

Holy Family Catholic School

Curriculum Overview Year 7 – PSHCE



	Curriculum Content	Suggested Reading or Extension Activities
Half Term 1 (Sept-Oct)	RSE: <ul style="list-style-type: none"> Respectful relationships Consent and boundaries Healthy friendships 	https://www.poehealth.org/how-to-set-boundaries-and-practice-consent/
Half Term 2 (Nov-Dec)	RSE: <ul style="list-style-type: none"> Peer pressure Avoiding gangs Vertical Events: Remembrance Day, anti-bullying, COP27 Drop Down Day: Politics & Law - Black History Month	https://www.youtube.com/watch?v=v_tG52x8gNE Get Safe Online The UK's leading Internet Safety Website
Half Term 3 (Jan-Feb)	Health and Wellbeing: <ul style="list-style-type: none"> Puberty Personal hygiene Physical and emotional changes 	https://kidshealth.org/en/teens/puberty.html https://www.healthline.com/health/parenting/stages-of-puberty
Half Term 4 (Feb-Mar)	Health and Wellbeing: <ul style="list-style-type: none"> Mental health Sleep Positive body image Healthy eating Drop Down Day: Careers - Careers & IWD	YoungMinds Mental Health Charity For Children And Young People YoungMinds https://www.nhs.uk/live-well/
Half Term 5 (Apr-May)	Politics & Law: <ul style="list-style-type: none"> Community Breaking down stereotypes Equality Act 2010 	https://www.youtube.com/watch?v=I4MWVEAww2g https://www.walthamforest.gov.uk/Help & Advice Stonewall
Half Term 6 (Jun-Jul)	Politics & Law: <ul style="list-style-type: none"> Prejudice and discrimination Islamophobia Homophobia Drop Down Day: Community - School House Day	For Young People - Race Equality (tackling-racism.co.uk)

Examples of Home Learning Tasks	<ul style="list-style-type: none"> Documentaries, podcasts and articles to develop understanding and knowledge of what has been covered in lessons Participation in local community events and activities Use of timetables and diaries to regulate emotions, eating, physical activities and study routines
Assessment Tasks, Methods & Frequency	<ul style="list-style-type: none"> In-class discussions every lesson Reflection sessions every half term & Google form quizzes
Equipment Needed	<ul style="list-style-type: none"> Normal school equipment - fully equipped pencil case and school journal. Students will be provided with a PSHCE booklet and folder.

Parent / Carers can help their child by:	<ul style="list-style-type: none"> Engaging in conversations about what they are learning in PSHCE Promoting good study and lifestyle habits (e.g. healthy eating & sleep routines) Reporting any concerns or worries to the school and encouraging your child to do the same
Useful Websites	https://careers.startprofile.com/page/home-page https://www.nspcc.org.uk/ https://ed.ted.com/
Extra-Curricular Activities & Career Opportunities	<ul style="list-style-type: none"> Range of extracurricular activities offered. All students will be expected to be involved in at least one. START profiles - logins provided at school, and activities to be completed at home on a regular basis. more details on Careers Programme here

Who Can I Contact?	Head of PSHCE	Mrs E Sayer
	Year Leaders	Mr T Freeman (YL) & Miss L Alderson (AYL)
	Teachers of Year 7 PSHCE	Year 7 Form Tutors

Holy Family Catholic School

Curriculum Overview Year 8 – PSHCE



	Curriculum Content	Suggested Reading or Extension Activities
Half Term 1 (Sept-Oct)	RSE: <ul style="list-style-type: none"> Respectful relationships, Consent and boundaries Healthy friendships 	Boundaries and consent Healthy vs unhealthy relationships
Half Term 2 (Nov-Dec)	RSE: <ul style="list-style-type: none"> Peer pressure Avoiding gangs Vertical Events: Remembrance Day, anti-bullying, COP27 Drop Down Day: Politics & Law - Black History Month	
Half Term 3 (Jan-Feb)	RSE: <ul style="list-style-type: none"> Gender, sex & sexuality Love & assertive consent Homophobia 	Boundaries and consent
Half Term 4 (Feb-Mar)	Health & Wellbeing: <ul style="list-style-type: none"> Sleep routines Self-esteem, body image & body changes Healthy bodies - diet & Cancer prevention Drop Down Day: Careers - Careers & IWD	NHS mental health Young minds
Half Term 5 (Apr-May)	Politics & Law: <ul style="list-style-type: none"> Community Breaking down stereotypes Equality Act 2010 	
Half Term 6 (Jun-Jul)	Politics & Law <ul style="list-style-type: none"> Prejudice and discrimination Islamophobia & homophobia Transition points in life. Drop Down Day: Community - School House Day	Discrimination, diversity and rights

