

*Inspiring excellence in learning and in life*

# Curriculum Intent

At Vision Academy Learning Trust, we provide a relevant knowledge rich curriculum of personal, health, social and economic education which includes RSHE, careers and citizenship. The aim of this curriculum is to equip students to live healthy, safe, productive, responsible and balanced lives through core themes of staying safe, health and wellbeing, relationships, British values, celebrating diversity and equality, and life in the wider world.

There is a significant contribution in PSHE, to students' SMSC development, their behaviour and attitudes and it promotes students' wellbeing. PSHE promotes personal development by helping students to build their confidence, resilience and self-esteem, and to identify and manage risk, make informed choices and understand what influences their decisions.

Programmes of study, for PSHE have a clear plan for what students should know and be able to do in PSHE by the end of KS4. The PSHE programme supports the students to thrive in a time of rapid change, with new and unpredictable opportunities and challenges constantly emerging. It takes the 'learning opportunities' outlined within the five core themes and helps develop the students' concepts, skills and attributes and engage in respectful discussions about these issues.

PSHE aims to help students to:

- Identify their personal qualities, attitudes, skills, attributes and achievements and what influences these.
- Explore their attitudes, values and beliefs about them and develop the skills, language and strategies needed to manage any issues should they encounter them in their lives.
- Apply academic skills such as critical thinking and resilience, to their approach to the study of PSHE.
- Promote students' spiritual, moral, social and cultural development.
- Equip all students with the knowledge and skills they need to stay safe and be able to communicate when they do not feel safe
- Provide expert independent, up-to-date careers guidance that gives our students the best information and opportunities available and helps them progress into further education, training and employment.

