

PSHE

The PSHE Programme of Study has been designed to ensure that all students at Easthampstead Park Community School receive an education that provides them with the opportunities they need and deserve to develop their own personal, emotional, social, health and economical needs. It also incorporates the chance for students to develop an better understanding of Relationships and Sex education as well as respecting British Values.

The PSHE Discovery curriculum is designed to develop students' ability to change the culture of our communities. It allows students the opportunity to discuss, develop their understanding and demonstrate kindness, respect and living without harm. It is important for students to be able to understand and relate to others like them but also those who are different. We aim to celebrate the diversity within our community and promote the need to respect ourselves and those around us.

In Year 7, students will concentrate on the concept of kindness and its importance in developing positive relationships with the people around them. They will discover the difference between being nice and being kind and discuss the impact that kindness can have on others, not only on a small scale but also on a much bigger, potentially global scale.

In Year 8, students will focus on respect. They will attempt to define it and apply it in practical ways across their daily lives. Students will recognise the strengths and weaknesses in themselves and others and show how they are able to work together towards a common goal. Students will develop their ability to construct meaningful debates demonstrating their ability to disagree well.

In Year 9, students follow the programme for Living Without Harm. After considering the definition of harm and how harm might impact a person, students watch the Channel 4 documentary 'One Killer Punch' followed by a number of activities surrounding the consequences of choice. Students consider the ricochet effects of harm on families and friends and create their own timeline of harmful events following only one episode of harmful behaviour, including the impact of harm on nameless platforms such as social media. As students progress throughout the year, they move towards a sexual health related programme of study and a unit on wellbeing, considering both physical and mental health concerns.

By the end of Discovery, students will have developed their understanding for the importance of being kind and showing respect to themselves and others which can be further built upon by other subject areas and demonstrated in their everyday lives as they move into Destiny.

In our Destiny School the curriculum builds to challenge students to consider social topics that are often seen in the media such as issues surrounding relationships, mental health, and the impact of social media. Students are again, questioned and challenged on their points of view and perceptions and asked to consider others' thinking.

Students are also given the opportunity to consider their hopes and dreams for the future and how they can achieve their goals. Career planning and financial responsibility help to give students the knowledge required beyond their lives at EPCS. We aim to provide our students with the opportunities to allow them to thrive in the society that we live in.

Programme of Study: PSHE 2020-2021

Curriculum map:

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Y E A R 7	<p>Rules and Expectations of PSHE.</p> <p>British Values</p> <p>Prevent</p> <p>Puberty and my changing body</p> <p>Understanding relationships</p>	<p>Understanding and developing character.</p> <p>Getting to know yourself/Your best friend</p> <p>Developing and understanding resilience.</p> <p>Keeping a positive mindset.</p> <p>Looking into the impact of esteem and self-confidence.</p>	<p>How to be healthy mentally.</p> <p>Spotting kindness all around us.</p> <p>Equipping students to contribute positively to society.</p> <p>Understanding acts of kindness.</p>	<p>Helping each other.</p> <p>Positive reinforcement and The Feel Good Factor.</p> <p>Recognising differences in ourselves and others.</p> <p>Understanding and appreciation of diversity</p>	<p>Helping each other to grow.</p> <p>Developing character and independence.</p> <p>Delivering feedback sensitively.</p> <p>Equipping students to be respectful.</p>	<p>The benefits of being involved.</p> <p>Equipping students to be active citizens.</p> <p>Thinking and understanding others. Developing and appreciation and further understanding of diversity.</p> <p>Reflection on what we have learned this year</p>