Examples of Home Learning Tasks	<ul style="list-style-type: none"> Exercise for at least 30 minutes and eat five portions of fruits & vegetables each day Read and engage with the news Read every evening
Assessment Tasks, Methods & Frequency	<ul style="list-style-type: none"> In-class discussions every lesson Reflection sessions every half term & Google form quizzes
Equipment Needed	<ul style="list-style-type: none"> Normal school equipment - fully equipped pencil case and school journal. Students will be provided with a PSHCE booklet and folder

Parent / Carers can help their child by:	<ul style="list-style-type: none"> Discussing current news stories Reading together (any reading source - newspaper, reading book, magazine) Asking students for detailed accounts of what they learnt at school Taking mobile phones & electronic devices out of children's bedrooms at night Reinforcing good habits (e.g. correct uniform, punctuality, manners, online etiquette) Report concerns to school and encourage your children to do the same
Useful Websites	<ul style="list-style-type: none"> NSPCC, BBC Newsround, NHS
Extra-Curricular Activities & Career Opportunities	<ul style="list-style-type: none"> All students should engage in at least one extra-curricular club offered by school every week START profile - more details on Careers Programme here

Who Can I Contact?	Head of PSHCE	Mrs E Sayer
	Year Leaders	Mr E Graefe (YL) & Mrs E Sayer (AYL)
	Teachers of Year 8 PSHCE	Year 8 Form Tutors

Holy Family Catholic School

Curriculum Overview Year 9 – PSHCE



	Curriculum Content	Suggested Reading or Extension Activities
Half Term 1 (Sept-Oct)	RSE / Careers: <ul style="list-style-type: none"> Staying safe online Social media Career choices 	NSPCC online safety Get safe online
Half Term 2 (Nov-Dec)	Politics & Law / Careers: <ul style="list-style-type: none"> The dangers of county lines Time/ Stress management Revision skills Vertical Events: Remembrance Day, anti-bullying, COP27 Drop Down Day: Politics & Law - Black History Month	County lines https://www.ucas.com/undergraduate/student-life/study-skills-guides
Half Term 3 (Jan-Feb)	RSE: <ul style="list-style-type: none"> Healthy relationships, relationships & partners Sexual harrasment Consent 	Boundaries and consent Healthy vs unhealthy relationships
Half Term 4 (Feb-Mar)	Health & Wellbeing: <ul style="list-style-type: none"> Self-esteem Changes to the body & self-care Media and airbrushing Drop Down Day: Careers - Careers & IWD	NHS mental health Young minds Dove campaign
Half Term 5 (Apr-May)	Politics & Law: <ul style="list-style-type: none"> Identity and Nature vs Nurture Stereotyping and challenging discrimination HIV/AIDS 	Help & Advice Stonewall For Young People - Race Equality (tackling-racism.co.uk) JustLikeUs
Half Term 6 (Jun-Jul)	Politics & Law: <ul style="list-style-type: none"> Extremism & terrorism Anti-semitism Prisons, punishments & politics Drop Down Day: Community - School House Day	Anti-terrorism

Examples of Home Learning Tasks	<ul style="list-style-type: none"> Barclays Life Skills, and START profile.
Assessment Tasks, Methods & Frequency	<ul style="list-style-type: none"> In-class discussions every lesson Reflection sessions every half term & Google form quizzes
Equipment that Students Need	<ul style="list-style-type: none"> Normal school equipment - fully equipped pencil case and school journal. Students will be provided with a PSHCE booklet and folder

Parent / Carers can help their child by:	<ul style="list-style-type: none"> Asking students for detailed accounts of what they learnt at school Taking mobile phones & electronic devices out of children's bedrooms at night
Useful Websites	https://tender.org.uk - https://www.nspcc.org.uk - https://www.mind.org.uk - https://www.annafreud.org - https://www.letstalkaboutit.nhs.uk/relationships-sex-education-support/ - https://careers.startprofile.com/page/home-page - https://barclayslifeskills.com/metpolice
Extra-Curricular Activities & Career Opportunities	<ul style="list-style-type: none"> All students should engage in at least one extra-curricular club offered by school every week START profile - more details on Careers Programme here

Who Can I Contact?	Head of PSHCE	Mrs E Sayer
	Year Leaders	Ms V Osei (YL) & Mr C Heelan (AYL)
	Teachers of Year 9 PSHCE	Year 9 Form Tutors

