



# PSHE Curriculum Plan

'An education in the fullness of humanity should be the defining feature of a Catholic school' – Pope Francis

## Curriculum Offer

Our mission at Christ the King Catholic Voluntary Academy is to 'provide the best education and care for all in a living in a faith community.' One of the ways that we do this is through the delivery of our Personal Development curriculum over 1 hour every two weeks. The lessons are delivered by RE teachers and the course is led by our PSHE coordinator, Miss Stapleton and overseen by the senior leader for Personal Development, Miss Tyrrell. The curriculum is structured thematically across the year. The curriculum is varied and age-appropriate considering the wide range of subject content that must be delivered which includes citizenship education, relationships and sex education, health education and personal finance. The curriculum will cover the broad areas of:

- Health and Wellbeing
- Relationships
- Living in the wider world

## What is the impact of our Personal Development curriculum and how is this measured?

Christ the King School considers the greatest impact of the Personal Development curriculum to be high rates of student progress and outstanding student conduct which is measured in:

- The development of a deep understanding and appreciation of our school values and how these reflect the key British values
- Student response to and relationships with staff and peers
- Student attributes as demonstrated in our approach to awarding achievement
- Student conduct as highlighted in the behaviour and attitudes of our students
- Student participation in collective activities such as Acts of Worship, liturgies, the Chaplaincy Team and the School Council
- The ability to use and apply their knowledge and understanding of the Personal Development and wider curriculum whilst developing skills to research and interrogate evidence, debate, and evaluate viewpoints, present reasoned arguments and take informed action
- The ability to be able to use a range of research strategies, weigh up evidence, make persuasive arguments and substantiate their conclusions
- Their ability to recognise risk and understand potential consequences of their actions

Year	Advent Term 1	Advent Term 2	Lent Term 1	Lent Term 2	Pentecost Term 1	Pentecost Term 2
7	Introduction to PSHE What is PSHE? Why study it? Transition to Secondary	Family and friends Positive and stable relationships	Mental health Being a resilient student Keeping good mental health	Changing Bodies Puberty – what to expect, what is ‘normal’	Sleep What is a good sleep routine Impact of poor sleep	Personal Identity British values Heritage, culture Migration
	Who am I? Uniqueness value, dignity, respect	Bullying/Banter What is and isn’t acceptable Consequences of ‘banter’	Mental Health Anger management How to manage our anger Keeping good mental health	Where we come from Human reproduction, fertility, menstrual cycle	My Life on Screen Our digital lives and the effects of digital technology on ourselves and others	Living responsibly Social responsibility, respect
	Positive Friendships Maintaining genuine friendships	Healthy inside and out Self-esteem, confidence	Mental Health How to recognise symptoms of anxiety Keeping good mental health	Healthy lifestyles What does a healthy lifestyle mean, active and exercise	Safe online Social media profiles, grooming	Ethical consumers Fair trade Impact of fast fashion
					Cyber bullying and trolling Cyber-bullying and how can we prevent it	
8	Created and Chosen Identity, uniqueness	Disability Portrayal of disability in the media Equality Act	British Values Tolerance and anti-racism Xenophobia	Finance Financial products Financial transactions Different Financial products	Think Before you share Consequences of sharing images of a sexual nature	Smoking/Vaping, nicotine and addiction Negative effects Drugs
	Appreciating Differences Gender stereotypes, gender dysphoria	Sexism Gender prejudice – examples and reasons	Extremist Groups What are they, beliefs and wants of these groups Think critically about radicalisation	Feelings Sexual attraction, mutual respect	Puberty and periods Menstrual cycle, PMS	Drugs Negative effects of legal and illegal drugs
	Tough Relationships Protected Characteristics	Racism What racism is Racism and stereotyping	Finance Budgeting and money management	Before I was born Birth to conception, when does life begin	Alcohol Effects of alcohol Effects of excessive drinking	Energy Drinks Effects of energy drinks, behaviour, health and attainment

			Creating personal budgeting plan			
						Personal Safety and First Aid
9	The Search for Love Human love, sex as a gift from God	Male Body Image Eating disorders 'manorexia'	Mental Health – Recognising symptoms of depression	Marriage Committed relationships Christian marriage	Child Sexual Exploitation What CSE is How to recognise CSE Techniques used	Democracy and voting House of Commons and House of Lords How laws are made
	Love People Use Things Sexual desire, casual sex, pornography, masturbation	Female Body Image Mental health and positive body images	Mental Health Self-harm Why people self-harm Identify how good mental health can prevent self-harm	One Hundred Percent Non-physical and online consent	FGM What is it? Why is it so serious Help/support	Democracy and voting Different political parties Importance of voting
	In Control of My Choices Difference between love and lust	Mental Health Eating disorders Identify eating disorder Identify how good mental health can prevent eating disorders	Fertility and Contraception Natural and artificial contraception	Knowing my rights and responsibilities Physical consent and sexual exploitation	Drugs and the Law Drug classes Risks and legal classifications	Finance Budgeting and saving Saving, loans and interest rates
						Finance Avoiding debt Tax and NI How tax is spent
10	Authentic Freedom Peer pressure, virginity, love, sex and responsibility	Overt and covert racism, BLM Activism	Crime, Gangs and County Lines	Abuse Physical, emotional, domestic, neglect, manipulation, grooming	Managing Grief and Bereavement	How Harmful is Binge Drinking Long-term and short-term effects
	Self-Image Body image, body shame, feeling attract and confidence	Anti-Social Behaviour Law, Knife Crime and Young Offenders What is it?	Parenthood Relationship with parents and what parenthood is	Domestic Violence Difference between healthy and unhealthy relationships	Why do people take their own lives Suicide	Homelessness Causes Long term effects Solutions

		What are the consequences of it		Help and support		
	Beliefs, Values, Attitudes Core values and faith	Money Laundering What is it? Different types Consequences of it	Pregnancy and Abortion Explore own values and attitudes towards abortion, Church's teaching	Forced and arranged marriages Changes to marriage law	Social media and self-esteem On-line personas Imposter syndrome Effects on mental health	Solidarity Catholic Social Teaching 'integral ecology'
					Mental Health Stress and anxiety and how to manage this Managing Social Anxiety	
11	Self-worth Self-respect and dignity, formative experiences	Pornography Looking at 'adult content' in an adult way effects of pornography	Addiction Drug addiction, life as a gift	Reproductive Health Fertility Menopause	Internet Safety Dark web Dangers of accessing, browsing and purchasing from dark web	
	Coercive Control What is coercive control and how can abusive relationships develop	Revenge Porn How to prevent it What to do if you are a victim Short- and long-term consequences	Gambling addiction and online gaming Identify dangers How online cites use methods to hook young people	First Aid and CPR Order of CPR steps Identify Defibrillator and how to use it	Internet Safety Cybercrime and online fraud	
	Consent, rape, sexual abuse Sexual crimes – rape, assault and harassment	Online harassment and stalking What it is, identifying it Different types of abuse	STIs Sexually transmitted Infections, sexual choices and consequences	Pollution, plastic and the environment Problems of plastic Reduction of waste	Fake News and Critical Thinking Differences between fake and real news. Reasons for fake news	

