

PSHCRE 7 year curriculum map

Subject Intent

PSHCRE allows students to learn about themselves and the world around them by learning about a range of relevant topics. The curriculum intends to develop students' communication skills and encourage them to think critically about how they are influenced, the choices they make and who they fundamentally want to be. PSHCRE also plays an important role in safeguarding students to teach them key knowledge that will encourage them to make good choices and prevent them from potential dangers. Through studying PSHCRE students will:

- Learn about a range of topics such as RSE, celebrating diversity and inclusion, the wider world, health and wellbeing and options beyond school.
- Develop their communication and oracy skills.
- Recognise potential dangers and how to avoid them.
- Engage in regular discussions and communicate effectively with those with opposing views.
- Develop analytical and critical thinking skills.



| | Term 1 | | Term 2 | | Term 3 | | Core skills |
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| Year 13 | <p>How can I balance everything in my life?</p> <p>Students will learn about how to look after their well-being whilst entering their final year at school. The unit focuses on strategies to maintain positive mental health and includes wider debates such as 'nature vs nurture'. Students will also learn about the influence of social media and marketing and subconscious influence.</p> | <p>What financial options do I have?</p> <p>Students will learn about budgeting, inflation and foreign exchange rates. This unit teaches students about managing their money.</p> | <p>How do I maintain healthy professional relationships?</p> <p>Students will learn about managing professional relationships and the workplace. They will consider their online presence and the boundaries between the personal and professional. They will also learn to manage conflict within professional relationships, how to deescalate situations and how to recognise and report sexual harassment.</p> | <p>How can I prepare for my future career?</p> <p>Students will learn about being an entrepreneur and personal enterprise. They will have the opportunity to practice interview skills and will experience a mock interview as part of the course. Students will start to plan for their future careers and learn about the skills they will need to acquire to succeed in their chosen area.</p> | <p>How can I revise?</p> <p>Students will focus on study skills and will learn how to revise for different subjects, in anticipation of their A Level exams.</p> | <p>Students off timetable due to A Level Exams</p> | <p>The key concepts and skills of PSHCRE are repeatedly explored and assessed throughout Y13:</p> <ul style="list-style-type: none"> Big ideas Language Comparisons Contexts Critical thinking Speaking |
| Year 12 | Term 1 | | Term 2 | | Term 3 | | Core skills |
| | <p>Which drugs are illegal and should they be?</p> <p>Students will learn about the effects of different drugs and their different laws. Students will take part in different debates to help them to express their views respectfully and engage with different points of view.</p> | <p>Why is sexual health important?</p> <p>Students will learn about the importance of respect within relationships and re-visit different options available in relation to contraception.</p> | <p>How can I look after my money?</p> <p>Students will learn about tax, insurance and different saving options. The unit teaches students about how different people are paid and different financial options available, once they are earning money.</p> | <p>What are my options when I leave school?</p> <p>Students will look at the wide range of post 18 options available. They will learn transferrable skills by learning to write a CV and a personal statement. They will revisit ideas about honing their personal brand and the etiquette of the work place.</p> | <p>What does 'positive well-being' even mean?</p> <p>Students will learn strategies in order to maintain a positive well-being, in relation to both their mental and physical health.</p> | <p>What are some of the key issues we face in 2023?</p> <p>In this unit students will learn about current affairs and how different sources feed different information. Students are encouraged to develop their critical thinking and communication skills as they participate in debates.</p> | <p>The key concepts and skills of PSHCRE are repeatedly explored and assessed throughout 12:</p> <ul style="list-style-type: none"> Big ideas Language Comparisons Contexts Critical thinking Speaking Listening |
| Year 11 | Term 1 | | Term 2 | | Term 3 | | Core Skills |
| | <p>What decisions might I need to make about my body?</p> <p>Students will learn about topics such as blood and organ donation, pregnancy, contraception and parenthood. This unit teaches students about different options available when it comes to their bodies and encourages students to develop their analytical skills when considering different options.</p> | <p>What are my options after my GCSEs?</p> <p>Students will learn about the range of Post 16 options. They will learn about Sixth Form, College, Apprenticeships and Traineeships. Students will learn about key skills needed to be successful in their careers and will be able to make informed choices about their next stage of education.</p> | <p>Why is learning about sexual health important?</p> <p>Students will re-visit the topic of contraception and further learn about options available. The unit also teaches students about the dangers of sharing intimate photos and the importance of respect within relationships both online and offline.</p> | <p>How can I stay safe in 2023?</p> <p>Students will learn about digital footprints and the effects of different common addictions, such as drug addiction and gambling.</p> | <p>How can I revise?</p> <p>Students will focus on study skills and will learn how to revise for different subjects, in anticipation of their GCSE exams.</p> | <p>Students off timetable due to GCSE Exams</p> | <p>The key concepts and skills of PSHCRE are repeatedly explored and assessed throughout Y11:</p> <ul style="list-style-type: none"> Big ideas Language Comparisons Contexts Critical thinking Speaking Listening |

