

Callerton Academy
PSHE Curriculum Overview

PSHE (Personal, Social and Health Education) will develop the qualities and attributes students need to thrive as individuals, family members and members of society, helping students to achieve their academic potential. Schemes of work across all Key Stages are based on three core themes: **Health and Wellbeing**, **Relationships** and **Living in the Wider World**. This includes learning about Relationship and Sex Education (RSE) which is taught throughout the curriculum, however the majority of this content will be covered in the **Relationship** units.

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Equality and Diversity Diversity, prejudice and treating all fairly <i>Three Induction days cover transition and personal safety</i> PoS refs: R3, R38, R39, R40, R41	Digital Literacy Online safety, digital literacy, media reliability, social media, and gaming. PoS refs: H3, H30, H32, R17, L19, L20, L21, L22, L23, L24, L25, L26, L27	Building healthy relationships Self-worth, romance and friendships (including online) and relationship boundaries PoS refs: H1, R2, R9, R11, R13, R14, R16, R24	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Healthy lifestyles Understanding how we can maintain a healthy lifestyle and why this is so important. Dangers of drugs and alcohol PoS refs: H23, H24, H25, H26, H27, H29, H31, H5, R42, R44	Government and Democracy Understanding how our country is run and how decisions are made.
8	Issues facing modern Britain and the wider world Understanding some of the key issues facing the UK today. Using <i>Boy, Everywhere</i> to help explore refugees and Syria.	Healthy lifestyles & Emotional Wellbeing Understanding how we can maintain a healthy lifestyle and why this is so important. PoS refs: H3, H4, H6, H7, H8, H9, H10, H11, H12, L24	Building healthy relationships Self-worth, romance and friendships (including online) and relationship boundaries PoS refs: H1, R2, R9, R11, R13, R14, R16,	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Health and puberty Healthy routines, influences on health, puberty, unwanted contact & Identity and relationships Gender identity, sexual orientation, consent, 'sexting and FGM	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia

	PoS refs: R39, R41, L3, L8, L9, L10, L11, L12		R24		PoS refs: H5, H13, H14, H15, H16, H17, H18, H20, H22, H34, H35, H36, R4, R5, R10, R16, R18, R24, R25, R26, R27, R29, R30, R32	PoS refs: R39, R40, R41, R3, R4, R42, R43
9	Setting goals Learning strengths, career options and beginning to think about GCSE options PoS refs: L2, L3, L6, L7, L8, L9, L11, L12, L13, L14	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation PoS refs: H24, H25, H27, H28, H29, R1, R20, R37, R42, R44, R45, R46, R47	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes PoS refs: H2, R1, R6, R19, R21, R22, R23, R35, R36	The Law, British Values, government processes, rights and responsibilities How the U.K legal system works, rights, human rights, British values	Healthy lifestyle: Knowing our bodies Diet, exercise, lifestyle balance and healthy choices, and first aid PoS refs: H3, H14, H15, H16, H17, H18, H19, H21	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography PoS refs: R7, R8, R11, R12, R18, R24, R26, R27, R28, R29, R30, R31, R32, R33, R34, L21
10	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices PoS refs: H25, R38, L16, L17, L18, L19,	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change PoS refs: H2, H5, H6, H7, H8, H9, H10	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography PoS refs: R1, R2, R3, R6, R7, R8, R14,	Work ready Preparation for and evaluation of work experience and readiness for work PoS refs: H1, L1, L2, L3, L5, L7, L8, L9, L10, L11, L12, L13, L14, L15, L23	Exploring influence The influence and impact of drugs, gangs, role models and the media PoS refs: H19, H20, H21, R20, R35, R36, R37	Addressing extremism and radicalisation Community cohesion and challenging extremism PoS refs: R5, R6, R9, R10, R14, R28, R29, R30, R31, R34, L24, L26, L27, L28, L29

	L20, L25					
11	Building for the future Self-efficacy, stress management, and future opportunities PoS refs: H2, H3, H4, H8, H12, L22	Next steps Application processes, and skills for further education, employment and career progression PoS refs: L1, L2, L3, L4, L6, L7, L8, L11, L12, L21	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships PoS refs: H30, H31, H32, H33, R4, R11, R12, R13, R24, R25, R26, R27, R33	Political Literacy and Citizenship Rights of citizens, voting, how taxes work, living in the U.K	Independence Responsible health choices, and safety in independent contexts PoS refs: H3, H4, H11, H13, H14, H15, H16, H17, H18, H22, H23, H24	