



SOUTH DERBYSHIRE SUPPORT CENTRE



KEY STAGE 2 SEQUENCING – PSHE (Including relationships education)

2

2022 - 2023

AUTUMN 1

Health and wellbeing

Mental health

- Mental health is like physical health
- Strategies and behaviours to support mental health
- Feelings and what can affect them
- Feeling vocabulary
- Recognise mental health warning signs
- Change, loss and transition

AUTUMN 2

Relationships

Friendships

- Importance of friendships
- Healthy and unhealthy friendships
- Online friendships
- Peer influence
- Strategies to resolve disputes



SPRING 1

Living in the wider world

Communities

- Different groups
- Diversity
- Stereotypes, prejudice

SPRING 2

Health and wellbeing

Keeping safe

- Complying with regulations and restrictions
- Predict, assess and manage risks
- Importance of keeping personal information private, keeping safe online
- Basic first aid, emergency situations
- FGM
- Drugs, Alcohol and Tobacco**
- Risk and effects
- Aware of the laws surrounding this
- Vaping
- Organisation that can support



SUMMER 1

Relationships

Safe Relationships

- Privacy and personal boundaries
- Online personas and their danger
- Responding appropriately to unknown adults
- Different types of physical contact
- Keeping things confidential, when okay and when not okay
- Recognising pressure from others

SUMMER 2

Living in the wider world

Economic Wellbeing: Aspirations, work and career

- Identify goals
- Career aspirations
- Skills and how they can help in the future
- Identify the type of job they might want
- Routes into different careers

1

2021 - 2022

AUTUMN 1

Health and Wellbeing

Physical wellbeing

- Balanced healthy lifestyle
- Benefits of sleep and sleep hygiene
- Bacteria and viruses – hygiene
- Oral hygiene
- Sun care
- How and when to seek health support

AUTUMN 2

Relationships

Families and close positive relationships

- Different types of relationships
- Marriage and civil partnerships
- Forced marriage
- Family structures (differences)
- Healthy family life and its characteristics

SPRING 1

Living in the wider world

Shared responsibilities

- Reasons for laws and the consequences of not adhering to them
- Human rights
- Rights and responsibilities
- Importance of compassion
- Environmental responsibilities

SPRING 2

Health and wellbeing

Ourselfs, growing and changing

- Personal identity
- Individuality
- Personal strengths, skills, achievements and interests
- External genitalia and internal reproductive organs
- Puberty, change, hygiene and reproduction

SUMMER 1

Relationships

Managing hurtful behaviour and bullying

- Impact of bullying
- Strategies to respond to hurtful behaviour
- Discrimination
- Respecting self and others**
- Personal behaviour and its affect on others
- Importance of self-respect
- Respecting differences and similarities in others
- Listen and respond respectfully
- Discuss and debate issues respectfully

SUMMER 2

Living in the wider world

Media literacy and digital resilience

- The internet
- Reliability of sources
- Sharing on the internet
- Economic Wellbeing: Money**
- Different ways to pay
- Money maging and monetary risk

SEQUENCING

The PSHE (including Relationships Education) curriculum at South Derbyshire Support Centre follows the progression as set out and recommended by the PSHE Association. Each of the 3 core strands (Health and wellbeing, Relationships and Living in the wider world) are set out via their recommendations and are taught cyclically throughout the year so that pupils have the opportunity to recap and develop on previous learning covered. In addition, each year of the curriculum directly follows on from the former so that there is a clear progression in knowledge and understanding. The cyclical nature of the programme also enables staff to recover missed learning and assist our pupils in developing their PSHE subject knowledge no matter when they transition into the school.

During Keystage 2, PSHE education offers both explicit and implicit learning opportunities and experiences which reflect Pupils' increasing independence and physical and social awareness as they move through the primary phase. It builds on the skills that pupils acquire during the EYFS stage in developing effective relationships, assuming greater personal responsibility and management of personal safety, including online. The curriculum will help pupils to manage the physical and emotional changes at puberty, introduce them to a wider world and enables them to make an active contribution to their communities.



