Form
<p><u>Keeping Safe on Social Media</u></p> <ul style="list-style-type: none"> • Types of social media • Staying protected on social media • Social Media & reality Influencers • Avoiding gangs • Grooming and online gaming 	<p><u>Keeping Safe on Social Media</u></p> <ul style="list-style-type: none"> • Risks of being on social media • Using social media safely • Online Risks & Gaming • Positives and negatives of social interaction in online games • Grooming Radicalisation and Extremism • Incel and misogyny 	<p><u>Keeping Safe on Social Media</u></p> <ul style="list-style-type: none"> • Risks associated with social media. • Advantages & disadvantages of communicating through social media • 'Grooming' and its impact on a person's life. • Organisations that offer support and advice
<p><u>Keeping safe in the community</u></p> <ul style="list-style-type: none"> • Potential hazards for pedestrians as road users • Identify safe and unsafe situation • Appropriate information to share when going out • Knife crime • Gangs 	<p><u>Keeping safe in the community</u></p> <ul style="list-style-type: none"> • Appropriate information shared when going out • How to keep safe around strangers • Situations where you feel unsafe • Knife crime • Gangs 	<p><u>Keeping safe in the community</u></p> <ul style="list-style-type: none"> • How to access money safely from a bank • Safe and unsafe situations • Gangs- managing risks and staying safe
<p><u>Finding out about jobs and careers</u></p> <ul style="list-style-type: none"> • Recognise jobs and career opportunities • Roles and responsibilities of different jobs • Skills and qualities needed for a chosen job 	<p><u>Finding out about jobs and careers</u></p> <ul style="list-style-type: none"> • Planning for jobs and career opportunities • Skills and qualities needed for a chosen job • Roles and responsibilities of different jobs 	<p><u>Finding out about jobs and careers</u></p> <ul style="list-style-type: none"> • Researching jobs and career opportunities • Roles and responsibilities for specific jobs • Skills and qualities required for each of the chosen jobs

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<p><u>Alcohol use and abuse</u></p> <ul style="list-style-type: none"> • Alcoholic drinks/units • Binge drinking Effects of alcohol on individuals • Effects of alcohol on society • Alcohol and the law 	<p><u>Alcohol use and abuse</u></p> <p>Reasons why people drink alcohol</p> <ul style="list-style-type: none"> • Risks of underage drinking • Peer pressure /Manage peer pressure • Short-term and long-term risks • Law concerning alcohol 	<p><u>Alcohol use and abuse</u></p> <ul style="list-style-type: none"> • Alcohol & consent • Alcohol abuse on individual's work & family life • Alcohol abuse on society Signposting support
<p><u>Personal Hygiene</u></p> <ul style="list-style-type: none"> • The need for personal hygiene • Personal hygiene products that are used regularly 	<p><u>Personal Hygiene</u></p> <ul style="list-style-type: none"> • Puberty & hygiene • Personal hygiene routines • Benefits of carrying out regular personal hygiene activities 	<p><u>Personal Hygiene</u></p> <ul style="list-style-type: none"> • Hygiene & Health • Benefit of following daily personal hygiene • Activities & consequences of not having a good personal hygiene routine
<p><u>Exploring Relationships and Sexuality</u></p> <ul style="list-style-type: none"> • Different types of relationships • Maintaining friendships • Types of abuse • Resolving disagreement and conflict • The human body • Physical and emotional impact of puberty 	<p><u>Exploring Relationships and Sexuality</u></p> <ul style="list-style-type: none"> • Healthy and unhealthy relationship • Features of a healthy & and unhealthy relationship • Managing relationship issues • Sources of information and support 	<p><u>Managing Relationships and Sexuality</u></p> <ul style="list-style-type: none"> • Qualities of healthy relationships • Healthy relationship behaviours • Features of unhealthy or unsafe • Relationships • Seek help for abusive circumstances

How you can support your child in PSHE:

You can support your child by:

- *Setting up a space for the child to do homework*
- *Giving the child time to complete homework*
- *Checking the child's work to make sure the presentation is neat.*

Please keep in touch with the PSHE teachers should you feel your child is struggling or needs more challenge – let us know. You can communicate with us using the child's diary or emails at: admin@elmcourt.lambeth.sch.uk