

PSHE/SMSC– CURRICULUM INTENT

ASPIRE – CHALLENGE – ACHIEVE

PSHE/SMSC education is a school subject through which students develop the knowledge, cultural capital, skills and attributes they need to keep themselves healthy and safe. The aim is also to prepare students for life and work in modern Britain. Our students grow up in a complex and ever changing world and are exposed to an increasing range of influences. The PSHE/SMSC education helps students to develop the knowledge, life skills and attributes they need to manage many of the critical opportunities, challenges and responsibilities they will face as they grow up and in adulthood.

Personal, Social, Health and Economic Education (PSHE) and Social, Moral, Spiritual and Cultural (SMSC) are central to the Trust's ethos. As a Trust we are dedicated to supporting students in their development and underpinning learning in the classroom, school, and in the wider community. As a Trust we encourage students to think about personal and social values, to become aware of and involved in the life and concerns of their community and society and so develop their capacity to be active, effective and responsible future citizens that interact through mutual respect. We want to develop the qualities and attributes students need to thrive as individuals, family members and well respected members of society.

Through PSHE/SMSC we want to equip students with the knowledge, understanding, life skills and strategies required to live healthy, safe, productive, capable, responsible and balanced lives. We want to encourage them to be enterprising and support them in making effective transitions, positive learning, career choices, and in achieving economic wellbeing and discuss and clarify their own values and attitudes. It is important to the PSHE department that at the end of a student's school life that they are prepared life beyond school. These opportunities come from the material learnt in lessons and extended with a range of approved visitors that come into school. These days allow students to develop their awareness of local, national and wider world issues. Students in Y7 have the opportunity to visit places of different faiths to enhance their cultural awareness.

One of our key aims as a Trust is that PSHE/SMSC education contributes to personal development through positive mental and physical wellbeing. We aim to help students to build their confidence, resilience and self-esteem, to identify and manage risk, make informed choices and understand what influences their decisions. It enables them to recognise, accept and shape their identities, to understand and accommodate difference and change, to manage emotions and to communicate constructively in a variety of settings. Developing an understanding of themselves, empathy and the ability to work with others will help students to form and maintain good and healthy relationships, develop the essential skills for future employability and better enjoy and manage their lives. An effective PSHE/SMSC programme can tackle barriers to learning, raise aspirations, and improve the life chances of the most vulnerable and disadvantaged students.

PSHE/SMSC– CURRICULUM MAP

Key = Matching colours denote links between topics either in content or skills across Key Stages

	Health and wellbeing		Living in the wider world
	Relationships		Preparing for exams

1 hour lesson for Y7-8 and 1 hour lesson every fortnight for Y9-11

Key Stage 3	7	Transitioning into secondary school.	Staying Safe	Physical Health	Diversity	Environmental issues	Careers
	8	Mental Health and Wellbeing	Staying Safe	Being healthy	World Issues	Human Rights	Careers
Key stage 4	By the end of Key Stage 3 students will have gained confidence in coping strategies for transitioning from Primary to Secondary school. They will gain an understanding of how they can develop their skills to help their future career paths. Students will have gained knowledge about how to keep their body and mind healthy. They will have an awareness of how to stay safe outside of school. Students should have an awareness of the challenges that the world faces in regards to the environment. They should have gained an understanding of the Protective Characteristics in the UK and how the UK became a diverse nation. Students will have an awareness of the issues that affect people of all ages across the world e.g. Modern-day slavery, FGM and Forced Marriage.						
	9-11	RSE (Relationships & Sex Education)	Issues in Modern Britain		Global Awareness		Careers
		Money Matters	Relationships	Family life	Parliament and democracy	Careers	
		Consent	Financial management	Substance Abuse		Careers	
By the end of Key stage 4 students should be able to understand the difference between healthy and non-healthy relationships and where they can go if they need support. They will be able to understand the importance of consent in relationships. Students will have gained an understanding of different family situations. They will have gained an understanding of how substances both illegal and legal can affect a person’s physical and mental state and their future, and awareness of where to go for support. Students will have an awareness of the issues that affect people of all ages across the world e.g. Refugees crisis, racism and homelessness in Britain. They will be able to have an awareness of modern money issues preparing them for life in the future; such as fraud and be able to understand how to manage a budget, bank account and pension. Students will know how democracy work in Britain, how laws are passed and how they vote in local and General elections.							