# PSHE- 5 YEAR OVERVIEW

ES & 6<sup>TH</sup>  
FORM

RELATIONSHIPS

HEALTH & WELLBEING

LIFE IN THE WIDER WORLD

BRITISH VALUES

DIVERSITY & EQUALITY

STAYING SAFE

Y8

STAYING SAFE

HEALTH & WELLBEING

DIVERSITY & EQUALITY

RELATIONSHIPS

LIFE IN THE WIDER WORLD

BRITISH VALUES

Y9

RELATIONSHIPS

STAYING SAFE

LIFE IN THE WIDER WORLD

DIVERSITY & EQUALITY

BRITISH VALUES

HEALTH & WELLBEING

Y10

MORAL QUESTION

RELATIONSHIPS

HEALTH & WELLBEING

STAYING SAFE

Studied throughout  
KS4

DIVERSITY & EQUALITY

BRITISH VALUES

LIFE IN THE WIDER WORLD

Y11

LIFE IN THE  
WIDER WORLD

RELATIONSHIPS

HEALTH & WELLBEING

STAYING SAFE

DIVERSITY &  
EQUALITY

# PSHE- YEAR 7 JOURNEY

Y7

TRANSITION

BE KIND TO YOURSELF

HEALTHY RELATIONSHIPS

UNHEALTHY RELATIONSHIPS



RESILIENCE

MENTAL HEALTH

CONSENT

MANAGING CONFLICT

FOR NEXT FOUR WEEKS

FOR NEXT TWO WEEKS



BODY CHANGES

ALCOHOL

VAPING

FIRST AID

RISK TAKING



ROLES IN BULLYING

BULLYING OR BANTER

IDENTITY

ONLINE SAFETY

FOR NEXT FOUR WEEKS



TACKLING RACISM

DIVERSITY

UK & IDENTITY

POLITICS

FOR NEXT TWO WEEKS

EXTREMISM & PREVENT

REASONS FOR CRIME

LAW MAKING



BANK ACCOUNTS

CREDIT & DEBIT

CAREERS-STRENGTHS



BEING AN ACTIVE CITIZEN

POST Y11 OPTIONS

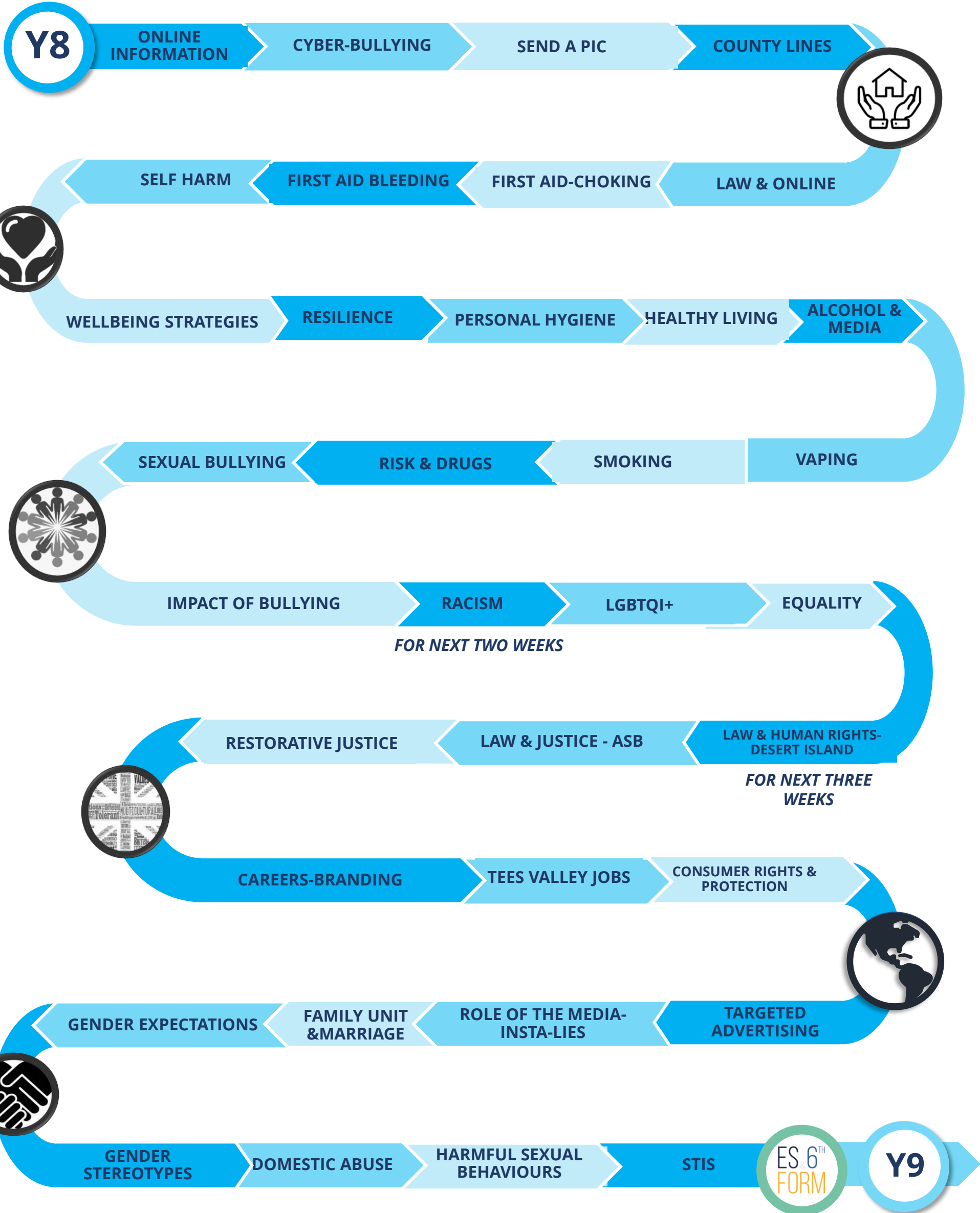
APPLYING FOR A JOB

END OF TERM ACTIVITY

