

St Bede's Catholic Voluntary Academy
Curriculum Overview: PSHCE & Citizenship

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
Year 7	<p>Citizenship</p> <p>Understanding the basics of citizenship. What makes good and bad citizens, and how citizens can contribute to the world around them. This unit will also cover an introduction to Law & Politics.</p>	<p>Them & Us/Careers</p> <p>In Them & Us, students will look at respect.</p> <p>In Careers students will have an introduction to careers, looking at the importance of planning, useful terminology, labour market information around salaries and will conclude with the opportunity to consolidate learning with an employee encounter.</p>	<p>Health</p> <p>Introducing positive health topics such as healthy eating, healthy dental and healthy lifestyle. This topic will also cover the basics of first aid and CPR and puberty and 'The Red Box'.</p>	<p>RSE</p> <p>In RSE students will cover puberty and changing bodies, image and self-esteem and reproduction.</p> <p>The will look at different types of relationships including romantic, friends and family and look at responsibilities and respect.</p> <p>The will cover content on digital technology, including Youth produced sexual imagery. Students will be informed about FGM.</p>		<p>STEM/Interform</p> <p>In Interform students will explore how physical activity can promote mental wellbeing and can reduce stress</p> <p>In STEM students will look at skills needed for STEM related jobs and what STEM skills can be gained as transferable skills.</p>
Year 8	<p>Health</p> <p>Taking a look at substances which</p>	<p>RSE</p> <p>Students will examine individual</p>	<p>Careers</p> <p>Preparation for picking Options.</p>	<p>STEM/Interform</p> <p>In this half term students will begin</p>		<p>Citizenship</p> <p>Looking at negative behaviours within</p>

	negatively affect health such as drugs smoking and alcohol, how these affect us and what legalities are associated with them. In addition, considering the negative impact of gambling.	identity, including gender and sexual identity. They will also look at protected characteristics particularly from the viewpoint of prejudice, discrimination and bullying. Students will also learn about pregnancy, and puberty including the physical and psychological changes and what happens during sexual attraction.	Considering what information you need to enable you to pick an option, including LMI, and how to plan for your career. This unit will encourage independent research skills for career management. This unit includes guest speakers and interactive activities from external providers such as BAE Systems and North Lindsey College.	to understand the benefits and importance of physical activity and outdoor activity. In STEM students will look at skills needed for STEM related jobs and what STEM skills can be gained as transferable skills.		citizenship including bullying, racism and hate crime. Discussing what it means to be British.
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	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
Year 9	Careers Students will build on their knowledge of LMI and will look at stereotypes within careers. They will also develop entrepreneurial skills to promote	Citizenship Students will build on their e-safety knowledge from KS3 by completing lessons on Privacy & Security and Online Bullying. They will then revisit the politics and law & order topics from	STEM/Interform In Interform students will look at how physical activity can be used as an approach to combat stress. In STEM students will look at skills	Health The focus of this half term is body image and self-esteem. In this half term students will also build upon their knowledge of substances and look specifically at how		RSE Students will consider God's plan for love and intimacy and will learn about the benefits of delaying sexual intimacy.

	opportunities for self-employment.	KS3, specifically looking at the structure of the houses of parliament and what political parties exist in the UK. They will then consider the UK legal system and justice system before learning about contextual issues such as CCE and County Lines.	needed for STEM related jobs and what STEM skills can be gained as transferable skills.	they impact mental health.		Students will then learn about fertility and types of contraception before moving on to consent and giving consent. At this point they will consider sexual exploitation and coercive control. Students will also cover information on key issues around sexual desire, including pornography.
Year 10	Citizenship/STEM Students will complete lessons on Health, Wellbeing and Lifestyle within their Esafety lessons. They will continue their exploration of political parties and look at the legislations and structures of voting systems in the UK.	Health Students will learn about community and national health information such as vaccine programmes, screenings for adults and blood and organ donation. They will consider factors which promote health and wellbeing such as reduction of stress	RSE Students will look at the objective reality of sex and its impact on relationships before progressing to body confidence and dignity. Students will look at parenthood, the legal responsibilities of becoming a parent and the emotional and practical commitments of parenting.	Citizenship This topic will introduce financial capability, including understanding of products and services such as mortgages. This half term also looks at human rights and protected characteristics and the laws around these principles.		Careers This unit focusses on preparation for transition to post 16 destinations. Students will conduct virtual work experience activities with REED and will explore their post 16 options whilst preparing for their Year 10 taster days.

	In STEM students will look at skills needed for STEM related jobs.	in exams and the importance of sleep. They will revisit the negative impact of smoking and E cigarettes as well as look at classifications of drugs and harmful substances.	Finally, students will be taught about different forms of abuse from an RSE perspective, including grooming, manipulation and entrapment. They will also cover FGM, Human Trafficking and Honour-Based Violence.		
Year 11	Careers Students will be exploring their personal opportunities for post 16 education and creating CV's and personal statements in this half term. They will be provided with multiple opportunities to meet with post 16 providers, both academic and vocational.	Combination Students will spend part of the half term looking at keeping themselves safe and well by revisiting exam stress and revision techniques as well as looking at road safety. Students will complete college and apprenticeship applications in a supported environment to secure their post 16 destination. Students will cover self worth and addiction as part of	Combination Students will build on their readiness for leaving school by looking at interview skills and techniques, along with volunteering opportunities after school. In RSE students will cover self-care and eating disorders before moving on to managing fertility. These topics consolidate learning in RSE from Years 7-10.	RSE/Intervention Students will participate in lessons that address pornography, STI's and Coercive Control. These topics consolidate learning in RSE from Years 7-10. Students will be allocated some intervention time which will support focussed revision in the run up to their final examinations.	

		the RSE programme. These topics consolidate learning in RSE from Years 7- 10.			
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