



Sir Thomas Fremantle

# Year 10 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, Careers + Workplace Awareness Unit</li> <li>• Rights, Responsibilities + Equality,</li> <li>• Money Laundering Fake News + Media Awareness, Racism, BLM + Activism</li> <li>• Gangs, Crime + County Lines</li> <li>• The Criminal Justice System</li> <li>• Prejudice and Discrimination lessons</li> </ul> | <ul style="list-style-type: none"> <li>• Same Sex and LGBT+ Relationships</li> <li>• Gender and Transgender Identity,</li> <li>• Honour-based Violence</li> <li>• Sexism and Gender Prejudice Forced + Arranged Marriages</li> <li>• Radicalisation Online Harassment + Stalking</li> <li>• Revenge Porn</li> <li>• Conflict Management, Parenting + Families</li> </ul> | <ul style="list-style-type: none"> <li>• Mental Health Unit inc. Social Anxiety, Grief + Bereavement,</li> <li>• Social Media + Self-Esteem</li> <li>• Suicide Binge Drinking</li> <li>• Tattoos + Piercings Awareness</li> <li>• Managing time online, Screen Time Awareness</li> <li>• Managing our time effectively and Study Skills</li> <li>• Living Sustainably, Homelessness</li> </ul> |          |             |            |
| <b>Skills</b>    | Debating  | Communication.   | Collaboration  | Research | Reflection. | Leadership |



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| <b>Knowledge</b> | <ul style="list-style-type: none"> <li>GCSE Revision + Study Skills</li> <li>Applying to College + University</li> <li>Preparing for Work and Living</li> <li>Independently Unit</li> <li>Internet Safety – The Dark Web + Cybercrime</li> <li>Health + Safety, Trade Unions</li> <li>Multiculturalism, Globalisation + Sustainability</li> </ul> | <ul style="list-style-type: none"> <li>Different Types of Relationships (inc. LGBT+)</li> <li>Types of Committed Relationships, Unhealthy Relationships</li> <li>Consent, Rape + Sexual Abuse</li> <li>Relationship Break-Ups</li> <li>Forced Marriage</li> <li>Bullying + Body Shaming,</li> <li>Sex, Waiting for Sex, Pleasure + Risk,</li> <li>Drugs and Alcohol</li> </ul> | <ul style="list-style-type: none"> <li>Gambling, Addiction and Online Gaming</li> <li>Obesity + Body Positivity</li> <li>Pregnancy + Childcare</li> <li>The Importance of Sleep and Relaxation</li> <li>Fertility, STIs, Menopause,</li> <li>Reproductive Health CPR</li> <li>First Aid</li> <li>Personal Safety + Taking Risks</li> <li>Perseverance and Procrastination</li> </ul> |          |             |            |
| <b>Skills</b>    | Debating  | Communication.   | Collaboration  | Research | Reflection. | Leadership |