ES.6<sup>TH</sup> FORM

Y8

# PSHE- YEAR 8 JOURNEY



# PSHE- YEAR 9 JOURNEY

Y9

BROOK: Healthy relationships

ONLINE SEXUAL HARASSMENT

REPORTING



SEXUAL HEALTH & CONTRACEPTION

DOMESTIC ABUSE

UNHEALTHY RELATIONSHIPS



EXPLOITED ONLINE

ONLINE SAFETY: FOMO

GAMBLING

FOR NEXT TWO WEEKS

FIRST AID: CPR

FIRST AID: CHEST PAINS

KNIFE CRIME



OPTIONS

APPRENTICESHIPS

POST 16 OPTIONS

MONEY SAFETY

FOR NEXT TWO WEEKS

ALCOHOL

WELLBEING-RESILIENCE

EATING DISORDERS

MONEY AND MHWB

FOR THE NEXT TWO WEEKS



LEGAL/ILLEGAL HIGHS

SMOKING

WHY VOTE?

CHALLENGING DISCRIMINATION



SAME BUT DIFFERENT

TACKLING RACISM

INDIVIDUAL LIBERTY

EXTREMISM

FOR THE NEXT TWO WEEKS

FOR THE NEXT TWO WEEKS



REFUGE & ASYLUM

EQUALITY ACT

HUMAN RIGHTS

ES.6<sup>TH</sup> FORM

Y10



# PSHE- YEAR 10 JOURNEY

Y10

TRANSITION INTO KS4

BROOK: Sexual Health

BROOK: Pornography



GENDER IDENTITY

CONSENT

CONTRACEPTION & STIs

HEALTHY RELATIONSHIPS & MARRIAGE

RECREATIONAL DRUGS

DRUGS

COUNTY LINES



MENTAL ILL HEALTH

MORAL QUESTION

ALCOHOL AND SMOKING

SUICIDE

ONLINE SAFETY: SCREEN TIME

ONLINE SAFETY: PORNOGRAPHY



THE MORAL QUESTION

ONLINE SAFETY: GROOMING

ONLINE SAFETY: FRAUD



REPORTING & SUPPORT

TEES VALLEY JOBS

EMPLOYABILITY

EMPLOYMENT ROUTES

GAMBLING



FGM

MODERN DAY SLAVERY

WHY VOTE?

