



Springwood High School PSHE Curriculum Plan

Our Vision:

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.

In line with the statutory guidance that came into force in September 2019 our PSHE programme is seen as vital to ensuring a rounded education; helping students prepare for a healthy adult life and to their ability to make a positive contribution to society.

Brief overview of topics, themes, skills or key questions for each term:

The programme of study covers three core themes within which there is broad overlap and flexibility:

- Core theme 1. Health and Wellbeing
- Core theme 2. Relationships
- Core theme 3. Living in the Wider World

The PSHE programme at Springwood is a blended curriculum, delivered in subject lessons, tutor time, assemblies and specific drop-down days called Super Learning Days. It has been planned using national guidance from professional organisations like the PSHE Association and with the needs of our students in mind. We believe that by encouraging the three key strands of academic, extra-curricular and character, our students will receive a rounded education; helping them to prepare for a healthy adult life and increase their ability to make a positive contribution to society.

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Getting Organised Road Safety Wellbeing Bullying Resilience	Organisation Remembrance Feelings Friendship Them and Us British Values	Sleep Hate Crime Puberty Them and Us	Drugs and Alcohol Money Respect	Preparing for assessment LGBT Online Safety	Positivity Online Safety Relationships and Sex Ed
8	Elections E Safety Mental Health Digital Resilience Emotional Wellbeing Coping Strategies	Online Safety Sexting Managing Emotions Age and Media Dealing with Change Peer Pressure Democracy	Relationships Consent	Bullying and Cyberbullying Smoking Drugs Finance Money Management Risks	Sleep Vaccinations Alcohol Peer Pressure Money Management	Family Life The Environment Puberty Careers My Rights and Parents Separating Pride
9	Personal Understanding Relationship Abuse Consent Sharing Sexual Images Relationships	Movember How to Revise Online Consent Child Exploitation	Eating Disorders Mental Health Sleep Alcohol Smoking	Railway Safety Drugs Positive Relationships Work and Money	Work and Money Politics	Healthy Living Self-Image Risk Taking Well Being FGM Gambling Body Image

Key Stage 4

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10	Starting GCSE's Relationships Goal Tree Sexual Health Homelessness	Gangs County Lines Carrying a Knife Grief Identity and Diversity Exam Stress	Employability Money Confident Social Media Body Shaming	Money Confident II FGM Relationships Smoking Drugs	Binge Drinking Teenage pregnancy Screen Time Time Management Role Models Mental Health	LGBTQ+ Online Fraud

11	Revision Study Skills Uni or College COWA Consent and Rape Unhealthy Relationships Unsafe Sex	Fertility and Reproductive Health Body Positivity Eating Disorders Tattoos and Piercings Anti-Social Behaviour Drugs Gambling Employability	Media Literacy and Digital Resilience The Dark Web CPR Personal Safety	Teen Pregnancy Revenge Porn Upskirting Sexual Bullying Pride	Revision and Intervention	-
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