<p>Y E A R</p> <p>8</p>	<p>Being British - Understanding British Values.</p> <p>The Great British School Swap - Identifying differences within British Culture.</p> <p>Testing for Citizenship - What defines being British?</p>	<p>Understanding respectful and disrespectful behaviour.</p> <p>Promoting respect for all.</p> <p>Respecting the views of others.</p> <p>Developing listening skills.</p> <p>Celebrating what we have in common and celebrating differences.</p>	<p>The impact of valuing people.</p> <p>Understanding respect in the workplaces.</p> <p>Promoting respect for all.</p> <p>Building leadership skills.</p> <p>The power of encouragement.</p>	<p>Destiny Taster Sessions.</p> <p>Your greatest strength is your greatest weakness.</p> <p>Developing character.</p> <p>Recognising strength in others.</p>	<p>The benefits of being involved.</p> <p>Equipping students to be active citizens.</p> <p>Thinking and understanding others.</p> <p>Further developing your appreciation of diversity.</p>	<p>Helping each other to grow.</p> <p>How to deliver feedback sensitively.</p> <p>Equipping students to be respectful.</p> <p>PSHE: A year in review</p> <p>Reflection on our learning journey.</p>
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<p>Y E A R 9</p>	<p>If all the world were me Equipping students to contribute positively to society. Promoting respect. Looking at a world without harm. Seeing the best in everyone. Understanding and recognising strengths and weaknesses. Developing character.</p>	<p>What is mental health? Knowing how to keep healthy mentally. Coping with stress. Knowing how your physical health can be linked to your mental health. Understanding mental health problems. Knowing where can you find support.</p>	<p>I've got the power. One Killer Punch. Looking at how our actions can impact the lives of others. Promoting respect for all. Understanding consequences and repercussions.</p>	<p>Sexting. Promoting the responsibility and the respect for one another. Understanding the dangers online. Understanding the law. Awareness of where to get support. First aid. British Heart Foundation. Promoting responsibility and asking students to contribute positively to society.</p>	<p>Understanding LGBT issues. Identifying and addressing homophobia. Where to seek support and guidance. To better understand our feelings. To have an appreciation for diversity all around us.</p>	<p>Understanding LGBT issues. Identifying and addressing homophobia. Where to seek support and guidance. To better understand our feelings. To have an appreciation for diversity all around us. PSHE A year in review. Reflecting on our learning journey throughout the year.</p>
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<p>Y E A R 1 0</p>	<p>Understanding LGBT issues. Identifying and addressing homophobia. Where to seek support and guidance. To better understand our feelings. To have an appreciation for diversity all around us.</p>	<p>Prevent. Understanding British Values. Developing an understanding of the diversity of religion. Looking at the impact of terrorism on society. Looking at “Fake News” when linked to terrorism. How to recognise trustworthy media sources.</p>	<p>CV Writing Skills. Interview techniques. Preparing students for future success. Equipping students with the tools to enhance their key working skills. Looking beyond the classroom. Looking to the future and our next steps.</p>	<p>Interview skills. Real life interview practice. Contraception,HI V and AIDS. Promoting healthy relationships. Understanding consent. Promoting mutually respectful relationships.</p>	<p>Promoting mutually respectful relationships. Looking at examples of positive relationships. Signposting abuse. Finding out where to get help and support.</p>	<p>Financial awareness. Understanding and managing debt. The dangers of payday loan companies. Planning a budget. Looking at income vs expenditure to prepare learners for future success. Developing financial lifeskills. Understanding financial risk and security.</p>
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<p>Y E A R 1 1</p>	<p>Financial awareness.</p> <p>Understanding and managing debt.</p> <p>The dangers of payday loan companies.</p> <p>Planning a budget.</p> <p>Looking at income vs expenditure to prepare learners for future success.</p> <p>Developing financial lifeskills.</p> <p>Understanding financial risk and security.</p>	<p>Prevent.</p> <p>Understanding British Values.</p> <p>Developing an understanding of the diversity of religion.</p> <p>Looking at the impact of terrorism on society.</p> <p>Looking at “Fake News” when linked to terrorism.</p> <p>How to recognise trustworthy media sources.</p>	<p>Contraception, HIV and AIDS.</p> <p>Promoting healthy relationships.</p> <p>Understanding consent.</p> <p>Promoting mutually respectful relationships.</p>	<p>The Naked Truth.</p> <p>Developing our understanding of what a healthy relationship looks like.</p> <p>Understanding LGBTQ+ issues.</p> <p>Appreciation and awareness of the diversity of our emotions and feelings.</p> <p>Looking at how we have relationships with different people.</p> <p>Finding out where to get further support and information.</p> <p>Awareness of the transgender community.</p>	<p>Evaluating and understanding what is stress.</p> <p>Dealing with the stress of exams.</p> <p>Coping mechanisms.</p> <p>How to look positively towards exams.</p> <p>REVISION</p>	<p>EXAMS</p>
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