



PSHEe CURRICULUM MAP

BIG IDEAS: PSHEe's Intent is to equip students to enjoy and thrive in their lives in, and beyond, College. The learning is underpinned by the belief that every individual is unique and matters (Heathfield Important Goals). PSHEe is a discrete timetabled subject, but is also mapped alongside an embedded Personal Development Curriculum delivered across tutor time, assemblies, student leadership, CEIAG lessons in all subject areas and Extended Learning Days.

The PSHEe curriculum is structured around 2017 PSHE association recommended Programme Of Study: Theme 1: Health and Well- Being, Theme 2: Relationships, Theme 3: Living in the Wider World. It is also mapped against the Department of Education's 2013 'Citizenship programme of study'. The curriculum in PSHEe forms part of the College's connected coverage of: **FBV: Fundamental British Values** and **SMSC: Spiritual, Moral, Social and Cultural**

Embedded in the PSHEe curriculum and in the broader Personal Development curriculum are the following statutory duties: DATE - Drug, Alcohol and Tobacco Education (HM government's July 2017 Drug Strategy and Sept 2018 Criminal Exploitation of children and vulnerable young adults: County Lines Guidance), RSHE: Relationships, Sex and Health Education (statutory from 2020), CEIAG: Careers Education, Information, Advice and Guidance (Careers' Education statutory from 2018)

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	Ground Rules: negotiated by the class for the year citizenship KS3 Community: our tutor group & school: ice breakers, team activities, listening activities, how we treat visitors SMSC	Anti-Bullying: managing friendships, being honest and accepting responsibility, online safety. Focus on the current year's theme FBV SMSC	Alcohol (DATE): The Law, what it is: responsible and irresponsible drinking and the long & short term consequences to the individual, their health, family and society Citizenship KS3 FBV	Alcohol (DATE) Citizenship KS3 Puberty (RSHE): what changes happen, how to manage these? Focus on emotional well-being and negotiating positive relationships SMSC	Puberty continued (RSHE) including gender identity and hygiene SMSC Active citizenship: UN Convention of Children's Rights Citizenship KS3 FBV	N.G.Os: what are they? Citizenship KS3 FBV SMSC Dementia: what is it and how can we support a dementia friendly society? Citizenship KS3 SMSC
Year 8	Ground Rules: negotiated by the class for the year Citizenship KS3 Crime: ages in Law, motivations for teens in risk taking. what laws are and how they are passed and enforced Citizenship KS3	Anti-Bullying: incorporating this year's AB theme. Discuss/plan how to make schools bully free zones, emphasis on individual responsibility Citizenship KS3 CEIAG: My values and goals? My skills and qualities and how they are enhanced?	CEIAG: Labour Market Information about the current and projected jobs market, presentation about Option choices at HCC, self-assessment about how the individual works and motivates themselves	Healthy Lifestyles: Nutrition: short and long term health consequences, links to academic achievement and longer life chances	Healthy Lifestyles: DATE: Anti-Smoking, including vaping, resilience, the Law and ways to make healthy choices	Healthy Lifestyles: RSHE: Sport & exercise and their benefits (focus on girls & sport)

Wider Super Curriculum	<u>The Big Vote/ Make Your Mark.</u> <u>Citizenship KS3</u> <u>World Mental Health Day</u> assembly and student leadership led lunch- time activity Y7 tutor time: Smart Moves programme to negotiate and promote resilience Y8 tutor time: Well Being & Resilience: sessions every term	Y7 tutor time: Smart Moves programme to negotiate and promote resilience Tutor time and assembly: <u>Parliament Week</u> FBV <u>Citizenship KS3</u> <u>Anti-Bullying Week:</u> tutor sessions and assemblies. Anti-Bullying Leaders run a lunchtime stall driven by the current theme SMSC All of Y7 visit LS for a session led by BUR on Inclusion	Y7 tutor time: Smart Moves programme to negotiate and promote resilience Y8 tutor time: Well Being & Resilience: sessions every term <u>Y8 Options Evening</u> <u>Careers Advice</u> Y8 tutor sessions exploring the links between core and option subjects and potential careers <u>LGBTU month:</u> tutor sessions and assemblies FBV & SMSC	Y7 tutor time: Smart Moves programme to negotiate and promote resilience Y8 tutor time: Well Being & Resilience: sessions every term Science: RSHE Y7 term 3 and 4: human reproduction and genetics	Y7 tutor time: Smart Moves programme to negotiate and promote resilience Y8 tutor time: Well Being & Resilience: sessions every term	Y7 tutor time: Smart Moves programme to negotiate and promote resilience Y8 tutor time: Well Being & Resilience: sessions every term
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Year 9	Ground Rules: negotiated by the class for the year CEIAG: My Future and how I'll realise it DATE (Drugs, Alcohol and Tobacco Education) (2019 trial with Sussex Police and the PSHE association on role of the police in lessons)	DATE (Drug, Alcohol and Tobacco Education) Normative data, baseline assessments on what they already know Anti-Bullying Week: sexting: definition, the law and ways to negotiate	DATE: Alcohol/ Illegal substances (including the Law, County Lines, managing individual risk)	DATE/ RSHE: Debate on legalisation of drugs. RSHE: Normative data Risk management, mindfulness, self-esteem and resilience	RSHE: Positive Relationships, risk management, contraception	RSHE: Contraception, sexualised and gendered language SMSC
Year 10	Ground Rules: negotiated by the class for the year KS4 citizenship RSHE: The family & adoption/ STIs/ Abortion KS4 Citizenship	RSHE: sexuality and homophobia Anti-Bullying Week: grooming: the law and sexual consent and exploitation	Homelessness and housing: YMCA session Independent living 2019 #knowknives sessions funded by East Sussex KS4 citizenship FBV	CEIAG: pre and post Big Futures careers fair preparation lessons KS4 Citizenship Self-esteem/ body image eating disorders SMSC	Mental Illness/ resilience and sources of support SMSC	RSHE: Cancer: what it is, how to manage personal risk The importance of listening and Mental Health and wellbeing and seeking sources of support (Samaritans session)

