



Kingswood Secondary Academy
KS3 & KS4 PSHE OVERVIEW &
Intent
September 2024

PSHE Curriculum Intent

At Kingswood Secondary Academy we feel it is our duty to prepare our students to achieve their full potential academically and to lead healthy, happy and responsible lives. Whilst we encourage our students to participate in our enrichment program from our School Council to D of E and Emergency Cadets, our robust and comprehensive form time and PSHE curriculum, ensures we equip our youngsters in the wider issues which may affect them in their lives. Along with the acclaimed Cre8tive Resources PSHE programme which we have bought to develop a holistic and comprehensive approach to PSHE, in Kingswood we have also use Votes for School to develop, oracy and debating skills to create a well-rounded PSHE curriculum and in turn, a well-rounded Kingswood student.

Implementation

Whole-school approach

In Kingswood, our PSHE is taught for 20mins during form time by our teaching staff one week and then one full hour every other week which is timetabled for the year. All staff have received training in their CPD sessions on the new Ofsted RSE and PSHE framework.

The Cre8tive Resources PSHE Programme covers all areas of PSHE for the secondary phase including statutory RSE and Health Education. The table below gives the learning theme of each of the six Puzzles (units) and these are taught across the school; the learning deepens and broadens every year.

These explicit lessons are reinforced and enhanced in many ways:

- Mapped assembly rota
- Praise and reward system,
- Through positive relationships student to student, adult to student and adult to adult across the school.
- We aim to 'live' what is learnt and apply it to everyday situations in the school community and our school values of RISE.
- Class tutors/ a dedicated PSHE Team deliver the weekly lessons.
- Workshops
- Guest speakers
- Drop down days
- Awareness weeks

Year group overview

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Managing Change	Celebrating Differences	Friendship, respect & relationships	Politics, Parliament & Me	Staying Safe online & Offline	Puberty & Body Developments
Year 8	Proud to be Me	Equality and diversity	Dangerous society	Law, crime and society	Identity & relationships	Physical and mental wellbeing
Year 9	Essential life skills	Equality & diversity	Legal and illegal drugs	Combatting extremism & terrorism	Sex, the law & consent	Body confidence
Year 10	Rights & responsibilities	Exploring world issues	Violence, crime and	Exploring British Values	Risk, relationships & Sex Ed	Mental health & wellbeing

			seeking safety			
Year 11	Your future & beyond	Staying safe	Adult health & looking after yourself	Mental health & well being	GCSE exams Coping with stress	

PSHE THEMES

These are the themes that we follow in our PSHE curriculum.

RIGHTS, RESPONSIBILITIES & BRITISH VALUES

CELEBRATING DIVERSITY & EQUALITY

RELATIONSHIPS & SEX EDUCATION

STAYING SAFE ONLINE & OFFLINE

HEALTH & WELLBEING

LIFE BEYOND SCHOOL



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Managing Change	Celebrating Differences	Friendship, respect & relationships	Politics, Parliament & Me	Staying Safe online & Offline	Puberty & Body Developments
Year 8	Proud to be Me	Equality and diversity	Dangerous society	Law, crime and society	Identity & relationships	Physical and mental wellbeing
Year 9	Essential life skills	Legal and illegal drugs	Sex, the law and consent	Combatting extremism & terrorism	STi, contraception	Body confidence
Year 10	Rights & responsibilities	Exploring world issues	Violence, crime and seeking safety	Exploring British Values	Risk, relationships & Sex Ed	Mental health & wellbeing
Year 11	Your future & beyond	Staying safe	Adult health & looking after yourself	Mental health & wellbeing	GCSE exams Coping with stress	

Themes broken down into topic areas.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Managing Change	Celebrating Differences	Friendship, respect & relationships	Politics, Parliament & Me	Staying Safe online & Offline	Puberty & Body Developments
	<ul style="list-style-type: none"> • Intro to PSHE • Getting to know people • What is a community? • Careers & relaxation • Financial Education • Transition points in your life 	<ul style="list-style-type: none"> • Multicultural Britain • What is your identity • Nature Vs Nurture • Equality Act 2010 • Breaking down stereotypes • Prejudice & Discrimination - Challenging Islamophobia 	<ul style="list-style-type: none"> • Consent & boundaries • Respect and relationship • What makes good friend? • Friendships & Self esteem • Pressure & Influence • What does it to be a man? 	<ul style="list-style-type: none"> • Why is politics important? • How is our country run? • Create a political party • Elections & campaigning • Politics & debating • Exploring inside Parliament • Who is the new Prime Minister? 	<ul style="list-style-type: none"> • Avoiding Gangs • Staying safe online • Fortnite, Grooming & online gaming • What is alcohol? • What is smoking? • E-Cigs & Vaping • Energy Drinks 	<ul style="list-style-type: none"> • Intro to Puberty • (Girls) Puberty • (Boys) Personal & • Oral Hygiene • Growing up & FGM • Assertiveness • Consent & Hormones • Self Esteem & Empowerment