MORAL QUESTION

STUDY SKILLS



EXTREMISM

WORK EXPERIENCE

LGBTQIA+

MORAL QUESTION

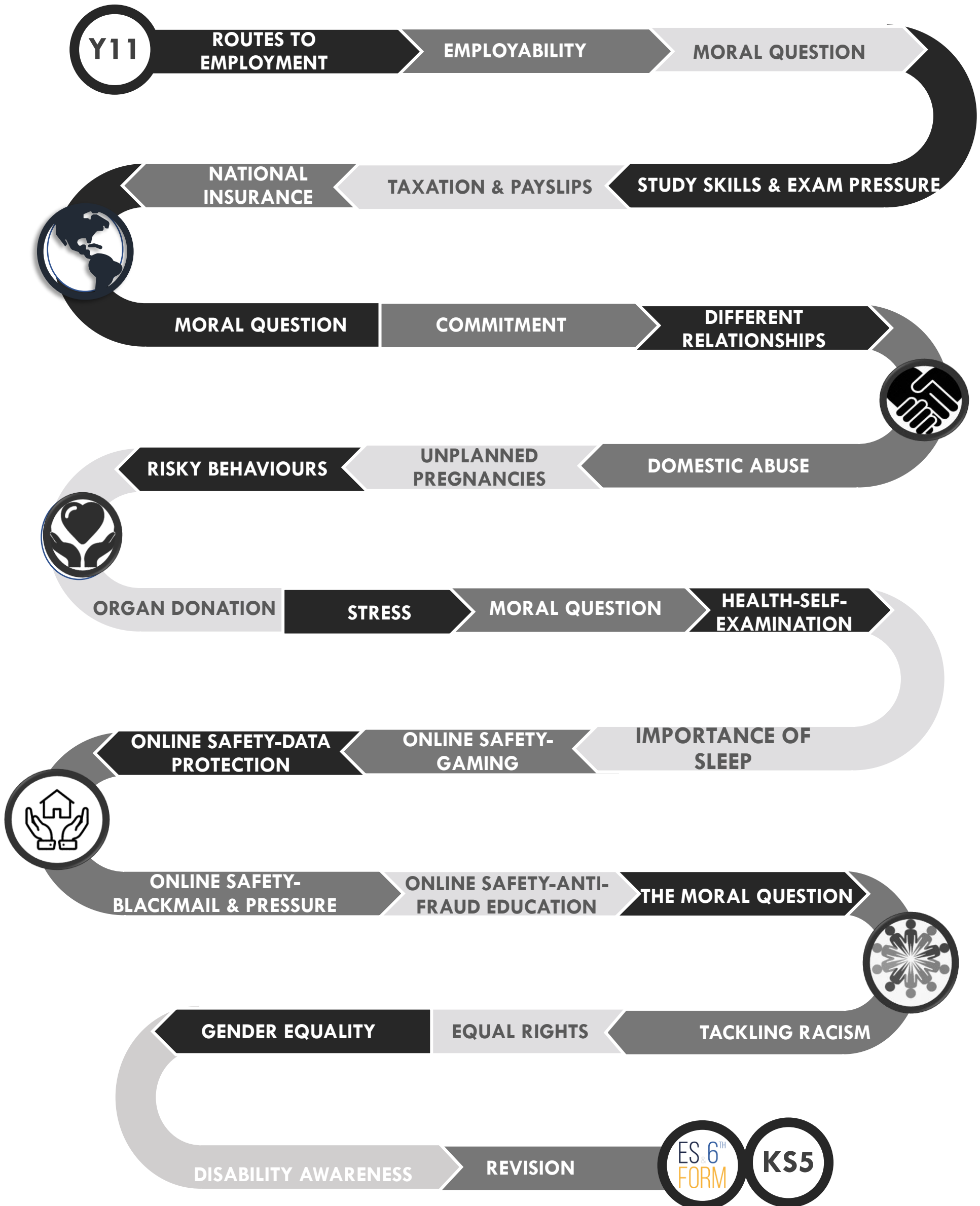
Y11

FOR NEXT TWO WEEKS

FOR NEXT TWO WEEKS

*Inspiring excellence in learning and in life*

# PSHE- YEAR 11 JOURNEY



*Inspiring excellence in learning and in life*



# RSHE - 5 YEAR OVERVIEW

Y7

Healthy & unhealthy relationships

Consent

Mental health & well-being

Y8

Anti-bullying

First aid: emergency services & recovery position

Health education: body changes, alcohol, vaping, oral hygiene

Online safety

First aid: choking, bleeding & shock

MHWP: self harm, resilience

Y9

Relationships: families, gender, domestic abuse, STIs

Anti-bullying

Health education: personal hygiene, healthy living, alcohol, vaping, drugs

Online safety & exploitation

First aid: chest pains, CPR/AED

Relationships: sexual harassment, unhealthy relationships, sexual health, contraception

Y10

Health education: alcohol, legal/illegal highs, smoking

MHWP: eating disorders, resilience

Online safety: porn, grooming

Health education: drugs, county lines, alcohol, smoking

MHWP: anxiety, suicide, strategies

Y11

Gender identity & LGBTQIA+

Relationships: sexual harassment, sexual health, contraception, consent

Relationships: commitment, domestic abuse, unplanned pregnancy

MHWP: stress

Health education: organ donation, self-examination, sleep

Online safety: gaming, data protection, anti-fraud

Gender equality & disability awareness