Holy Family Catholic School

Curriculum Overview Year 10 –PSHCE



	Curriculum Content	Suggested Reading or Extension Activities
Half Term 1 (Sept-Oct)	RSE: <ul style="list-style-type: none"> Online image based abuse Respectful and healthy relationships Consent & boundaries 	https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education
Half Term 2 (Nov-Dec)	Careers: <ul style="list-style-type: none"> Revision techniques & creating timetables Compartmentalising Work /life balance - wellbeing Vertical Events: Remembrance Day, anti-bullying, COP27 Drop Down Day: Politics & Law - Black History Month	https://www.ucas.com/undergraduate/student-life/study-skills-guides
Half Term 3 (Jan-Feb)	RSE / Health & Wellbeing: <ul style="list-style-type: none"> Gaming Cyber bullying & grooming Virtual reality and social media 	https://nationalonlinesafety.com
Half Term 4 (Feb-Mar)	RSE & Careers: <ul style="list-style-type: none"> Thinking hard techniques Impact of online representations on relationships Drop Down Day: Careers - Careers & IWD	https://www.bigtalkeducation.co.uk/rse-information-and-support-for-schools/sre-rse-history/
Half Term 5 (Apr-May)	Careers: <ul style="list-style-type: none"> What work is, Why a job is important What is needed in order to get a job 	https://www.prospects.ac.uk/jobs-and-work-experience/work-experience-and-internships
Half Term 6 (Jun-Jul)	Careers / Politics & Law: <ul style="list-style-type: none"> Work experience Life skills British values Drop Down Day: Community - School House Day	https://barclayslifeskills.com

Examples of Home Learning Tasks	Barclays Life Skills, and START profile.
Assessment Tasks, Methods & Frequency	<ul style="list-style-type: none"> In-class discussions every lesson Reflection sessions every half term & Google form quizzes
Equipment that Students Need	<ul style="list-style-type: none"> Normal school equipment - fully equipped pencil case and school journal. Students will be provided with a PSHCE booklet and folder

Parent / Carers can help their child by:	Having frank and honest conversations about a range of topics.
Useful Websites	https://tender.org.uk - https://www.nspcc.org.uk - https://www.mind.org.uk - https://www.annafreud.org - https://www.letstalkaboutit.nhs.uk/relationships-sex-education-support/ - https://careers.startprofile.com/page/home-page - https://barclayslifeskills.com
Extra-Curricular Activities & Career Opportunities	<ul style="list-style-type: none"> All students should engage in at least one extra-curricular club offered by school every week. Duke of Edinburgh, Sports Club, Diversity and Inclusion, STEM club. START profile - more details on Careers Programme here

Who Can I Contact?	Head of PSHCE	Mrs E Sayer
	Year Leader	Mr B Sayer (YL) & Ms D Parker (AYL)
	Teachers of Year 10 PSHCE	Year 10 Form Tutors

Holy Family Catholic School

Curriculum Overview Year 11 – PSHCE



	Curriculum Content	Suggested Reading or Extension Activities
Half Term 1 (Sept-Oct)	Health & wellbeing / Careers: <ul style="list-style-type: none"> Building resilience & coping with stress Social media & online stress/ reputation Preparing for career choices & post 16 pathways Employment rights & responsibilities 	START - How to manage your emotions START - What is resilience? Five Ways to Look After Your Wellbeing MIND - Stand Up for Young People Internet & Social Media CGP Books -17 Essential Revision Tips Post 16 options START Profile Barclays: Life Skills Starting out: your employment rights and responsibilities
Half Term 2 (Nov-Dec)	RSE / Careers: <ul style="list-style-type: none"> Respectful relationships Inclusion, belonging & addressing extremism Creating a development plan & further revision techniques Vertical Events: Remembrance Day, anti-bullying, COP27 Drop Down Day: Politics & Law - Black History Month	NSPCC: Promoting healthy relationships Inclusion, belonging & addressing extremism START - Creating a development plan Liaise with HoDs to recommend revision techniques for specific subjects & resources
Half Term 3 (Jan-Feb)	Health & wellbeing / RSE / Careers: <ul style="list-style-type: none"> Promoting emotional wellbeing Parenthood & Fertility College/sixth form applications & plans post-16 	MIND - The Mental Health Charity START Profile START - Making your choice
Half Term 4 (Feb-Mar)	Health & wellbeing / RSE: <ul style="list-style-type: none"> Drugs, alcohol & substance abuse Health/ body related decisions Consent, boundaries & consequences Drop Down Day: Careers - Careers & IWD	Talk to Frank Body Positivity Childline: How You Look Childline: You & Your Body PSHE Association: Teaching about Consent
Half Term 5 (Apr-May)	Health & wellbeing / Careers: <ul style="list-style-type: none"> Health related decisions Perfecting revision techniques & being exam ready 	NHS Liaise with HoDs to recommend revision techniques for specific subjects & resources
Half Term 6 (Jun-Jul)	PUBLIC EXAM PERIOD Drop Down Day: Community - School House Day	