SMSC- Tutor time three times a week.

9+ 10	E-Safety	Financial Manage ment	November special sessions <i>Remembrance Day, Road Safety Week, UK Parliament Week, Cyberbullying, interfaith</i>	Diversity, radicalisation and Equality	Relationships	Inspirational Stories	British Values	Law and Order	Ethical Debates	Pride Month	Current Affairs
	Mental health	Careers	November special sessions <i>Remembrance Day, Road Safety Week, UK Parliament Week, Cyberbullying, interfaith</i>	Substance Abuse	Self Image	Life Saving Skills	RSE (Relationships & Sex Education)	Healthy Body, Healthy Mind	Spirituality and world culture	Pride Month	Current Affairs
	11		Mental Wellbeing		Revision Techniques		Intervention		GCSE Exams		
	By the end of Key stage 4 students should be able to understand how keep their mind and body healthy and how to use coping strategies to help them in the build up to exams. Students will learn about the importance of how their digital footprint can affect their future career path. Students will understand how their career option post GCSE and how to be successful in writing CVs and interviews. They have gained an understanding of British Values, diversity and learn vital First Aid and live saving skills. Students will gain an understanding of Relationships and Sex Educations; learning about STIs, contraception, consent, the difference between healthy and non-healthy relationships, sexting and the dangers of pornography. They will be able to have an awareness of world and current issues. plastic pollution, radicalization, fake news and inequality.										
Key Stage 5	12	Personal Finance		Health and Wellbeing	Health, Safety and Diversity		Drugs and Risk Education		Positive Wellbeing		Careers
	13	Personal Finance		Emotional wellbeing	Relationships and Sex Education		Drugs and Risk education				
	At Key Stage 5, our Social, Moral, Spiritual, and Cultural (SMSC) curriculum is designed to provide our students with a holistic education that prepares them for the challenges and opportunities they may encounter in their personal and professional lives. Through a comprehensive range of subjects and topics, we aim to foster the development of well-rounded individuals who are socially responsible, emotionally resilient, and culturally aware. Through our Key Stage 5 SMSC curriculum, we aim to empower students with the essential skills, knowledge, and values to lead fulfilling lives, contribute positively to society, and thrive in an ever-changing world. We foster an environment that promotes respect, empathy, and open-mindedness, encouraging students to embrace diversity, critically analyse complex issues, and make ethical decisions.										

Wider Curriculum

		Events/Assemblies/Visits	Visitors
Key Stage 3	Year 7	Careers Parliament Structure Financial Management Road and rail Safety Awareness Being safe around water Period poverty and awareness Peterborough Mosque and Cathedral Trip Road safety awareness Pride Month	Restart a heart day Careers fair
	Year 8	Careers Rail Safety Awareness Being safe around water Skin Cancer Risk and Preventions Financial Management The importance of vaccinations & immunisations Pride Month	Multi- Agency Day covering: Fire Safety, Internet Safety, Alcohol Awareness, Anti-Social Behaviour and Healthy Relationships Careers fair CPR & DEFIB training
	Year 9	RSE day Road safety Awareness Week Parliament Week Remembrance Day Holocaust Memorial Day Pride Month Interfaith Week	Prison Me No Way Hate Awareness Workshop Careers fair Consent / Contraceptives workshop Sexual Harassment assembly Vaping and e-cigarettes workshop Racism workshop
Key Stage 4	Year 10	RSE day Road safety Awareness Week Parliament Week Remembrance Day Holocaust Memorial Day Pride Month Interfaith Week	Multi- Agency Day covering: Fire Safety, Internet Safety, Alcohol Awareness, Anti-Social Behaviour and Healthy Relationships CPR and recovery position training Careers fair Risky behaviours workshop Knife crime workshop
	Year 11	RSE day Road safety Awareness Week Parliament Week Remembrance Day	Relationship and Sex Education workshop about Contraceptives and consent Careers fair Young Passenger Awareness
Key Stage 5	Year 12	Variety of Careers Visitors University Trip Remembrance Day Breast and testicular cancer workshop Uni Open Days	Careers Fair HIV Awareness Variety of Careers Visitors Personal Statement Writing Vaping assembly
	Year 13	Variety of Careers Visitors Remembrance Day Uni Open Days	2Fast2Soon Careers Fair Variety of Careers Visitors

PSHE / SMSC: SKILLS /KNOWLEDGE PROGRESSION BY THEMES

N.B. T1-6 refers to the one hour lessons in Y7-11.

