

Springwood High School PSHE Curriculum Summary



Our aim is for every child to achieve, participate and belong at Springwood High School. This will be reflected in SRE (Sex and Relationships Education) provision by ensuring that all students' have the opportunity to access SRE education appropriate to their needs, to equip them for adolescent and adult life in the modern world. At Springwood this is referred to as PSHE and includes British Values.

Our PSHE curriculum follows a spiral model, revisiting the three core themes of Health and Wellbeing, Relationships, and Living in the Wider World throughout each year group. As pupils mature, these themes become increasingly detailed and complex, allowing students to build on their previous knowledge and develop their understanding over time.

PSHE has a dedicated and regular place on the school timetable every morning and is delivered via a blended curriculum, ensuring that it is treated as an important part of every subject that students learn rather than an occasional activity. The content is responsive to pupils' needs, taking into account their developmental stage, backgrounds, experiences and the specific needs of this school and our community.

Lessons establish a safe and respectful environment. Expectations such as active listening, mutual respect, appropriate language and the right to ask questions are agreed with pupils early on. This helps students feel comfortable discussing sensitive or personal issues.

Parents and carers are kept informed about curriculum content, policies and resources through communication such as letters, text messages and parental information evenings. Staff receive appropriate continuing professional development (CPD) so that teachers and form tutors feel confident delivering sensitive and potentially challenging topics.

Finally, PSHE uses formative assessment to monitor pupils' development. Self-assessment, peer assessment, discussion and reflection are used to identify progress and areas for further support, rather than relying on high-stakes testing. The overall impact of the programme is evaluated over time to ensure it continues to meet the needs of the school community.

Overview of Topics by Year Group

Year 7	Year 8	Year 9	Year 10	Year 11
1 Getting to know	1 Mental Health	1 Personal Understanding	1 Starting GCSE	1 Why is PSHE important
2 Them and Us	2 Online Safety	2 Growing up LGBTQ+	2 Goal Tree	2 Consent and Rape
3 Organisation	3 Managing emotions and Behavior	3 Consent, body image and relationship abuse	3 Being an ally 2 LGBTQ+	3 Revision Study Skills
4 Bullying	4 Coming out LGBTQ+	4 Transgender LGBTQ+	4 Relationships early visit	4 Unhealthy Relationships
5 What is Pride LGBTQ+	5 Dealing with change	5 Positive relationships	5 Homelessness	5 Uni or College
6 11th Nov - Remembrance	6 Finance	6 Movember and mens health	6 Gangs	6 Sex, Pregnancy & Consequences
7 How to Learn	7 Age and Media	7 Online consent	7 County lines	7 What makes a positive sexual relationship
8 Road Safety	8 Peer Pressure	8 Eating disorders	8 Carrying a knife	8 Fertility and Reproductive Health
9 Well being	9 Bullying and cyberbullying	9 Mental Health	9 Grief	9 Sexual bullying
10 Respect	10 Democracy	10 The sleep factor	10 Identity and diversity LGBTQ+	10 Body Positivity
11 Meaning of the flags LGBTQ+	11 Relationships	11 Child exploitation	11 Exam stress	11 Intersectionality LGBTQ+
12 Feelings	12 Gender & sexuality LGBTQ+	12 Cigarettes, Alcohol & Vaping	12 Employability Yr10	12 Fake News
13 Puberty	13 Commitment	13 Drugs	13 Social media & self esteem	13 Tattoo's and Piercings
14 Friendship	14 Drugs, Smoking & Vaping	14 Positive relationships second visit	14 Body shaming	14 Gambling
15 Resilience	15 Alcohol and Peer Pressure	15 Politics	15 FGM	15 Eating disorders
16 British Values	16 Importance of vaccinations	16 Work and Money	16 Relationships II	16 Employability
17 Environment	17 The sleep factor	17 Healthy Living	17 Smoking & Vaping	17 Online Safety- The Dark Web
18 Hate Crime	18 Family Life	18 Risk taking	18 Drugs	18 NHS CPR, blood and organ donations
19 Drugs, Alcohol & Vaping	19 Puberty	19 Self Image & Self Esteem	19 Binge drinking	19 Risk
20 Positivity	20 Being an ally LGBTQ+	20 FGM	20 Teenage Pregnancy	20 Independent Living
21 Money	21 Carrying a knife	21 Gambling	21 Screen time	21 Personal Safety in Public Places
22 Sleep	22 Sexism	22 Body Image	22 Time management	22 Porn & Sexual Ethics
23 Online Safety		23 Social media & mental health	23 Role models	
24 Relationships and Sex Ed.		24 How to revise to achieve	24 Mental Health	
		25 Online Influencers	25 Online Fraud	
		26 First Aid	26 Break Ups	
			27 Gender around the world LGBTQ+	

Sex element of curriculum

Yr7 Topic 23 Sexting, 24 Relationships and Sex Ed. However this is heavily focussed on the relationships and respect.

Yr8 Topic 11 Relationships, but only Relationships 4 ppt on contraception.

Yr9 Topic 5 Positive relationships. However much of this is also covered in Science.

Yr10 Topic 4 Relationships early visit, but only lesson 7 on sex and the law

Yr11 Topics 6, 7 & 22. Students can opt back in within 3 terms of their 16th birthday.

Delivered in Houses by Gender

Yr10 16. Relationships II L8 STI's

Yr11 22. Porn & Sexual Ethics