## The Quality of Education:

# Personal, Social, Health and Economic Education - Curriculum Map

**St Christopher's:**
A Church of England Academy

# Personal, Social, Health and Economic Education - Curriculum Map

## Key Stage 3:

Pupils in Years 7 – 11 have one timetabled lesson of PSHE per fortnight. The curriculum is complemented by visiting speakers and drop down days throughout the year.

| Year | Autumn term 1 | | Autumn term 2 | Spring term 1 | Spring term 2 | Summer term 1 | | Summer term 2 |
|---|---|---|---|---|---|---|---|---|
| 7 | • Thriving in Secondary School<br>• Setting Goals<br>• British Values | 'Brightsparx' fire safety assembly | • Making Choices about Diet and Exercise<br>• Maintaining Physical Health<br>• Basic Life Support | • Attitudes to Mental Health<br>• Promoting Emotional Wellbeing<br>• Digital Resilience | **Drug Education**<br>• Caffeine, Tobacco, Alcohol, Vaping | • Puberty<br>• Menstrual Wellbeing<br>• Healthy Relationships | | • Managing Conflict<br>• Introduction to Consent |
| | • Lancashire County Council 'Streetwise' safer travel presentation | | | | | | | • Canal & River Trust: Water Safety |
| 8 | **Skills & Careers**<br>• All About ME<br>• My Dream Life<br>• Escape to the Future | | **Online Financial Harms**<br>• Click and pay<br>• Gaming, social media and algorithms<br>• Money matters | **Children's Rights**<br>• Rights and Responsibilities<br>• UNICEF | • Criminal Justice System, Citizenship<br>• Assessment; Class Debates | • Understanding deepfakes and manipulated images<br>• 'Send me a pic?'<br>• Online Behaviours and Healthy Interactions | Bikeability – road safety | • Responding to Peer Pressure<br>• Recognising Abusive Behaviour<br>• Supporting Others |
| 9 | • Identity and Community<br>• Stereotypes<br>• Discrimination | | • Values and Constructive Disagreement<br>• Diverse and Supportive Communities<br>• Racism | • Careers and Future Choices<br>• Dealing with Change | • Healthy and Unhealthy Coping Strategies<br>• Change, Loss, Grief | • Puberty Recap | | • Sexual Health<br>• Contraception |
| | | | | | | • Respectful Relationships<br>• Consent | | • Managing the ending of relationships |

**Core Themes:**

| Health & Well being | Relationships | Living in the Wilder World |
|---|---|---|

## Key Stage 4:

Pupils in Years 7 – 11 have one timetabled lesson of PSHE per fortnight. The curriculum is complemented by visiting speakers and drop down days throughout the year.

<table>
<tr><th>Year</th><th>Autumn term 1</th><th>Autumn term 2</th><th>Spring term 1</th><th>Spring term 2</th><th>Summer term 1</th><th>Summer term 2</th><th></th></tr>
<tr><td rowspan="2">10</td><td>Healthy Lifestyles<br>• Drug & Alcohol Education</td><td>• County Lines<br>• Knife Crime</td><td rowspan="2">Work Experience Preparation<br>• Interview Technique<br>• Health & Safety in the Workplace</td><td rowspan="2">Record of Achievement<br>• Personal Statements</td><td rowspan="2">First Aid<br>• Bleeding<br>• Bone, Muscle & Joint Injuries<br>• Choking</td><td rowspan="2">• New Challenges<br>• Reframing Negative Thinking<br>• Recognising Mental Ill Health</td><td rowspan="2">Spirituality Day – RSE</td></tr>
<tr><td colspan="2">‘Connect & Respect’<br>Small group work healthy relationships programme</td></tr>
<tr><td>11</td><td>• Post-16 Applications<br>• Interview Preparation<br><br>Record of Achievement<br>• CVs<br>• Personal Statements</td><td>• Revision Technique<br><br>• Rise Above Exam Stress<br>• Dealing with Change; Transition</td><td>• Gambling<br>• Promoting Emotional Wellbeing</td><td>• Family Conflict<br>• Long Term Commitments<br>• Sexual Health</td><td>• Fertility and Routes to Parenthood<br>• Pregnancy Choices and Outcomes</td><td colspan="2"></td></tr>
</table>

**Core Themes:**

| Health & Well being | Relationships | Living in the Wilder World |
|---|---|---|