Examples of Home Learning Tasks	<ul style="list-style-type: none"> Create a revision timetable & revision cards for each assessment cycle START profile CGP's Free Online 10-Minute Tests
Assessment Tasks, Methods & Frequency	<ul style="list-style-type: none"> In class/ form discussions with tutors during form time Assessment through questionnaires on Google forms half termly Self assessment against the learning outcomes of topic
Equipment that Students Need	<ul style="list-style-type: none"> Standard school equipment PSD folders (to remain in school)

Parent / Carers can help their child by:	<ul style="list-style-type: none"> Open conversations with children Checking children's phone and social media platforms Encourage their child to report any concerns affecting them or others
Useful Websites	<ul style="list-style-type: none"> SHARP reporting system mind.org.uk mentalhealth.org.uk rethink.org samaritans.org nhs.uk/oneyou/every-mind-matters actionforhappiness.org mhfe.org.uk/ Young Minds Mentally Healthy School Revision world
Extra-Curricular Activities & Career Opportunities	<ul style="list-style-type: none"> START Careers platform - more details on Careers Programme here Speakers for schools Extra-Curricular Activities at Holy Family

Who Can I Contact?	Head of PSHCE	Mrs E Sayer
	Year Leaders	Ms SJ St-Aimie (YL) & Ms S Scott (AYL)
	Teachers of Year 11 PSHCE	Year 11 Form Tutors

Holy Family Catholic School

Curriculum Overview Year 12 –PSHCE



	Curriculum Content	Suggested Reading or Extension Activities
Half Term 1 (Sept-Oct)	<ul style="list-style-type: none"> RSE RSE: Healthy relationships and recognising harmful behaviour RSE: Victim Blaming RSE: Sexual Harassment in society RSE: Online sexual images and bullying Careers Careers: CV Writing Careers: Interview Preparation Careers: What is an Entrepreneur? 	Year 12 Victim Blaming Sexual Assault Centre Of Edmonton PSHE GCSE Sexual harassment - Part 1 The Bar BBC Teach UCAS Application: How to Apply Our Career Shapers
Half Term 2 (Nov-Dec)	<ul style="list-style-type: none"> Health & Wellbeing Positive Well being: Resilience and growing up Positive Well being: Promoting emotional well being Positive Well being: Sleep hygiene and mental health Positive Well being: Fears and Anxiety Positive Well being: Dealing with anxiety Positive Well being: Dealing with depression 	Year 12 SLEEP HYGIENE - ITS IMPORTANCE & METHODS TO PRACTICE GOOD SLEEP HYGIENE How We Cope With Anxiety & Stress MTV's Teen Code
Half Term 3 (Jan-Feb)	<ul style="list-style-type: none"> Health & Wellbeing Health & Wellbeing: Healthy Eating Health & Wellbeing: Immunisation and Vaccinations Health & Wellbeing: Poor Diet: Tooth Decay Health & Wellbeing: Eating Disorders Health & Wellbeing: Stress Management 	Year 12 https://www.nhsinform.scot/healthy-living/immunisation/why-immunise/benefits-of-immunisation Dealing with an Eating Disorder BBC Teach
Half Term 4 (Feb-Mar)	<ul style="list-style-type: none"> Health & Wellbeing Safety and Health: Addiction Safety and Health: Alcohol Safety Safety and Health: Drugs and their effects Safety and Health: Drugs Education: MDMA Safety and Health: What is cancer 	Year 12 Alcohol, health and well-being GCSE Biology - What is Cancer? 'Benign' and 'Malignant' Tumours Explained #43
Half Term 5 (Apr-May)	<ul style="list-style-type: none"> Finance Personal Finance: Taxes and the UK Personal Finance: Banks and Money Personal Finance: Types of employment and paperwork Personal Finance: What is debt? Personal Finance: Income and State Benefits Personal Finance: Role of trade unions 	Year 12 https://www.investopedia.com/best-finance-books-for-teens-5095590 https://www.youtube.com/watch?v=sNvTXNebzZg
Half Term 6 (Jun-Jul)	<ul style="list-style-type: none"> Politics & Law Critical thinking and fake news Exploring Britishness and British values LGBT and British values What are human rights? 	Year 12 http://www.doingsmsc.org.uk/british-values/LGBT History Month 2022 Assembly - Your Journey of Life https://www.youtube.com/watch?v=WJsUfck01J

