

Curriculum Map 2021/2022



Year 8 PSHCE

We are the 'rich soil in which seeds flourish and roots grow'. Therefore, our PSHCE curriculum at St Mary's is designed so pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepared for life and work after leaving school. It is designed to have an impact on both academic and non-academic outcomes for pupils, allowing all our students the chance to flourish and grow in all aspects of life. Our vision for PSHCE lessons are that they enable students to make informed life choices outside of the classroom when in their local communities.

Our programme of study aims to develop skills and attributes such as resilience, self-esteem, risk-management, team working and critical thinking in the context of four core themes: Living in the wider world, Relationships and sex education, Citizenship and British values and physical and mental wellbeing. Our curriculum takes our students on a journey building on previous lessons as they move through Key Stage 3 and into Key Stage 4. Key Stage 3 pupils receive one hour per week timetabled PSHCE lesson and KS4 PSHCE is taught through a 20 minute session in tutorial time each week.

Term	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Concept	Physical and Mental Wellbeing	Physical and Mental Wellbeing	Relationships and Sex Education	Relationships and Sex Education	Living in the wider world	Citizenship and British Values
SOL Question	What choices can I make to improve my physical health and fitness?	What choices will promote positive health?	What choices can I make about family life?	Sexual relationships: What choices will I face?	What choices could save a life?	The justice system and public bodies: What choices await me when I am older?
	Physical health and fitness	Health and prevention	Families	Intimate and sexual relationships	Basic first aid	Rules of law

	<p>7 lessons</p> <ol style="list-style-type: none"> 1. What are the positive effects of exercise? 2. How are exercise, sleep and mental health connected? 3. What dangers are associated with an inactive lifestyle? 4. What are the dangers associated with alcohol? 5. What should I know about smoking and vaping? 6. What effects do drugs have? 7. Substance misuse: What are the impacts of drugs? 	<p>7 lessons</p> <ol style="list-style-type: none"> 1. What are the dangers associated with germs and viruses? 2. Why is good oral hygiene important? 3. What does personal hygiene mean to me? 4. What facts do I need to know about immunisation and vaccination? 5. What makes for a good quality sleep? 6. What are the dangers associated with a lack of sleep? 7. Assessment lesson 	<p>6 lessons</p> <ol style="list-style-type: none"> 1. How diverse can families be? 2. Is marriage important these day? 3. What other types of long term relationships exist today? 4. What are the roles and responsibilities of parents? 5. What does successful parenting look like today? 6. Who can I ask for help about family life? 	<p>including sexual health</p> <p>6 lessons</p> <ol style="list-style-type: none"> 1. What facts and myths surrounding sex? 2. What does the law say about consent? 3. What contraception choices are available to me? 4. Why is it important to explore your sexuality? 5. What are your rights and responsibilities regarding sex? 6. Why do attitudes towards sex vary? 	<p>6 lessons</p> <ol style="list-style-type: none"> 1. Why is first aid important? 2. How can we treat minor injuries? 3. Why is CPR vital? 4. What is a defibrillator and where might I find one? 5. Is first aid administered the same worldwide? 6. What medical breakthroughs have been most significant? 	<p>7 lessons</p> <ol style="list-style-type: none"> 1. How does the British Justice system work? 2. What role do the Police play in modern Britain? 3. What happens at court? 4. What role do public institutions play in modern Britain today? 5. How can I play an active role in improving my community? 6. Who are the inspiring citizens of today? 7. Assessment lesson
--	--	---	---	---	--	--