

21/22: RSHE Curriculum and Assessment Map

KS3 & KS4

Subject: RSHE

KEY STAGE THREE & FOUR

In Years 7-10 Pupils learn to reflect on and evaluate their achievements and strengths in all areas of their lives and recognise their own worth. They demonstrate respect for differences between people and they learn to recognise some strong emotions and identify ways of managing these emotions positively. We aim to actualise strategies to develop and maintain their physical and mental health, build healthy, safe and strong relationships both personally and professionally and evaluate choices and make decisions to support wellness and minimise health risks. Pupils also learn about sex and relationship education, the difference between healthy and unhealthy relationships including how to recognise abuse and harassment both face to face and online and how to make full use of the online safety tools available to them.

Pupils will have the opportunity to plan realistic targets for key stage 4 and start relating career plans to qualifications and skills while also learning how to demonstrate competency in managing their personal finances This is delivered through a variety of themes which aim to combat the difficulties and challenges that our young people face in the modern world.

The RSHE curriculum also incorporates elements of Citizenship and Religious Education. The curriculum at Key Stage Three aims to teach students about structures and institutions, such as: The Law, British Values and Power. These are important themes in the curriculum so that our students can understand more about the world they live in and the structures in our society.

KEY STAGE FOUR -YR11

Pupils will learn to assess their personal qualities, skills and achievements and use them to set future goals. They will learn how to present themselves confidently and use praise and criticism effectively. They will identify the range of post-16 options available to them and can use careers advice and support networks to plan and negotiate their career pathways, setting realistic targets.

Pupils will learn about the short- and long-term consequences of personal health choices and can make decisions based on this knowledge. They will be able to identify some of the causes, symptoms and treatments of mental and emotional health disorders such as stress and depression, including the link between eating disorders and self-image, and can identify strategies for preventing and addressing these.

Intent

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They will learn to assess the risks and benefits associated with lifestyle choices such as sexual activity such as the difference between healthy and unhealthy relationships including how to recognise abuse and harassment both face to face and online, using alcohol, smoking and illegal drugs, and can make safer choices based on this assessment. They can state where to find professional health advice and are confident in seeking it.

Pupils will learn about relationships, feelings, and emotions, and can analyse ways of managing these in connection with their peers and family events. They will explain the importance of different relationships and associated responsibilities, including those of marriage, parenthood, and family life. Pupils learn about how to recognise and challenge offensive behaviours including harmful sexual behaviour, peer on peer abuse bullying including cyber bullying and understand the importance of online safety in the modern world.

Implementation	September - December		January - March		April - July	
	Year 7, 8 9 & 10	Year 7, 8, 9 & 10	Year 7,8,9 & 10	Year 7,8,9 & 10	Year 7, 8, 9 & 10	
	Key concepts: Enjoying a healthy and active lifestyle Topics covered: Shopping for a healthy life style Personal hygiene Eating healthily The benefits of exercise The hazards of smoking The effects of drugs on the body	Key concepts: Healthy Relationships Topics covered: Rights and values in our lives. Features of positive and stable relationships (RSE) Good Communication The media and how it affects our expectations of relationships (RSE) Dealing with breakdowns in relationships (RSE)	Key concepts: Managing my money Topics covered: Managing my money How does money make us feel? Where does money come from? illegal loan sharking and how it can affect us. What is insurance	Key concepts: Elections and political parties Topics covered: How do we find out about the world of work? Career qualities and skills The laws surrounding work. Conflict at work Creating a career tree	Key concepts: Exploring alcohol Topics covered: Alcohol knowledge Attitudes, effects and risks of drinking. Attitudes, effects and risks Peer pressure and drinking, Mental health and mental health awareness	British Values: Sense of enjoyment and fascination in learning about themselves, others and the world around them Use of imagination and creativity in learning Rule of Law Individual Liberty Understanding of the consequences of their behaviour and actions Democracy Mutual Respect Tolerance of others Liberty Fairness Freedom of Association. Social Responsibility Freedom of thought. Freedom of speech. Environmental/management ethics

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<p>Year 11</p> <p>Key concepts: Human Rights</p> <p>Topics covered:</p> <p>Slavery</p> <p>Rights and responsibilities</p> <p>Human and legal rights and freedoms</p> <p>Refugees</p> <p>Migration and multiculturalism</p> <p>Features of positive and stable relationships (RSE)</p> <p>The media and how it affects our expectations of relationships (RSE)</p> <p>Dealing with breakdowns in relationships (RSE)</p>	<p>Year 11</p> <p>Key concepts: Post 16 options/careers</p> <p>Topics covered:</p> <p>Career path/Aspirations</p> <p>Colleges/ 6th Form</p> <p>Apprenticeship</p> <p>CV Writing</p> <p>Interviews skills & techniques</p> <p>Mock exams preparation skills</p>	<p>Year 11</p> <p>Key concepts: Exploring alcohol</p> <p>Topics covered:</p> <p>Alcohol knowledge</p> <p>Attitudes, effects and risks of drinking.</p> <p>Attitudes, effects and risks</p> <p>Peer pressure and drinking,</p> <p>Exam preparation skills</p>	<p>Year 11</p> <p>Key concepts: Leaving home & preparing for adult life</p> <p>Topics covered:</p> <p>Careers NCS</p> <p>Careers NCS</p> <p>PFO Day</p> <p>Study skills seminar</p> <p>Mental health and wellbeing session</p> <p>Exam Preparation session</p>	<p>Year 11</p> <p>Key concepts: Exam preparations</p> <p>Topics covered:</p> <p>Study skills and exam prep/ Mental health sessions</p> <p>GCSE exams May- June 2021</p>	<p>social implications</p> <p>conflict and politics</p> <p>healthy, active lifestyle</p> <p>a range of feelings and emotions</p> <p>leadership</p> <p>teamworking</p> <p>understanding consequences of behaviour</p> <p>Impacts of misuse of data</p> <p>Consequences of debt</p> <p>Coping with less income</p> <p>Financial decision making</p> <p>Cultural development</p> <p>Exploring beliefs and experience</p> <p>Respecting faiths, beliefs and values</p> <p>Recognising right and wrong</p> <p>Technology</p> <p>Community cohesion</p> <p>Social responsibility</p>
<p>AP1</p>		<p>AP2</p>		<p>AP3</p>	

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	<p>We aim to combat as many of the risks and dangers our students face, giving them accurate, practical and useful information which they can use if they need to. We aim to educate them and give them the best possible chance in their future and life outside of school and shape them to be a well-rounded responsible individual.</p>	<p>Students will develop strategies and tools to call upon when they face barriers and obstacles and they will be equipped to draw upon the resources and knowledge they have been taught including resilience.</p>		<p>They will have well rounded knowledge about living a healthy lifestyle and making good choices around smoking and alcohol. They will have well rounded knowledge about healthy relationships and how to identify unhealthy relationships.</p>
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