DFE guidance	Year 7	Year 8	Year 9	Year 10	Year 11
Families	T4. Relationships- different types of relationships, LGBT Staying safe day-relationships in film		T3, T2. Relationships theme, types of relationships, marriage, roles and responsibilities. Diversity and equality- LGBT	T3, T2. Relationships theme, types of relationships, marriage, roles and responsibilities. Diversity and equality- LGBT	T3, T2. types of relationships, marriage, roles and responsibilities.
Respectful relationships, including friendships	T1. Friendships, peer pressure and bullying. Intimate and sexual relationships, including sexual health T4- stereotypes T3. LGBT Staying safe day-relationships in film Anti-bullying week	T2. E-safety Multi- Agency Day Anti-bullying week	T1,T2,T3,RSE theme and relationships theme, consent, harassment, equality act, positive and negative relationships Diversity and equality- stereotypes, discrimination, equality, harassment Sexual harassment assembly Hate Awareness workshop Prison Me No Way Anti-bullying week	T1,T2,T3,RSE theme and relationships theme, consent, harassment, equality act, positive and negative relationships Diversity and equality- stereotypes, discrimination, equality, harassment Risky behavior visitor Multi- Agency Day Anti-bullying week	T1,T2,T3 examining relationships and equality act. Workshop on consent. Anti-bullying week
Online and media	T1.E-safety, bullying. Anti-bullying week	T2.E-safety, online grooming, online gaming. Multi- Agency Day Anti-bullying week	T1. E-safety, self-image, RSE theme- pornography, sexting, T2. Scams, fraud, data hacking. E-safety- Laws, rights and responsibilities, scams, hacking, how data is collected and shared, how to report. Prison Me No Way Anti-bullying week	T1. E-safety, self-image, RSE theme- pornography, sexting, T2. Scams, fraud, data hacking. E-safety- Laws, rights and responsibilities, scams, hacking, how data is collected and shared, how to report. Multi- Agency Day Anti-bullying week	T1. E-safety, self-image, T2. Scams, fraud, data hacking. RSE theme- pornography, sexting. Anti-bullying week

Being safe	T2. Bike safety, water safety, fire safety, stranger danger. T1. E-safety Staying safe day railway safety Water safety week.	T2. Road safety, online grooming, knife crime, T4. FGM, forced marriage Multi- Agency Day	T1.2 and RSE theme- consent, rape and abuse. Diversity and equality- harassment T3 knife crime and racism Prison Me No Way Contraceptive workshop Sexual harassment assembly Vaping workshop	T1.2 and RSE theme- consent, rape and abuse. Diversity and equality- harassment T3 knife crime and racism Risky behavior visitor Multi- Agency Day Knife Crime Visitor	T12. RSE theme- consent, rape and abuse. T3 knife crime and racism Contraceptive workshop Young Passenger Awareness
Intimate and sexual relationships, including sexual health	Staying safe day relationship in the media	T2- grooming	T1. T2 RSE- contraceptives, STIs, miscarriage, pregnancy, adoption, menopause. Visitor- contraceptives and consent T3.Substance abuse theme- leading to risky sexual behaviour Prison Me No Way RSE Day	T1. T2 RSE- contraceptives, STIs, miscarriage, pregnancy, adoption, menopause. T3.Substance abuse theme- leading to risky sexual behaviour Visitor- contraceptives, RSE workshop about risky behaviour Multi-agency day RSE Day	T1. T2 RSE. Visitor workshop on contraceptives and STIs. T3.Substance abuse theme- leading to risky sexual behaviour Visitor workshop on consent. RSE Day
Mental wellbeing	T1. Coping with stress	T1. Mental health unit, emotional well-being, resilience, self harm, eating disorders, depression, anxiety and coping strategies.	Mental health theme- grief, loss, coping strategies, language. E-safety- online trolling, gaming, cyberbullying. Self-image- OCD, body dysmorphia, self-esteem.	Mental health theme- grief, loss, coping strategies, language. E-safety- online trolling, gaming, cyberbullying. Self- image- OCD, body dysmorphia, self-esteem.	mental health workshop Mental health unit, emotional well-being, resilience, self harm, eating disorders, depression, anxiety and coping strategies.