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| Year 10 | Term 1 | | Term 2 | | Term 3 | | <p>The key concepts and skills of PSHCRE are repeatedly explored and assessed throughout Y10:</p> <p>Big ideas Language Comparisons Contexts Critical thinking Speaking Listening</p> |
| | <p>How can I look after my well-being?</p> <p>Students will learn about mental health disorders and how to respond to negative emotions in themselves and others. Students will learn about topics such as self-harm and suicide, with a focus on how to maintain positive mental health to prevent these from occurring.</p> | <p>How can I make myself employable?</p> <p>Students will learn about the process of searching for and applying for jobs and achieving a life-work balance. They will learn about creating their personal brand and the etiquette of the workplace before being introduced to CVs. Student will write their own CV in preparation for their work experience later in the year.</p> | <p>What does a healthy relationship look like?</p> <p>Students will learn about healthy and unhealthy relationships and the depiction of relationships online. The unit teaches students about issues with pornography and sending and sharing explicit images.</p> | <p>What does it mean to be British?</p> <p>Students learn about their human rights and acceptance of different communities within Britain. The unit also teaches students critical thinking and how to recognise false information and fake news.</p> | <p>How can I keep myself and others safe?</p> <p>Students learn about knife crime, honour based violence and modern day slavery. This unit teaches students how to recognise potential dangers and how to respond to them.</p> | <p>What are some of the biggest issues we face in 2023?</p> <p>In this unit students will learn about current affairs and how different sources feed different information. Students are encouraged to develop their critical thinking and communication skills as they participate in debates.</p> | |
| Year 9 | Term 1 | | Term 2 | | Term 3 | | <p>The key concepts and skills of PSHCRE are repeatedly explored and assessed throughout Y9:</p> <p>Big ideas Language Comparisons Contexts Critical thinking Speaking Listening</p> |
| | <p>How can I be an ally?</p> <p>Students will learn about prejudice and discrimination and what it means to be an ally to help combat racism, misogyny, islamophobia and homophobia. Students will learn about the importance of celebrating diversity and the importance of equality and inclusivity. There will be a focus on respectful communication.</p> | <p>Is my body normal?</p> <p>Students will learn about their bodies and what is seen to be 'normal' as their bodies grow and change. In this unit students will learn about the media's image of beauty and airbrushing and will analyse whether it is realistic. The unit also includes a focus on self-esteem.</p> | <p>How can I ensure success in my future career?</p> <p>Students will learn about key skills such as entrepreneurship and networking. They will learn about the importance of challenging themselves and being ambitious in the workplace. They will also learn about how to access and use labour market information.</p> | <p>What is consent?</p> <p>Students will learn about what it means to give consent and the importance of it. Students also will learn about factors involved when deciding whether or not to engage in sexual activity.</p> | <p>Which drugs are illegal and should they be?</p> <p>Students will learn about the effects of different drugs and their classifications. Students will learn about the legal implications of taking and selling drugs. Students also will revisit the topic of county lines as a preventative measure.</p> | <p>Why is sexual health important?</p> <p>Students will learn about different types of contraception and different sexually transmitted infections and how to avoid them.</p> | |
| Year 8 | Term 1 | | Term 2 | | Term 3 | | <p>The key concepts and skills of PSHCRE are repeatedly explored and assessed throughout Y8:</p> <p>Big ideas Language Comparisons Contexts Critical thinking Speaking Listening</p> |
| | <p>How can I look after my well-being?</p> <p>Students will learn about mental health, physical health, body image and strategies to maintain positive well-being. Within this unit students will learn how to deal with stress. This will be relevant to students as they begin the new academic year and may be feeling slightly anxious about it.</p> | <p>How can I keep myself safe?</p> <p>Students will learn about substance misuse, county lines and how to stay safe online. The unit teaches students how to stay safe and avoid being exploited both online and offline and it teaches them how to recognise potential dangers.</p> | <p>What do healthy relationships look like?</p> <p>Students will learn about the importance of healthy relationships and will explore the concept of love. The unit includes content on gender identity and sexual orientation and teaches students about different types of relationships that exist. Students will also learn about how to respond when relationships experience conflict.</p> | <p>How do politics affect me?</p> <p>Students will learn about how the country is run and will learn about the current British government. Students will explore why politics are important and what they influence within society.</p> | <p>What does LGBTQ+ mean?</p> <p>Students will learn about the LG BTQ+ community and will address issues such as homophobia and transphobia. There will be a focus on respectful communication and Students will learn about what it means to be an ally.</p> | <p>What options do I have for my future career?</p> <p>Students will build on what they have learnt about building their base of skills and competencies. They will learn about creating opportunities for themselves, managing their career progression and will learn about upcoming milestones (GCSEs) and the importance of gaining qualifications in their career.</p> | |
| Year 7 | Term 1 | | Term 2 | | Term 3 | | <p>The key concepts and skills of PSHCRE are repeatedly explored and assessed throughout Y7:</p> <p>Big ideas Language Comparisons Contexts Critical thinking Speaking Listening</p> |
| | <p>How can I be a good friend?</p> <p>Students will learn about healthy and unhealthy behaviours in friendships online and offline. Students will learn about peer pressure and how to respond to it assertively. This will be relevant for students as they meet new people and create new friendships.</p> | <p>Why is it important to celebrate our differences?</p> <p>Students will learn about identity and the importance of celebrating differences. Students will also explore the existence of stereotypes and the harm that they can cause.</p> | <p>What is happening to my body and how can I look after it?</p> <p>Students will learn about puberty and maintaining positive self-esteem whilst their bodies are changing. The unit includes a focus on consent in relation to their bodies and also touches on FGM, as a preventative measure.</p> | <p>Why do laws and rules exist?</p> <p>Students will learn about how the country is run and explore the concept of democracy. In this unit students focus on why laws exist and who makes and enforces them. The unit encourages students to think more about and question the world around them.</p> | <p>How can I keep myself safe?</p> <p>In this unit students learn about staying safe online and learn to recognise potential dangers. Students also learn about the risks involved in vaping and being influenced by peer pressure to engage in dangerous behaviours.</p> | <p>Which skills do I need to succeed?</p> <p>Students will be introduced to the concepts of skills and competencies. They will analyse their own and reflect on where they need to build to ensure success in their future. They will also learn about the concept of having a job, managing different roles and responsibilities and what makes them employable.</p> | |