

	Relationships and Sex Education (RSE)
	Health and mental wellbeing
	Living in the wider world

Subject Curriculum Map: **PSHE/Connect** Year: 2024 - 2025

Curriculum Intent:

- to build upon the knowledge and skills developed in years 7 and 8
- to enable students to become healthy, independent and responsible members of society through:
 - understanding how they are developing personally
 - knowing how to keep themselves healthy, both physically and mentally
 - tackling many of the moral, social and cultural issues that are part of growing up
 - learning about their rights and responsibilities and understanding what it means to be part of a diverse society
 - helping them to become critical thinkers
 - developing their sense of self worth
 - teaching them how to recognise risk and to how to keep themselves safe
 - informing them about sources of support and advice

Curriculum Implementation: PSHE is delivered in two 30-minute sessions a week by form tutors. In year 9, parts of the curriculum are delivered through core RE. In year 10, parts of the curriculum are delivered through core 'Beliefs and Decisions'. The curriculum is enhanced by additional input by specialists, employers and education providers. Students also partake in weekly assemblies which follow the themes they are studying in PSHE.

The final topic in year 9 'online safety' is delivered through a series of workshops and role plays supported by external providers during a 'drop-down' day.

The curriculum is split into three core themes, 'Health and Wellbeing', 'Relationships' and 'Living in the Wider World'. Work is recorded in a PSHE diary which students are able to use to note down any thoughts or key terms during the sessions. They also record their understanding of the topic before and after the session.

The programme of study follows the PSHE Association's programme of study.

	Relationships and Sex Education (RSE)
	Health and mental wellbeing
	Living in the wider world

Sequencing: At Key Stage 3, the content for the statutory and non-statutory PSHE curriculum has been mapped against the middle schools' curriculum in years 7 and 8. Whilst some of the year 7 and year 8 themes are revisited in year 9, in year 9 the emphasis shifts from 'identifying and understanding' to 'managing'. Students learn how to identify risks, build their resilience and know where to go for advice and support. In preparing the year 9 programme, students' feedback on the content, delivery and understanding of areas covered in PSHE has also been considered.

Over years 10 and 11, topics are revisited, but the focus is relevant to the students' age and needs at that stage of their education. It addresses students' current experiences and helps prepare them for the future.

Each half term, in each year, will cover more than one theme with the exception of summer 2 year 10, where, after work experience, the focus is on life at work. The coverage of themes is sequenced to help students understand an issue, identify risks associated with the issue, learn how to manage the risks and where to go for help and support.

Curriculum Impact: The curriculum has been built to support students in facing relevant issues in their home, school and social lives, as they arise, at each stage of their life whilst at Alleyne's Academy, as well as helping them to prepare for life at work. This will be done by helping them to know and value who they are and to understand how they relate to other people in this ever-changing world. Through the teaching of different threads in the PSHE, RSE and RS curriculum, the students will learn strategies to help them stay safe and healthy and to be able to manage their personal and social lives in a positive way.

Year 9	Year 9	Year 10	Year 11
Autumn 1 Half term 1	Change and transition (H2, L1)	<i>All students find work experience placements during the year (L9)</i>	Preparing for year 11(L2) Introduction to careers Y11(L6, L10) Introduction from the career's advisor (L4, L6) Vocational courses and apprenticeships (L4) CV writing (L2, L3)
	Mental ill-health (H7, H8) Building resilience (H1, H2, H4, H5 H9) Articulating emotions (H6, H8) Healthy coping strategies, including exercise (H10, H13, H14, H16) Triggers for unhealthy coping strategies including when others need help (H11, H12) Body image, including impact of social media (H3, H5) Black History Month (R41)	Reflection and planning (H1) (L1) The power of positivity (including resilience) (H4) Introduction to careers Y10 (L6) Mental ill-health (triggers and treatment) (H8, H9, H10) Self-esteem (H2) Body image (H3) Black History month (L28)	Cosmetic procedures – piercings, cosmetic surgery, tattooing and sunbeds (H17) Black History month (L28) <i>Careers advisor personal interviews continue this half term (L4, L6)</i>
Autumn 2 Half term 2	Healthy relationships v unhealthy relationships, including online (R2)	Skills for successful relationships (R1) Working out relationships (R1, R3)	Mental ill-health (H5)

	Relationships and Sex Education (RSE)
	Health and mental wellbeing
	Living in the wider world