Examples of Home Learning Tasks	https://www.mooc.org/ https://www.superprof.co.uk/blog/extracurricular-activities-uni-application/ https://www.ucas.com/
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Useful Websites	https://www.mooc.org/ https://www.ucas.com/ https://www.superprof.co.uk/blog/extracurricular-activities-uni-application/ https://tsrmatters.com/blog/7-things-you-need-to-know-about-year-12-students/
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Extra-Curricular Activities & Career Opportunities	https://www.mooc.org/ Download the app - The Super Curricular https://play.google.com/store/apps/details?id=com.AppInstitute.u70c2&hl=en_GB&gl=US https://www.superprof.co.uk/blog/extracurricular-activities-uni-application/ https://www.bfi.org.uk/bfi-film-academy-opportunities-young-creatives https://www2.deloitte.com/uk/en/pages/careers/articles/early-careers-work-experience.html http://www.uniq.ox.ac.uk/ More details on Careers Programme here
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Who Can I Contact?	Year Leader	Mrs Shivani Belgrave
	Teachers of Year 12 PSHCE	Year 12 Tutor Team

Holy Family Catholic School

Curriculum Overview Year 13 –PSHCE



	Curriculum Content	Suggested Reading or Extension Activities
Half Term 1 (Sept-Oct)	Careers & RSE: UCAS RSE: Gender Stereotypes and the Impacts on Society RSE: Respect, Love and Relationships RSE: Sexual Consent RSE: Importance of Sexual Health	www.ucas.com https://that-guy.co.uk/about/
Half Term 2 (Nov-Dec)	RSE: Sexually Explicit Material Staying Safe: Drugs Classification Staying Safe: Festivals, Drugs and Nitrous Oxide Staying Safe: Cannabis products Staying Safe: Drugs education - Exploring GHBS	https://www.talktofrank.com/
Half Term 3 (Jan-Feb)	Finance: Personal Finance: Payment Methods Personal Finance: Budgeting Personal Finance: Borrowing money Personal Finance: Value for money Personal Finance: Understanding Foreign Currency Personal Finance: Understanding a Payslip/Managing a budget	https://www.moneyhelper.org.uk/en/family-and-care/talk-money/how-to-help-teenagers-manage-their-money#:~:text=One%20way%20to%20help%20teenagers,as%20school%20lunches%20or%20trips.
Half Term 4 (Feb-Mar)	Health & Wellbeing: Risk: Addiction Risk: Alcohol safety Risk: Knife Crime Risk: Deadline with Anger Risk: Cancer prevention Risk: Medical ethics-donation	https://www.nhs.uk/better-health/
Half Term 5 (Apr-May)	Health & Wellbeing: Emotional Wellbeing: Mental Health. Nature Vs Nurture Emotional Wellbeing: Looking after your health and well being Emotional Wellbeing: Physical Health Emotional Wellbeing: Improving Body Image Emotional Wellbeing: Stress Management Part 3 Emotional Wellbeing: Stress Management Part 4	https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/

Examples of Home Learning Tasks	https://www.mooc.org/ https://www.superprof.co.uk/blog/extracurricular-activities-uni-application/
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Useful Websites	https://www.mooc.org/ https://www.ucas.com/ https://www.superprof.co.uk/blog/extracurricular-activities-uni-application/ https://tsrmatters.com/blog/7-things-you-need-to-know-about-year-12-students/
Extra-Curricular Activities & Career Opportunities	https://www.mooc.org/ Download the app - The Super Curricular https://play.google.com/store/apps/details?id=com.AppInstitute.u70c2&hl=en_GB&gl=US https://www.superprof.co.uk/blog/extracurricular-activities-uni-application/ https://www.bfi.org.uk/bfi-film-academy-opportunities-young-creatives https://www2.deloitte.com/uk/en/pages/careers/articles/early-careers-work-experience.html http://www.uniq.ox.ac.uk/ More details on Careers Programme here

Who Can I Contact?	Year Leader	Mr R Wilbraham
	Teachers of Year 13 PSHCE	Year 13 Tutor Team