Internet safety and harms	T1. E-safety, transition into a new school. T3. Media pressures	T2. E-safety Multi- Agency Day	T1.T2. RSE E-safety- online trolling, gaming, cyberbullying, scams, hacking. T2. Money matters- Fraud, hacking, scams. Self-image- social media pressures Budgeting- online gambling, debt. Visitor- Prison me no way	T1.T2. RSE T2. Money matters- Fraud, hacking, scams. E-safety- online trolling, gaming, cyberbullying, scams, hacking. Self-image- social media pressures Budgeting- online gambling, debt. Visitor- Multi Agency Day	T1. RSE T2. Money matters- Fraud, hacking, scams.
Physical health and fitness	T3. Healthy lifestyle and exercise	T3. Healthy diet, cancer risks, alcohol, drugs,	Ethics- Stem cell and organ donation Body health- exercise linked to health, self-examination for cancer risks. Vaping and e-cigarette workshop	Ethics- Stem cell and organ donation Body health- exercise linked to health Cancer risks- taught in collaboration with Science GCSE.	
Healthy eating	T3. healthy eating and drinking	T3. Healthy diet, cancer risks,	Body health- healthy diet	Body health- healthy diet	

Drugs, alcohol and tobacco		T3. Alcohol, drugs, vaping, tobacco, Multi- Agency Day	T3.and Substance abuse theme- Drugs, vaping, smoking, alcohol, addiction, prescription drugs. Visitor- Prison me no way. Vaping and e-cigarette workshop	T3.and Substance abuse theme- Drugs, vaping, smoking, alcohol, addiction, prescription drugs. Multi- Agency Day	T3. Substance abuse- Drugs, vaping, smoking, alcohol, addiction, prescription drugs.
Health and prevention	T3. Coping with stress, Being active, personal and dental hygiene, vaccinations and immunisations, importance of sleep.	HPV vaccination awareness	T3. And Substance Abuse theme Body health theme- Germs, viruses, antibiotics, self-examination, importance of sleep Vaping and e-cigarette workshop	T3. And Substance Abuse theme Body health theme- Germs, viruses, antibiotics, self-examination, importance of sleep Cancer risks- taught in collaboration with Science GCSE.	T3- substance abuse theme.
Basic first aid	T1. First Aid	CPR and Defib training including anaphylaxis. Multi- Agency Day	First Aid theme- basic, major and minor injuries, CPR, anaphylaxis. Prison me no way	First Aid theme- basic, major and minor injuries, CPR, anaphylaxis, CPR and recovery position training Multi- Agency Day	
Changing adolescent body	T3. Puberty, hygiene, sleep. Puberty assembly on period products and changing bodies.	Puberty assembly on period products and changing bodies.	RSE theme- menstrual cycle	RSE theme- menstrual cycle	
Moral	T4. Equality and tolerance, T5. Climate change, recycling. Anti- bullying week Pride Month	T4. Refugees, modern slavery, FGM, forced marriage, radicalisation, T5. Human rights, freedom of speech, child labour, charities,	T4. Global awareness, plastic pollution. T2 issues in modern Britain- homelessness. Law and order- case studies, laws, courts, rights and	T4. Global awareness, plastic pollution. T2 issues in modern Britain- homelessness. Law and order- case studies, laws, courts, rights and	Young Passenger Awareness T1.2.3 RSE and relationships T4. Global awareness,

