

# Curriculum plan: PSHE

*“Every good citizen adds to the strength of a nation.” – Gordon B. Hinckley*

## Our intent

Personal, social, health and economic (PSHE) education is a really important part of all pupils' education and personal development. At Woodhouse we aim to give all children the key skills and attributes they will need when they leave education and enter the wider world. Their learning in PSHE will help them to keep healthy and safe, as well as enabling them to prosper personally and professionally.





# Enrichment in PSHE

The Woodhouse Academy PSHE experience is embedded across the life and curriculum of the school, with every opportunity being made to develop students' personal and social skills.

Our PSHE curriculum enables our students to become the best versions of themselves; both inside and outside of school. Our enrichment programme welcomes visitors from a wide range of backgrounds to deliver assemblies. Such visitors have included Stoke-on-Trent and Buxton & Leek College, Keele and Staffordshire University, local church groups, Biddulph in Bloom, the Mayor and local counsellors, the local police & fire services and the RNLI, to name a few.

We also host an annual PSHE day, where the children have the benefit of outside agencies adding to their PSHE learning, such as our mental health practitioners, Loudmouth productions, police talks and work with the local community. KS3 have also attended the World Skills Live show in Birmingham for the last 3 years.

# Y5 Curriculum Plan: PSHE

<u>Healthy Lifestyles</u>	Relationships	Living in the Wider World
<ul style="list-style-type: none"> <li>• Physical wellbeing</li> <li>• Mental health</li> <li>• Ourselves, growing and changing</li> <li>• <a href="#">Keeping safe</a></li> <li>• Personal Identity</li> <li>• Personal Qualities</li> <li>• Independence</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Anti-bullying</a></li> <li>• Relationships</li> <li>• Marriage</li> <li>• Friendships</li> <li>• Privacy</li> <li>• Debating</li> </ul>	<ul style="list-style-type: none"> <li>• Communities</li> <li>• <a href="#">Economic wellbeing</a></li> <li>• Rules and Laws</li> <li>• Social Media</li> <li>• Diversity</li> </ul>
For a more detailed breakdown of our PSHE curriculum, please see our curriculum overviews.		

# Y6 Curriculum Plan: PSHE

Healthy Lifestyles	Relationships	<u>Living in the Wider World</u>
<ul style="list-style-type: none"> <li>• <a href="#">Ourselves, growing and changing</a></li> <li>• Drugs, alcohol and tobacco</li> <li>• Mental Health</li> <li>• Change &amp; Loss</li> <li>• Feelings</li> </ul>	<ul style="list-style-type: none"> <li>• Families and close personal relationships</li> <li>• Positive friendships</li> <li>• Peer Influence</li> <li>• Pressure from others</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Shared responsibilities</a></li> <li>• Aspirations, work and career</li> <li>• Human Rights</li> <li>• Money</li> </ul>

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# Y7 Curriculum Plan: PSHE

Healthy Lifestyles	Relationships	Living in the Wider World
<ul style="list-style-type: none"> <li>• Resilience against negative opinions</li> <li>• Mental health</li> <li>• <a href="#">Self-concept and wellbeing</a></li> <li>• Healthy lifestyles</li> <li>• Medicines</li> <li>• Media &amp; Drugs</li> </ul>	<ul style="list-style-type: none"> <li>• Positive relationships</li> <li>• Forming and maintaining respectful relationships</li> <li>• Bullying, abuse and discrimination</li> <li>• Stereotypes</li> <li>• Relationship breakdown</li> </ul>	<ul style="list-style-type: none"> <li>• Setting ambitious targets and goals</li> <li>• <a href="#">Financial choices</a></li> <li>• Internet Ranking</li> <li>• Gambling</li> </ul>

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# Y8 Curriculum Plan: PSHE

Healthy Lifestyles	Relationships	Living in the Wider World
<ul style="list-style-type: none"> <li>• Drugs, alcohol and tobacco</li> <li>• Personal safety</li> <li>• Sleep</li> <li>• Resilience Strategies</li> <li>• Health Services</li> <li>• Hazards</li> </ul>	<ul style="list-style-type: none"> <li>• Relationship values</li> <li>• Forming and maintaining respectful relationships</li> <li>• Consent</li> <li>• Bullying, abuse and discrimination</li> <li>• <a href="#">Social influences</a></li> <li>• Conflict Management</li> </ul>	<ul style="list-style-type: none"> <li>• Learning skills</li> <li>• Choices and pathways</li> <li>• <a href="#">Employment rights and responsibilities</a></li> <li>• Money Risks</li> </ul>
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# Useful PSHE Websites

The NSPCC is a children's charity based in the UK. You can find information on child abuse and keeping safe – [www.nspcc.org.uk](http://www.nspcc.org.uk)

FRANK is a website with information about drugs, their effects and the law – [www.talktofrank.com](http://www.talktofrank.com)

Childline gives advice on a wide range of children's issues – [www.childline.org.uk](http://www.childline.org.uk)

Youngminds works to improve children's wellbeing and mental health - [Youngminds.org.uk](http://Youngminds.org.uk)

Mind is a mental health charity - [Mind.org.uk](http://Mind.org.uk)

NHS contains information about health and wellbeing – [www.nhs.uk](http://www.nhs.uk)

Papyrus UK is the UK charity for the prevention of young suicide – [www.papyrus-uk.org](http://www.papyrus-uk.org)

Students Against Depression provides resources to help with depression – [www.studentsagainstdepression.org](http://www.studentsagainstdepression.org)

Thinkuknow gives help and advice about staying safe when on a phone, tablet or computer – [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

Bullying UK is a charity providing advice and support to anyone affected by bullying – [www.bullying.co.uk](http://www.bullying.co.uk)

National Domestic Abuse Helpline provides help with anyone experiencing domestic abuse – [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)

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