

Personal Development, SMSC & RSE (Overview)

Personal, SMSC (Social, Moral, Social and Cultural) & RSE (relationships and sexual education) development is delivered through a whole Academy approach; within subject lessons, weekly tutor lead lessons, assemblies, enrichment activities and extra-curricular provision.



Every student in CVEA will have a dedicated period each week with their form tutor learning about and developing their knowledge of PSCH & RSE. The skills that students develop and the topics students will discuss in these lessons are invaluable to each and every student for their academic and personal development. The table below provides an overview of our PSCH & RSE programme.

		Autumn Term	Spring Term	Summer Term
Year 7	PSCH & RSE lesson	<p><u>Health and wellbeing</u></p> <ul style="list-style-type: none"> Understanding how to look after own physical wellbeing during pandemic How to look after community Social responsibility Understanding of the term ‘mental health’ Consider attitudes towards mental health in the society Develop appropriate language to discuss mental health issues Understand the impact of certain situations on own and others mental health Explore the impact of the digital world on individual’s mental health Focus on how to deal with disappointment and look at how to move forward and learn from it <p><u>Health and puberty (health & wellbeing)</u></p> <ul style="list-style-type: none"> Healthy routines influences on health 	<p><u>Diversity (relationships)</u></p> <ul style="list-style-type: none"> Diversity, prejudice, and bullying What makes a good citizen? British Values <p><u>Developing skills and aspirations (living in the wider world)</u></p> <ul style="list-style-type: none"> Careers teamwork enterprise skills raising aspirations 	<p><u>Building relationships (relationships)</u></p> <ul style="list-style-type: none"> Self-worth romance and friendships (including online) relationship boundaries <p><u>Financial decision making (living in the wider world)</u></p> <ul style="list-style-type: none"> Saving Borrowing budgeting and making financial choices

		<ul style="list-style-type: none"> • puberty • first aid 		
		Autumn Term	Spring Term	Summer Term
Year 8	PSCHE & RSE lesson	<p><u>Health and wellbeing</u></p> <ul style="list-style-type: none"> • Understanding how to look after own physical wellbeing during pandemic • How to look after community • Social responsibility • Understanding of the term 'mental health' • Consider attitudes towards mental health in the society • Develop appropriate language to discuss mental health issues • Understand the impact of certain situations on own and others mental health • Explore the impact of the digital word on individual's mental health • Focus on how to deal with disappointment and look at how to move forward and learn from it <p><u>Emotional wellbeing (health & wellbeing)</u></p> <ul style="list-style-type: none"> • Mental health and emotional wellbeing • body image and coping strategies • Drugs and alcohol • Alcohol and drug misuse and pressures relating to drug use 	<p><u>Community and careers (living in the wider world)</u></p> <ul style="list-style-type: none"> • Equality of opportunity in careers and life choices • different types and patterns of work <p><u>Discrimination (relationships)</u></p> <ul style="list-style-type: none"> • Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia 	<p><u>Identity and relationships (relationships)</u></p> <ul style="list-style-type: none"> • Gender identity • sexual orientation • consent • 'sexting' • introduction to contraception <p><u>Digital literacy (living in the wider world)</u></p> <ul style="list-style-type: none"> • Online safety • digital literacy • media reliability • gambling hooks

Year 9	PSCHE & RSE lesson	<p><u>Health and wellbeing</u></p> <ul style="list-style-type: none"> • Understanding how to look after own physical wellbeing during pandemic • How to look after community • Social responsibility • Understanding of the term 'mental health' • Consider attitudes towards mental health in the society • Develop appropriate language to discuss mental health issues • Understand the impact of certain situations on own and others mental health • Explore the impact of the digital word on individual's mental health • Focus on how to deal with disappointment and look at how to move forward and learn from it <p><u>Healthy lifestyle (health & wellbeing)</u></p> <ul style="list-style-type: none"> • Diet • Exercise • lifestyle balance • healthy choices • first aid • Healthy and unhealthy friendships • substance misuse and gang exploitation 	<p><u>Respectful relationships (relationships)</u></p> <ul style="list-style-type: none"> • Families and parenting • healthy relationships • conflict resolution • relationship changes <p><u>Setting goals (living in the wider world)</u></p> <ul style="list-style-type: none"> • Learning strength • goal setting as part of the GCSE process 	<p><u>Intimate relationships (relationships)</u></p> <ul style="list-style-type: none"> • Relationships and sex education • Consent • Contraception • the risks of STIs <p><u>Employability skills (living in the wider world)</u></p> <ul style="list-style-type: none"> • Employability and online presence • Researching job roles • Employment sectors • Labour Market Information • Workshops with local employers, colleges and universities to explore careers and employability skills
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		Autumn Term	Spring Term	Summer Term
Year 10	PSCHE & RSE lesson	<p><u>Health and wellbeing</u></p> <ul style="list-style-type: none"> • Understanding how to look after own physical wellbeing during pandemic • How to look after community • Social responsibility and how to educate others • Understanding of the term 'mental health' and how to support self and others in a maintaining a healthy lifestyle • Promoting positive attitudes towards mental health in society • Articulate positive view of mental health and ways to support self and others • Identify situations and triggers which might affect mental health • Explore the impact of the digital word on individual's mental health • Build a bank of coping strategies and support networks to refer to when needed <p><u>Exploring influence (health & wellbeing)</u></p> <ul style="list-style-type: none"> • The influence • Impact of drugs • Gangs • Role models and the media 	<p><u>Healthy relationships (relationships)</u></p> <ul style="list-style-type: none"> • Relationships and sex expectations • myths, pleasure and challenges, including the impact of the media and pornography <p><u>Financial decision making (living in the wider world)</u></p> <ul style="list-style-type: none"> • The impact of financial decisions • Debt • gambling and the impact of advertising on financial choices 	<p><u>Addressing extremism and radicalisation (relationships)</u></p> <ul style="list-style-type: none"> • Communities • belonging and challenging extremism <p><u>Careers (living in the wider world)</u></p> <ul style="list-style-type: none"> • Workshops with local employers, colleges , and universities to explore careers and employability skills
Year 11	PSCHE & RSE lesson	<p><u>Health and wellbeing</u></p> <ul style="list-style-type: none"> • Understanding how to look after own physical wellbeing during pandemic • How to look after community 	<p><u>Future pathways (living in the wider world)</u></p> <ul style="list-style-type: none"> • Workshops with local employers, colleges , and universities to explore careers and post 16 options • Application processes 	GCSE Exams

		<ul style="list-style-type: none"> • Social responsibility and how to educate others • Understanding of the term 'mental health' and how to support self and others in a maintaining a healthy lifestyle • Promoting positive attitudes towards mental health in society • Articulate positive view of mental health and ways to support self and others • Identify situations and triggers which might affect mental health • Explore the impact of the digital word on individual's mental health <p>Build a bank of coping strategies and support networks to refer to when needed</p> <p><u>Independence (health & wellbeing)</u></p> <ul style="list-style-type: none"> • Responsible health choices, • safety in independent contexts <p><u>Families (relationships)</u></p> <ul style="list-style-type: none"> • Different families and parental responsibilities • Pregnancy • marriage and forced marriage and changing relationships 	<ul style="list-style-type: none"> • Career progression • Employment routes <p><u>Communication in relationships (relationships)</u></p> <ul style="list-style-type: none"> • Personal values • Assertive communication – including RSE in relation to sexual health and consent 	
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