KEY STAGE 3 SEQUENCING – PSHE Including RSE

2

2022 - 2023

AUTUMN 1

Health and Wellbeing

Mental Health and Emotional Wellbeing

- Identify a range of emotions
- Mental and emotional health strategies
- Mental health stigma, healthy coping strategies
- Build resilience and manage setbacks
- Causes and triggers of unhealthy coping strategies and how to get support

AUTUMN 2

Relationships

Relationship values

- Personal values in friendship and love
- Importance of trust
- gender roles, behaviour and intimacy
- Choice in relation to sex

Bullying, Abuse and Discrimination

- Characteristics of abuse (grooming, harassment, violence, exploitation)
- Recognise bullying, it's impact and strategies to manage
- Impact of stereotyping
- Prejudice based language (race, homophobia, gender, transphobia, ableism, faith)
- Inclusion and challenging discrimination



SPRING 1

Living in the wider world

Choices and Pathways

- Option available at end of KS3
- Routes into work
- Setting ambitious goals
- Recognise and challenge stereotypes relating to jobs

Employment Rights and Responsibilities

- Young people's employment rights and responsibilities
- Manage emotions in relation to future employment

SPRING 2

Health and wellbeing

Drugs, Alcohol and Tobacco

- Positive and negative uses of drugs
- Myths and misconceptions
- Nicotine, alcohol and legal substances and the long/short term risks
- Social and legal consequences
- Puberty and Sexual Health
- Strategies to manage mental and physical changes
- Purpose, importance and different forms of contraceptions
- STIs and how spread



SUMMER 1

Relationships

Consent

- Consent is freely given and the laws
- Gauge readiness for sexual intimacy
- Impact of sharing sexual images without consent
- Pressure to share images
- Intimate relationships should be pleasurable
- Social Influences
- Peer influences
- Joining gangs and the consequences and exit strategies
- Motivations, misconceptions and consequences of carrying weapons

SUMMER 2

Living in the wider world

Media Literacy and Digital Resilience

- The internet amplifying risk and opportunities
- Personal values and boundaries
- Importance of seeking varieties in perspectives
- Informed decisions about appropriacy of online content
- Extreme views and attitudes
- Responding appropriately when things go wrong online

1

2021 - 2022

AUTUMN 1

Health and wellbeing

Self-Concept

- Uniqueness
- Wellbeing and resilience
- Impact of social media-Manage internal/external influences

Managing Risk and Personal Safety

- Identify risk and manage safety, assess and reduce risk
- Risks of gambling
- Emergency first aid (CPR + Defibrillators)

AUTUMN 2

Relationships

Positive relationships

- Different types of relationships, positive relationships and diversity | relationships
- Gender identity
- Legalities of marriage and media portrayal of relationships
- Portrayal of sex in the media (including pornography) and effects on expectations

Contraception and Parenthood

- Communication in a healthy relationship
- Risks and consequences of unprotected sex
- Roles and responsibilities of parents
- Importance of stable long-term relationships in bringing up children

SPRING 1

Living in the wider world

Learning Skills

- Study, presentation, research, organizational skills
- Strengths and interests, targets and goals
- Skills for enterprise and employers
- Benefits of being a lifelong learner
- Work and Career
- Work patterns (shifts, self-employed, full time, part time, voluntary)
- Work roles and career pathways

SPRING 2

Health and wellbeing

Health Related Decisions

- Balance between school, work, leisure, exercise and online activities
- Benefits of ophysical activity, sleep, balanced diet, self examination and sun safety
- Personal hygiene, including oral
- Access to health services
- FGM, risks and legalities

SUMMER 1

Relationships

Forming and Maintaining Respectful Relationships

- Forming positive relationships, the qualities and behaviours
- Team work, listening, communication and reducing risk
- Manage strong feelings, conflict management, reconciliation and influence
- Influence of drugs and alcohol on decision making
- Effects of change
- Services available to support healthy relationships

SUMMER 2

Living in the wider world

Financial Choices

- Manage risk in relation to finances
- Values and attitudes and emotions to finance, including debt
- Social and moral dilemmas about money
- Recognise financial exploitation (drug/money mules, online scams)

SEQUENCING

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In key stage 3, students build on the knowledge and understanding, skills, attributes and values they have acquired during the primary phase. PSHE education acknowledges and addresses the changes that young people experience, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the knowledge and skills which will equip them for the opportunities and challenges of life. Students learn to manage diverse relationships, their online lives and the increasing influence of peers and the media.