		volunteering, fair trade. Multi- Agency Day Anti- bullying week Pride Month	responsibilities. World War One – remembrance, examining case studies. Radicalisation and equality- how to treat each other, different pay and treatments T1.2.3 RSE and relationships T2. Issues in Modern Britain T3. Global Awareness Current Affairs- what have been the big issues in the news this year. Current Affairs- what have been the big issues in the news this year. Prison me no way Hate awareness workshop Racism assembly Holocaust Memorial Day Pride Month Anti- bullying week Remembrance Week	responsibilities. World War One – remembrance, examining case studies. Radicalisation and equality- how to treat each other, different pay and treatments Multi- Agency Day T1.2.3 RSE and relationships T2. Issues in Modern Britain T3. Global Awareness Current Affairs- what have been the big issues in the news this year. RSE workshop about risky behavior Holocaust Memorial Day Pride Month Anti- bullying week Remembrance Week Knife Crime Visitor	plastic pollution. T2 issues in modern Britain- homelessness.
Spiritual	Mosque and cathedral trip T3. Diversity theme- different religions and equality.	T4. modern slavery, FGM, forced marriage, radicalisation.	Diversity theme- different religions and equality. Spiritual theme- different regions across the world. Inspirational stories, looking at hope and resilience. Holocaust Memorial Day Interfaith Week	Diversity theme- different religions and equality. Spiritual theme- different regions across the world. Inspirational stories, looking at hope and resilience. Holocaust Memorial Day Interfaith Week	

Social	Careers day Co-operating and group work in all units.	T5. Human rights, freedom of speech, child labour, charities, volunteering, fair trade. Co-operating and group work in all units. In particular examining case studies.	Careers theme- personal goals, career paths, Discussion in all topics. Prison me no way	Careers theme- personal goals, career paths, Discussion in all topics.	Revision techniques- how to adapt to new pressures. What do you want to achieve? Discussion in all topics. Young Passenger Awareness
Cultural	Visit- mosque and cathedral trip T4. Diversity in religion and Britain, British Diversity. Current Affairs- what have been the big issues in the news this year. Pride Month Remembrance Week	T2. E-safety Visitors MAD agency T5. Human Rights, Freedom of Speech Current Affairs- what have been the big issues in the news this year. Pride Month Remembrance Week	British Values- law and order Diversity- examining different cultures in the UK UK Parliament week. Visitors- Prison me no way Current Affairs- what have been the big issues in the news this year. Pride Month Remembrance Week Holocaust Memorial Day	British Values- law and order Diversity- examining different cultures in the UK UK Parliament week. Current Affairs- what have been the big issues in the news this year. Pride Month Remembrance Week Holocaust Memorial Day	
British Values	Staying safe day parliament and democracy T4. British Values, British diversity. UK Parliament week. Pride Month- tolerance, mutual respect	Visitors- MAD agency- the rule of law. UK Parliament week. Pride Month- tolerance, mutual respect	British Values- law and order Diversity- examining different cultures in the UK UK Parliament week. Current Affairs- what have been the big issues in the news this year. Prison me no way. the rule of law. Law and order theme- the rule of law. Holocaust Memorial Day- tolerance Pride Month- tolerance, mutual respect	British Values- law and order Diversity- examining different cultures in the UK UK Parliament week. Visitors- Multi- Agency day- the rule of law Current Affairs- what have been the big issues in the news this year. Law and order theme- the rule of law. Holocaust Memorial Day- tolerance Pride Month- tolerance, mutual respect	

Financial management	Special lesson learning about budgeting.	Special lessons learning about budgeting.	Budgeting- pensions, savings, debts, budgets, car costing, credit cards, contracts, terms and conditions, online gaming and gambling T2. financial management. T1. Money matters	Budgeting- pensions, savings, debts, budgets, car costing, credit cards, contracts, terms and conditions, online gaming and gambling T2. financial management. T1. Money matters	T2. financial management. T1. Money matters
Protective characteristics	T4. Diversity in religion and Britain, British Diversity.	T5. Human Rights, Freedom of Speech	T2. Protected characteristics. British Values- law and order Diversity, radicalisation and Equality theme Pride Month Hate crime awareness workshop Holocaust Memorial Day	T2. Protected characteristics. British Values- law and order Diversity, radicalisation and Equality theme Pride Month Holocaust Memorial Day	T2. Protected characteristics.