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Year 11	<p>Ground Rules: negotiated by the class for the year KS4 Citizenship Lesson to mark World Mental Health Day SMSC Prejudice topic: disabilism, ageism, racism, homophobia, transphobia, sexism, classism Session led by BUR on Disability Hate Crime KS4 Citizenship</p>	<p>CEIAG: Planning for the future: A Level Talks, apprenticeships presentation, applying to College via Careers East Sussex Anti-Bullying Week: This year's theme or a lesson on consent and grooming #metoo</p>	<p>CEIAG and Prejudice continued from term 1 and 2</p>	<p>RSHE: Transphobia, homophobia, pornography and consent</p>	<p>Mental health, managing stress, exam technique</p>	
Wider/ Super Curriculum	<p><u>Collapsed Curriculum Day:</u> Y11/ HE ambitions: trips to Sussex uni and East Sussex College <u>World Mental Health Day</u> assembly and student leadership led lunch- time activity <u>The Big Vote/ Make Your Mark</u> <u>Y11 Futures Evening (NCS present)</u> Y10 Science: reproduction, genes and cloning All Y11 have <u>CEIAG</u> lessons in their other subject lessons Tutor time: Well Being & Resilience: sessions every term</p>	<p><u>Parliament Week (FBV)</u> <u>Anti-Bullying Week</u> <u>Open Doors visits (Y9/13 CEIAG)</u> <u>Parliament Week Talks from Plumpton, East Sussex College and Apprenticeships</u> in Sussex for Y11 Y11 assembly from <u>Box Clever</u> on being a safe passenger <u>National Volunteer Service</u> recruitment assembly to Y11 <u>Y11 Financial Planning</u> in tutor time Tutor time: Well Being & Resilience: sessions every term</p>	<p><u>Red Nose Day/ Sport Aid (bi- annual)</u> <u>CEIAG: DV8</u> in assembly for y11 2020 <u>LGBTU month: SMSC</u> calendar. GSA student led assembly 2019-20 Trial with the PSHE association and Sussex Police on <u>Drug Education:</u> 3 lessons and surveys before, during and after Tutor time: Well Being & Resilience: sessions every term</p>	<p><u>Collapsed Curriculum Day Y10:</u> Progression/ CEIAG <u>Y11 Financial Planning</u> sessions in tutor time KS4 Citizenship Tutor time: Well Being & Resilience: sessions every term</p>	<p>Tutor time: Well Being & Resilience: sessions every term</p>	<p><u>Teenage Cancer Trust Talk</u> to y10 <u>WEX for Y10</u> in Enrichment Week Tutor time: Well Being & Resilience: sessions every term</p>

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Yr. 12	Fortnightly Lessons What is PSHEE? My health, my school survey taking action Independent Study (Prep)	Fortnightly Lessons Independent Study (Review) Employer Rights Personal Safety	Fortnightly Lessons Media Literacy: Online presence, propaganda, critical consumption and reporting	Fortnightly Lessons Substance use / misuse	Weekly Lessons Consent and Relationships Including risks of online	Weekly Lessons Post 18 Progression What is work? Local / Global jobs
Yr. 13	Weekly Lessons CEIAG: Progression pathways: UCAS support including personal statement writing. CV writing, creating Linked In accounts, checking digital footprints	Weekly Lessons CEIAG: Employability: preparation for Interview Day, psychometric tests, networking, group assessments	Weekly Lessons Independent living and budgeting. Student Finance	CEIAG: Targeted support	N/A	N/A
Wider Super Curriculum	Y12 Uni of Sussex Study Skills University Y13 Application Support MEDROX	Y12 Safe Drive Presentation Year 7 Mentoring Y13 Wider Curriculum Day: Interview Day	Y12 Progression Launch: - Next Steps Assemblies / Tutorials - Summer Schools MEDROX Launch Y13 Student Finance Assembly	Y12 Wider Curriculum Day: Progression - University - Apprenticeships - Gap Years - Employment Parent/Carer Progression Presentation UCAS Convention Y13 Apprenticeships and Employment Fair	Y12 Open Day Visits Assemblies focussed on Career Routes and Employment	Y12 Alumni Event OXBRIDGE Trips