






















# Cardrew Court School Longterm Overview: PSHE

PSHE (Personal, Social, Health and Economic) education is a crucial part of a child's education. It gives children access to critical information about themselves and the many facets of the diverse world around them. At Cardrew Court School we provide a specifically tailored curriculum that is both broad and balanced, and meets the unique context of our school. We give pupils access to big ideas and conversations, alongside practical experiences. Our personal, social, health and economic scheme of work focusses on relationships, health and wellbeing and living in the wider world. Careers and online safety are a key feature within our scheme. We incorporate the British Values of mutual respect, rule of law, individual liberty, tolerance and democracy. Alongside this, we promote the protected characteristics of race, sex, marriage and civil partnerships, age, disability and religion and beliefs.

PHSE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>School Values</b> 						
<b>Termly and Assembly Themes</b>	Respect	Resilience	Health	Happiness	Kindness	Independence
<b>PSHE British Values</b>	Mutual Respect	Mutual Respect	Rule of Law	Individual Liberty	Tolerance	Democracy
<b>Personal Development / PSHE</b>  <b>Online Safety Project Evolve</b>	 <sup>i</sup> Managing Online Information   <sup>i</sup> Privacy and Security	 <sup>i</sup> Online Bullying   <sup>i</sup> Online Relationships Anti-Bullying week: Online bullying <a href="https://anti-bullyingalliance.org.uk/">https://anti-bullyingalliance.org.uk/</a>	 <sup>i</sup> Self-Image and Identity  Safer Internet Day: <a href="https://saferinternet.org.uk/">https://saferinternet.org.uk/</a>	 <sup>i</sup> Health, Well-being and Lifestyle  CSE Awareness Day <a href="https://stop-cse.org/national-child-exploitation-awareness-day/">https://stop-cse.org/national-child-exploitation-awareness-day/</a>	 <sup>i</sup> Online Reputation	 <sup>i</sup> Copyright and Ownership  CSE Awareness Day <a href="https://stop-cse.org/national-child-exploitation-awareness-day/">https://stop-cse.org/national-child-exploitation-awareness-day</a>
<b>PSHE Protected Characteristics</b>	Race 	Sex 	Marriage and Civil Partnerships 	Age 	Disability 	Religion and Beliefs 

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		Sexual Orientation 	Pregnancy and Maternity 	Gender Reassignment 		
PSHE Themes	Relationships	Health & Wellbeing	Health & Wellbeing	Relationships	Living in the wider world	Living in the wider world
LKS2A	<b>How can we be a good friend?</b> Friendship; making positive friendships, managing loneliness, dealing with arguments	<b>What keeps us safe?</b> Keeping safe; at home and school; our bodies; hygiene; medicines and household products	<b>Why should we eat well and look after our teeth?</b> Being healthy: eating well, dental care	<b>What are families like?</b> Families; family life; caring for each other	<b>What makes a Community?</b> Community; belonging to groups; similarities and differences; respect for others	<b>Why should we keep active and sleep well?</b> Being healthy: keeping active, taking rest are worried
LKS2B	<b>How do we treat each other with respect?</b> Respect for self and others; courteous behaviour; safety; human rights	<b>What strengths, skills and interests do we have?</b> Self-esteem: self-worth; personal qualities; goal setting; managing setbacks	<b>How can we manage our feelings?</b> Feelings and emotions; expression of feelings; behaviour	<b>How will we grow and change?</b> Growing and changing; puberty and puberty	<b>How can our choices make a difference to others and the environment?</b> Caring for others; the environment; people and animals; shared responsibilities, making choices and decisions	<b>How can we manage risk in different places?</b> Keeping safe; out and about; recognising and managing risk
UKS2A	<b>What jobs would we like?</b> Careers; aspirations; role models; the future	<b>What makes up our identity?</b> Identity; personal attributes and qualities; similarities and differences; individuality; stereotypes	<b>How can we help in an accident or emergency?</b> Basic first aid, accidents, dealing with emergencies	<b>How can friends communicate safely?</b> Friendships; relationships; becoming independent; online safety	<b>How can drugs common to everyday life affect health?</b> Drugs, alcohol & tobacco; healthy habits	<b>What decisions can people make with money?</b> Money; making decisions; spending & saving
UKS2B	<b>How can we keep healthy as we grow?</b> Looking after ourselves; growing up; becoming independent; taking more responsibility	<b>How can we keep healthy as we grow?</b> <b>Personal Wellbeing</b> Looking after ourselves; growing up.	<b>What will change as we become more independent?</b> Different relationships moving into adulthood	<b>How do friendships change as we grow?</b> Managing change – our bodies, friendships, schools	<b>How can the media influence people?</b> Media literacy and digital resilience; online safety	<b>How do you keep safe using media?</b> Making Decisions about Online Content, Resilience, decision-making
Year 7	<b>Diversity</b> Diversity, Prejudice & Bullying	<b>Personal Safety</b> Personal Safety in and out of school including First Aid	<b>Health &amp; Puberty</b> Healthy routines, influences on health, puberty, unwanted contact & FGM	<b>Building Relationships</b> Self-worth, romance & friendships (including online) & relationship boundaries	<b>Developing Skills &amp; Aspirations</b> Careers, teamwork & enterprise skills & raising aspirations	<b>Financial Decision Making</b> Saving, borrowing, budgeting & making financial choices

