



Sir Thomas Fremantle

# Year 7 Curriculum: PSHE

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<b>Rationale</b>	As part of our wider curriculum offer within the tutor programme we deliver our key PSHE programme. This is split across three main strands; promoting positive health and well-being; exploring the wider world; and the RSE curriculum. In addition to this we compliment our careers curriculum with further insights and create opportunities for citizenship, British values and financial education
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	Autumn	Spring	Summer			
Knowledge	<ul style="list-style-type: none"> <li>• Introduction and transitioning to Secondary School</li> <li>• PSHE Introduction Aspiration</li> <li>• Self Esteem</li> <li>• Being a Resilient Student</li> <li>• Online Safety Introduction lessons</li> <li>• Introduction to Budgeting, Saving + Finance Unit</li> <li>• Racism and Stereotypes introduction</li> </ul>	<ul style="list-style-type: none"> <li>• Family, Marriage + Civil Partnership</li> <li>• Positive Friendships Introduction</li> <li>• Love, Positive and Safe Relationships lessons</li> <li>• Bullying Online &amp; Offline inc.</li> <li>• Cyberbullying + Trolling</li> <li>• Personal Identity and Diversity</li> <li>• Introduction to Extremism + Radicalisation</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy living (inc. Nutrition, Exercise + Rest, Healthy Eating)</li> </ul> <p>Introduction to Addiction, Drugs and Dangerous Substances Unit (inc. Smoking and Energy Drinks)</p> <ul style="list-style-type: none"> <li>• Puberty, Periods + FGM introductions</li> <li>• The importance of mental health</li> <li>• Understanding Depression</li> <li>• Anger Management</li> </ul>			
Skills	Debating	Communication.	Collaboration	Research	Reflection.	Leadership



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# Year 8 Curriculum: PSHE

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	Autumn	Spring	Summer			
Knowledge	<ul style="list-style-type: none"> <li>Careers, Skills, Vocational Qualities, + Entrepreneurship</li> <li>Gangs + Crime</li> <li>Finance, Budgeting, Tax + Saving</li> <li>Prejudice + Discrimination LGBT + Disability lessons</li> <li>Internet Safety – Online Dangers + Predators</li> <li>Caring for the Environment introduction</li> </ul>	<ul style="list-style-type: none"> <li>Safe Sex Unit – Consent, Contraception, Pornography, Image Sharing,</li> <li>STIs + Sexual Health, Sexting + Body Image, Contraception (workbook)</li> <li>Extremism + Radicalisation</li> <li>Online Predators (workbook) Tolerance + Anti-Racism lessons Domestic Conflict + Running Away From Home</li> </ul>	<ul style="list-style-type: none"> <li>Wellbeing Unit – Mindfulness, Confidence, Self- Awareness, Emotions + Emotional Literacy</li> <li>Personal Safety + First Aid lesson, Cancer Awareness Introduction</li> <li>Vaping, Nicotine and Addiction</li> <li>Pregnancy + Parenting introduction</li> <li>Personal Development, Behaviour, Targets + Goals</li> </ul>			
Skills	Debating	Communication.	Collaboration	Research	Reflection.	Leadership



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# Year 9 Curriculum: PSHE

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<b>Rationale</b>	As part of our wider curriculum offer within the tutor programme we deliver our key PSHE programme. This is split across three main strands; promoting positive health and well-being; exploring the wider world; and the RSE curriculum. In addition to this we compliment our careers curriculum with further insights and create opportunities for citizenship, British values and financial education
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	Autumn	Spring	Summer			
<b>Knowledge</b>	<ul style="list-style-type: none"> <li>• Employability + Workplace Skills Unit</li> <li>• Personal Finance – Avoiding Debt, Navigating Financial Institutions</li> <li>• County Lines</li> <li>• Human Rights + Responsibilities</li> <li>• Law, Knife Crime + Youth Offenders</li> <li>• Self-discipline + Sustainability</li> </ul>	<ul style="list-style-type: none"> <li>• Child Sexual Exploitation, Predators + Danger (CSE) Peer Pressure</li> <li>• Bullying, Body Image + the Media</li> <li>• Eating Disorders</li> <li>• Domestic Abuse and Conflict</li> <li>• Abusive Relationships Our Community and Diversity</li> <li>• Exploring the LGBT+ and other UK Communities</li> </ul>	<ul style="list-style-type: none"> <li>• Alcohol Awareness, Risks + Dangers</li> <li>• Drugs, Substance Abuse + the Law</li> <li>• Mental Health Unit – Stress, Anxiety + Mindset</li> <li>• Vaccinations, Organ, Blood + Stem Cell Donation</li> <li>• Self-Harm Awareness</li> <li>• Behaviour, Achievement Education + Distractions</li> <li>• Personal Safety – Acid Attacks</li> </ul>			
<b>Skills</b>	Debating	Communication.	Collaboration	Research	Reflection.	Leadership