Themes broken down into topic areas.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 8	Proud to be Me!	LBGTQ+ Explored	Identity, relationships & Sex Ed	Law, Crime & Society	Dangerous society Online & Offline	Physical Health and Mental wellbeing
	<ul style="list-style-type: none"> • Employability Skills Proud to be me & Career choices •Career interests & jobs •Self-esteem & the media •Labour market Information Exploring careers 	<ul style="list-style-type: none"> • Intro to Year 8 Lesson • LGBT What is it? • LGBT homophobia in schools • Supporting those that are LGBT • Challenging homophobia • Transphobia • Coming out 	<ul style="list-style-type: none"> • Intro to relationships & Sex • Education • Healthy relationship •Dealing with conflict •Sexual orientation •Gender identity •Introduction to Contraception •What is Love? •Periods & menstrual cycle 	<ul style="list-style-type: none"> • Desert island Living •Building a Community • Making decisions & priorities •Criminals, Law & Society •Law making in the UK •Prisons, Reforms & Punishment 	<ul style="list-style-type: none"> • County Lines what is it? • County Lines Who is at risk? • Substance misuse • Online safety • Cyber bullying • Grooming Boys & Girls • Drugs education • alcohol safety • Child exploitation & online protection 	<ul style="list-style-type: none"> • Health &Wellbeing • What is Mental health? • Positive body image • Child abuse • Types of Bullying • Healthy eating & Cholesterol • Stress management

Themes broken down into topic areas.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 9	Essential life skills	Legal & illegal drugs	Sex the law & consent	Combat Extremism & Terrorism	Contraception and STIs	Body Confidence
	<ul style="list-style-type: none"> • From failure To success • First aid lesson • Important of Happiness • What is anger? • Saving & investing money • Employment & financial management • Social media & online stress 	<ul style="list-style-type: none"> • Introduction to drugs • Different types of addictions • Cannabis products • Drug classifications • “part” drugs & dangers • Exploring illegal drugs & Effect • Volatile substance abuse 	<ul style="list-style-type: none"> • Sexual consent & the law • FGM & the law • Delaying sexual activity • Why have sex? • Relationships and partners • Pleasure & masturbation • What are STIs? 	<ul style="list-style-type: none"> • Conspiracies & extremist narratives • Extremism in all its forms • What is terrorism? • Proud to be British • The radicalisation processes • Counter terrorism <ul style="list-style-type: none"> • - Antisemitism 	<ul style="list-style-type: none"> • STI lesson- Contraception Available • The condom lesson • Exploring the realities of contraception • Sexual harassment & stalking • HIV & AIDs • AIDs – prejudice & discrimination 	<ul style="list-style-type: none"> • Self-esteem • Changes • What is a penis? • What is a Vulva? • Bullying in all its forms • Dealing with grief & loss • Media & airbrushing • Cancer prevention & healthy lifestyles

Themes broken down into topic areas.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10	Rights & responsibilities	Exploring World Issues	Violence, crime and seeking safety	Exploring British Values	Risk, relationships & Sex Ed	Mental health & well being
	<ul style="list-style-type: none"> • Instagram generation • Targeted advertising • Marriage, what is it? • Rights & responsibilities • Consumer rights • Employment rights • Exploring a pay-check 	<ul style="list-style-type: none"> • International organisations • Brexit • Aid & supporting other countries • Fair trade • Peace, war & conflict • Women's rights & equality • #Metoo movement & Time's up 	<ul style="list-style-type: none"> • Honour based violence • Forced marriages • Online gambling • Social media validation • Keeping data safe • Modern day slavery • Preventing knife crime 	<ul style="list-style-type: none"> • Critical thinking & fake news • What is a cult? • LGBTQ rights & British values • What are human rights? • Exploring human rights • Exploring Britishness & British values 	<ul style="list-style-type: none"> • Campaigning against FGM • Sexting nudes • Porn life vs real life • Porn materials & attributes • Domestic abuse & violence • Sexual violence (assault & rape) • Sexualisation of the media 	<ul style="list-style-type: none"> • Child abuse (CSE) • Self-harm • Screen time & safe mobile phone • Common mental health issues • Suicidal thoughts & Support • Promoting Emotional wellbeing

Themes broken down into topic areas.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 11	Your future and beyond	Staying Safe	Adult health & looking after yourself	Mental health & well being	GCSE exams Coping with stress	
	<ul style="list-style-type: none"> • Time management • LGBTQ rights across the world • Dealing with exam stress & anxiety • Instagram life vs real life • Writing a personal statement • Writing a CV 	<ul style="list-style-type: none"> • Virtual reality & live streaming • New psychoactive drugs (NPS) • Festivals & drugs • Cosmetic & Aesthetic procedures • Drug substance Addiction • Online reputation & digital footprints 	Peer on peer bullying <ul style="list-style-type: none"> • Fertility & what impacts it • Alcohol and bad choices • Importance of sexual health • Revisiting • Contraception • Revisiting STIs • Respect & relationship 	<ul style="list-style-type: none"> • Organ donation & donating blood • Teenage pregnancy & choices • Abortion (morals, law & thoughts) • Testicular & prostate Cancer • Cervical, breast & ovarian cancer • Parenthood • Love & abuse are not the same 	<ul style="list-style-type: none"> • Breathing techniques • How to revise like a champ • Anxiety challenges • Meditation 	