

# Orsett Heath Academy

## PSHE

### Curriculum Journey

#### The purpose of the curriculum:

1. Build on knowledge and understanding, skills, attributes and values they have acquired and developed during the primary phase
2. Acknowledge and address the changes that young people experience, beginning with transition to secondary schools, the challenge of adolescence and their increasing independence
3. Have knowledge and skills which will equip them for the opportunities and challenge of life
4. Learn to manage diverse relationships, their online lives, and the increasing influence of peers and the media

Year  
**7**

#### Unit 1: Transition and Safety

During this half-term you will look at how to identify and manage your emotions, manage challenges of moving to a new school, and how to establish new friendships. You will also work on your study skills.

#### Unit 2: Developing Skills and Aspirations

You will look at how to be enterprising and study a broad range of careers and abilities. You will look at equal opportunity and challenge stereotypes by broadening your horizons

#### Unit 3: Diversity

During this half-term you will learn about identity, rights and responsibilities including living in a diverse society. You will study the signs and effects of all types of bullying, and how to respond to any kind, including online

#### Unit 4: Health and Puberty

You will learn how to make healthy lifestyle choices and manage influences. You will also learn how to manage puberty and hygiene, and study inappropriate and unwanted contact

#### Unit 5: Building Relationships

You will learn how to develop self-worth and self-efficacy. You will study unhealthy relationships and evaluate expectations for romantic relationships by looking at consent

#### Unit 6: Financial Decision Making

During this half-term, you will learn how to make safe financial choices, about ethical and unethical business and about saving, spending and budgeting.

**There will be no formal assessment for PSHE. Instead students will be assessed on their effort and through self-reflection of their learning and development.**

You may have look at families and friendships including managing peer influence and different types of marriage

You may have looked at respecting yourself and others, through expressing opinions and respecting other points of views

You may have discussed the community and valuing diversity and challenging discrimination and stereotypes.

You may have looked at the role of the media and internet, and evaluates media sources and sharing things online

You may have discussed your physical and mental health and how you change and grow as you get older

You may have spoken about how to keep safe including personal safety, risks and emergencies



**KS2**  
**Primary**  
**School**

**What did Key Stage 2 look like?**  
**Can you spot where the skills you gained here link to Key Stage 3?**

In PSHE you will be given various opportunities to go on trips and visits, and meet with or discuss external visitors and speakers.

- This may include:
- Older students from William Edwards school
  - St Johns Ambulance
  - School Nurse
  - Wize-Up
  - Essex Fire
  - Open Door
  - Bullies Out



#### The PSHE Curriculum is broken into 3 core "golden threads"

- Health and Wellbeing
- Relationships and Sex Education (Linking to the Statutory Relationships and Sex Education teaching)
- Living in the Wider World (Linking to the Careers Education, Information, Advice and Guidance teaching)