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<b>Year 8</b>	<p><b>Discrimination</b> Discrimination in all its forms, including racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p>	<p><b>Drugs &amp; Alcohol</b> Alcohol and drug misuse and pressures relating to drug use</p>	<p><b>Emotional Wellbeing</b> Mental health and emotional wellbeing, including body image and coping strategies</p>	<p><b>Identity &amp; Relationships</b> Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception</p>	<p><b>Community &amp; Careers</b> Equality of opportunity in careers and life choices, and different types and patterns of work</p>	<p><b>Digital literacy</b> Online safety, digital literacy, media reliability, and gambling hooks</p>
<b>Year 9</b>	<p><b>Respectful Relationships</b> Families and parenting, healthy relationships, conflict resolution, and relationship changes</p>	<p><b>Peer Influence, Substance Use &amp; Gangs</b> Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation</p>	<p><b>Healthy Lifestyle</b> Diet, exercise, lifestyle balance and healthy choices, and first aid</p>	<p><b>Intimate Relationships</b> Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography</p>	<p><b>Setting Goals</b> Learning strengths, career options and goal setting as part of the accreditation pathway</p>	<p><b>Employability Skills</b> Employability and online presence</p>
<b>Year 10 ASDAN</b>	<p><b>Addressing Extremism and Radicalisation</b> Living in modern Britian Communities, belonging and challenging extremism</p>	<p><b>Exploring Influences – Drugs and Gangs</b> The influence and impact of drugs, gangs, role models and the media</p>	<p><b>Mental health – Emotional Wellbeing</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p>	<p><b>Healthy relationships – Sexual Health</b> Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography</p>	<p><b>Financial Decision Making Financial Choices</b> The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p>	<p><b>Next steps Careers and your Future Work Experience</b> Application processes, and skills for further education, employment and career progression</p>
<b>Year 11 ASDAN</b>	<p><b>Families</b> Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships <u>PSHE Module 08 Families and Parenting</u></p>	<p><b>Independence</b> Responsible health choices, and safety in independent contexts</p>	<p><b>Building for the Future</b> Self-efficacy, stress management, and future opportunities</p>	<p><b>Communication in Relationships</b> Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p>	<p><b>Financial Choices</b> Managing money Financial contracts Budgeting, saving, debt Influences on financial choices</p>	<p><b>Planning for the future</b> Application processes, and skills for further education, employment and career progression</p>