	<p>Biological sex, gender identity and sexual orientation (R3, R4, R5) Long-term relationships, including marriage (R6, R10, R36) Stereotypes and the media (R7, R8)</p> <p>Introduction to career pathways (L7, L3, L9) Patterns of work and career pathways (L11, L12, L5, L6) Remembering the holocaust (R41)</p>	<p>Sex and the law (R18) Domestic abuse – incl coercive controlling behaviour (R28, R29, R30, R31, R32)</p> <p>Gambling - gambling related harms and support for self and others (H25) (L19) Substance use and misuse (H19)</p> <p>Remembering the holocaust (L28)</p>	<p>Life changes and mental health and wellbeing (H6)</p> <p>Contraception (R23) STIs (including impact on fertility and accessing sexual health services) (H27, H28, H29, H31) Pornography (R8) Self-examination and screening (H16) Parenting (including fostering and adoption) (R25, R26)</p> <p>Remembering the holocaust</p> <p>Careers advisor personal interviews continue this half term (L4, L6)</p>
Spring 1 Half term 3	<p>Sexual harassment (R37) Consent (R24, R25, R26, R27) Sharing nudes (R29, R30) Grooming (R37)</p> <p>Basic first aid (H33) Accessing health services (H21)</p>	<p>LGBT History month</p> <p>Diversity in romantic and sexual attraction (R6)</p> <p>Safe sex and sexual health (H26, H27)</p> <p>Keeping safe online, incl online relationships (R14, R15, R16, R17) Contraception (R23) Pregnancy and miscarriage (R24, H30, H32, H33)</p> <p>Sleep, diet and exercise – making informed life choices (H11) Having a balanced approach to spending time online (H12)</p> <p>Careers' fair takes place this half term (L6)</p>	<p>Substance use and misuse and consequences on mental and physical health (H19) Wider risks of illegal substance use (H20) (R20) Sources of help for unhealthy behaviours (H21)</p> <p>Readiness for sex – including online (R21) Legal, emotional and social consequences of sharing sexual images online (R22)</p> <p>Careers' fair takes place this half term (L6)</p>
Spring 2 Half term 4	<p>Bullying (R37, R38, R39, R40, R41)</p>	<p>Personal finance (L16, L17, L18)</p>	<p>Local, national and international career opportunities (L7)</p>

	Relationships and Sex Education (RSE)
	Health and mental wellbeing
	Living in the wider world

	<p>Cyber bullying (R37, R38, R39, R40, R41)</p> <p>Smoking and vaping (H24, H25, H26, H27, H28, H29)</p> <p>Alcohol (H24, H25, H26, H27, H28, H29, R20)</p> <p>Drugs (H24, H25, H26, H27, H28, H29, R20)</p> <p>Diet (H17, H18)</p> <p>Personal hygiene, health checks and vaccinations (H19, H20)</p>	<p>Using the NHS – how to access advice and services (H13, H14)</p> <p>Basic first aid (H24)</p> <p>External influences on health and harmful behaviours (H18)</p> <p>Dealing with separation and bereavement (R13)</p> <p>Forced marriage (R33)</p> <p>Influencing peers (R35)</p> <p>Groups and gangs (R36)</p> <p>Serious organised crime (R37)</p>	<p>Employment sectors and types (L8)</p> <p>Career opportunities online (L11)</p> <p>Interview techniques (L1)</p> <p>Managing personal safety (H22, H23)</p> <p>Marriage and civil partnerships (R4)</p> <p>Equality Act 2010 (R5)</p>
<p>Summer 1</p> <p>Half term 5</p>	<p>Puberty (H34)</p> <p>Contraception (H35, R32, R33, R34)</p> <p>STIs (H36)</p> <p>Personal finance – financial decisions (L15, L16, L17, L18)</p> <p>Note: Year 9 students will complete half a term's work in RE which includes drugs education and vaccinations</p>	<p>Options at post 16 – school, college or apprenticeship? (L4, L5)</p> <p>Intolerance and extremism (L28, L29)</p> <p>Intimate relationships (R2, R21)</p> <p>Sexual assault (R19)</p> <p>Note: Y10 students will complete half a term's work on emotional wellbeing, healthy lifestyles and drugs education in the 'Beliefs and Decisions' (core RE) lessons</p>	<p>How to manage online presence (L12, L23)</p> <p>Interpretation of social media (L24)</p> <p>Data protection (L25)</p> <p>Influence and bias online (L26, L27)</p> <p>Revision – support and planning.</p>
<p>Summer 2</p> <p>Half term 6</p>	<p>Values in relationships, including intimate relationships (R9, R10, R11, R12, R13, R14, R28, R31)</p> <p>Communication – including negotiation and compromise – face to face and online (R16, R17, R18, R19)</p> <p>Parents and family roles (R35, R36)</p> <p>Breakdown of relationships and loss (R21, R22, R23)</p> <p>The influence of peers (R42, R43, R44)</p> <p>Gangs and weapons (R46, R47)</p>	<p>Planning for work experience (L9, L8)</p> <p>Post work experience – reflections (L2)</p> <p>CV building (L3)</p> <p>Career stereotypes (L5)</p> <p>Financial exploitation (L20)</p> <p>Different types of employment contracts (L21)</p>	

	Relationships and Sex Education (RSE)
	Health and mental wellbeing
	Living in the wider world

	<p>Online safety – drop down. Includes information sharing, establishing boundaries, influencing of the media and accessing support. (L20, L21, L22, L23, L24 L25. L26, L27)</p> <p>Students have 2 sessions with Next Engineers (L8, L10, L12)</p>	<p>Careers advisor personal interviews start this half term (L4, L6)</p>	
FBV	<p>Rule of law, respect, tolerance individual liberty, democracy.</p> <p>All FBV are covered at some point during the year.</p>	<p>Rule of law, respect, tolerance individual liberty, democracy.</p> <p>All FBV are covered at some point during the year.</p>	<p>Rule of law, respect, tolerance individual liberty, democracy.</p> <p>All FBV are covered at some point during the year.</p>
Special events/visits/extr a-curricular	<p>Careers' Fair – March Visit to Mosque and Sikh temple – June/July Next Engineers – Discovery Days – June/July Drop down day on online safety - July</p>	<p>Careers' Fair – March Work experience – June Careers interviews – starting June</p>	<p>Careers' Fair – March Careers interviews – Sept onwards</p>