SOUTH DERBYSHIRE SUPPORT CENTRE



KEY STAGE 4 SEQUENCING – PSHE Including RSE

2

2022 - 2023

AUTUMN 1

Health and wellbeing
Mental health and emotional wellbeing
 -Change and its impact on mental health and wellbeing
 -Strategies, cognitive and practical, to promote wellbeing
 -Recognise the warning signs of common mental health concerns and some coping strategies
 -Characteristics of mental and emotional health

AUTUMN 2

Relationships
Positive relationships
 -Equality Act 2010
 -Diversity in romantic and sexual attraction
 -Potential impact of portrayal of sex in pornography and the media
Relationship values
 -Exploitation, bullying, harassment and control in relationships
 -Domestic abuse
 -Law relating to honor-based violence and forced marriage
 -Challenging prejudice and discrimination



SPRING 1

Living in the wider world
Media literacy and digital resilience
 -Positive and safe ways to share content online
 -Protect and enhance online reputation
 -Extreme viewpoints and and perceptions online
 -How data is collected, generated and shared
 -How data provided online can be used
 -Assess accuracy of online content
 -Causes and consequences of extremism
 -Responsibility to challenge extreme viewpoints that incite hate or violence

SPRING 2

Health and wellbeing
Drugs, alcohol and tobacco
 -Consequences of substance use (mental, physical, families and friends) and wider risks
 -Identify, manage and seek help for unhealthy behaviours and habits
Managing personal risk and safety
 -Ways to identify and manage risk in new environments
 -Increase confidence in performing emergency first aid
 -The range of gambling related harms



SUMMER 1

Relationships
Social influences
 -Recognise when they are being adversely influenced (gangs)
 -Factors that can lead to young people becoming involved in organized crime/cybercrime
Form and maintain respectful relationships
 -Manage strong emotions, change and grief associated with relationships
 -Potential risks of establishing relationships online
 -Legal and ethical responsibilities in a relationship
 -Recognise unwanted attention and access support

SUMMER 2

Living in the wider world
Work and career
 -The labour market and employment sectors
 -Developing a career identity
 -Benefit of challenges to your employability
 -Online presence and its career impact
Employment rights and responsibilities
 -Manage rights and responsibilities at work
 -Confidentiality in the workplace
 -Unacceptability and illegality of discrimination and harassment

1

2021 - 2022

AUTUMN 1

Health and Wellbeing
Self-concept
 -Assess areas of strength and development
 -How our self-esteem, self-confidence and mental health can be affected
 -Media portrayal of body shapes
 -Strategies to develop assertiveness and build resilience

AUTUMN 2

Relationships
Positive relationships
 -Characteristics and benefits of positive relationships
 -role of pleasure in relationships – orgasms
 -Indicators of unhealthy relationships
 -Importance of stable committed relationships
Relationship values
 -Identify own values and how they influence them
 -Understand a variety of faith/cultures/beliefs concerning relationships and sexual activity
 -Laws relating to abuse in relationships, coercive control and online harassment

SPRING 1

Living in the wider world
Learning skills
 -Evaluate and further develop study and employability skills
 -Evaluate self to set goals
 -How their interests relate to careers
Financial choices
 -Effectively budget and save
 -Support for financial decision making
 -Financial exploitation, including online
 -Contract – self employed, full time, part time, zero hours contracts

SPRING 2

Health and Wellbeing
Health related decisions
 -Make informed lifestyle choices – sleep, diet, exercise, tattoos, piercings, sunbeds
 -Balanced approach to time online
 -About health service available, NHS etc
 -Purpose of blood, organ and stem cell donation, the importance of self-screening
Sexual health and fertility
 -Types of intimacy, STIs and treatment, sexual health services, overcoming barriers like embarrassment
 -Pregnancy, fertility, miscarriage and support available in the event of unplanned pregnancy

SUMMER 1

Relationships
Social influences
 -How their behaviour may influence peers, positively and negatively, including online and insituations involving weapons or gangs
 -Skills to support younger peers
Consent
 -The concept of consent in maturing relationships
 -impact of attitudes towards sexual assault (victim blaming)
 -relation of drug and alcohol to sexual choices
 -Assessing readiness for sex, including online
 -Motivations and contexts where sexual images are shared and the possible consequences

SUMMER 2

Living in the wider world
Choices and pathways
 -Range of opportunities for career progression
 -The need to challenge stereotypes about career pathways
 -The information, advice and guidance available to them

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In key stage 4, students deepen knowledge and understanding, extend and rehearse skills and further explore attitudes, values and attributes acquired during key stage 3. PSHE education reflects the fact that students are moving towards an independent role in adult life, taking on greater responsibility for themselves and others.