



PSHE Curriculum Map	
<p>Endeavour Federation Curriculum vision</p> 	<p>At the Endeavour Federation, we follow an adapted National Curriculum, with wellbeing central to everything we do. We offer a broad and balanced curriculum, with all students having the opportunity to study a range of subjects, following bespoke pathways. The study of these subjects, allows pupils to apply theoretical knowledge to the practical elements of the curriculum.</p> <p>We believe in all our students and have high expectations for their futures. A comprehensive package of both pastoral and learning support, delivered by highly trained staff, allows them to navigate their learning journeys and improve their life outcomes, becoming the best versions of themselves.</p>
<p>PSHE vision</p> 	<p>Our curriculum seeks to follow the National Curriculum prioritising emotional wellbeing alongside academic achievements in order to meet the individual needs of our pupils, this is exemplified by our in depth focus on each of the core themes daily throughout the academic year through daily specific targeted lessons in which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps young people to stay healthy and safe, whilst preparing them to make the most of life and work in 21st Century Britain.</p>

Careers (CEIAG)	Cultural Capital	Enrichment Opportunities	Preparing for life in modern Britain	Literacy and Communication
				

Curriculum 'at a glance'

	Autumn		Spring		Summer	
Year 7	Transition and safety	Relationships	Living in the wider world	Health and puberty	Relationships	Living in the wider world
Year 8	Identity and relationships	Community and careers	Discrimination	Emotional wellbeing	Drugs and alcohol	Digital literacy
Year 9	Intimate relationships	Setting goals	Respectful relationships	Healthy lifestyle	Peer influence, substance use and gangs	Employability skills
Year 10	Healthy relationships	Work experience	Mental health	Exploring influence	Addressing extremism and radicalisation	Financial decision making
Year 11	Communication in relationships	Next steps	Building for the future	Independence	Families	

		Term 1		Term 2		Term 3	
Weeks		7	7	7	5	6	7
Year 7	<i>Core Knowledge/ Skills and Concepts</i>	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid.	Relationships: Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Living in the wider world: Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Relationships: Diversity, prejudice, and bullying	Living in the wider world: Financial decision-making - Saving, borrowing, budgeting and making financial choices
	<i>Weekly Focus</i>	<ol style="list-style-type: none"> Identify, express and manage their emotions in a constructive way Manage the challenges of moving to a new school Establish and manage friendships Improve study skills Identify personal strengths and areas for development Personal safety strategies and travel safety, e.g. road, rail and water How to respond in an emergency situation and knowledge of basic first aid 	<ol style="list-style-type: none"> How to develop self-worth and self-efficacy Qualities and behaviours relating to different types of positive relationships How to recognise unhealthy relationships How to recognise and challenge media stereotypes How to evaluate expectations for romantic relationships Consent, and how to seek and assertively communicate consent AQA unit award 	<ol style="list-style-type: none"> How to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity How to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity Learning about careers and the abilities and qualities required for different careers Equality of opportunity How to challenge stereotypes, broaden their horizons To identify future career aspirations Values and career choices 	<ol style="list-style-type: none"> How to make healthy lifestyle choices including diet, dental health, physical activity and sleep How to manage influences relating to caffeine, smoking and alcohol How to manage physical and emotional changes during puberty Personal hygiene How to recognise and respond to inappropriate 	<ol style="list-style-type: none"> Identity, rights and responsibilities Living in a diverse society How to challenge prejudice, stereotypes and discrimination The signs and effects of all types of bullying, including online How to respond to bullying of any kind, including online How to support others 	<ol style="list-style-type: none"> What is finance? How to make safe financial choices Ethical and unethical business practices and consumerism Saving, spending and budgeting Saving, spending and budgeting Credit and borrowing How to manage risk-taking behaviour
Year 8	<i>Weeks</i>	7	7	7	5	6	7
	<i>Core Knowledge/ Skills and Concepts</i>	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Drugs and alcohol Alcohol and drug misuse and pressures relating to drug use	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
	<i>Weekly Focus</i>	<ol style="list-style-type: none"> qualities of positive, healthy relationships and demonstrate positive behaviours in healthy relationships gender identity and sexual orientation forming new partnerships and developing relationships the law in relation to consent and the legal and moral duty is with the seeker of consent 	<ol style="list-style-type: none"> equality of opportunity in life and work how to challenge stereotypes and discrimination in relation to work and pay about employment, self-employment and voluntary work how to set aspirational goals for future careers and challenge expectations that limit choices 	<ol style="list-style-type: none"> how to manage influences on beliefs and decisions about group-think and persuasion how to develop self-worth and confidence about gender identity, transphobia and gender-based discrimination how to recognise and challenge homophobia and biphobia 	<ol style="list-style-type: none"> attitudes towards mental health how to challenge myths and stigma about daily wellbeing and how to manage emotions how to develop digital resilience about unhealthy coping strategies (e.g. self-harm and eating disorders) 	<ol style="list-style-type: none"> medicinal and recreational drugs about the over-consumption of energy drinks the relationship between habit and dependence how to use over the counter and prescription medications safely how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes how to manage influences in relation to 	<ol style="list-style-type: none"> online communication and how to use social networking sites safely how to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation and how to respond and seek support in cases of online grooming how to recognise biased or misleading information online and how to

		<ul style="list-style-type: none"> 5. how to effectively communicate about consent in relationships 6. The risks of 'sexting' and how to manage requests or pressure to send an image 7. about basic forms of contraception, e.g. condom and pill 	<ul style="list-style-type: none"> 5. Explore different career pathways 6. AQA unit award 7. AQA Unit award 	<ul style="list-style-type: none"> 6. how to recognise and challenge homophobia and biphobia 7. how to recognise and challenge racism and religious discrimination 		<p>substance use and how to recognise and promote positive social norms and attitudes</p>	<ul style="list-style-type: none"> critically assess different media sources 4. how to distinguish between content which is publicly and privately shared 5. about age restrictions when accessing different forms of media and how to make responsible decisions 6. how to protect financial security online 7. how to assess and manage risks in relation to gambling and chance-based transactions
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Weeks		7	7	7	5	6	7
<i>Core Knowledge/ Skills and Concepts</i>		Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Employability skills Employability and online presence
<i>Weekly Focus</i>	Year 9	<ol style="list-style-type: none"> 1. readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex 2. myths and misconceptions relating to consent 3. the continuous right to withdraw consent and capacity to consent 4. about STIs, effective use of condoms and negotiating safer sex 5. about the consequences of unprotected sex, including pregnancy 6. how the portrayal of relationships in the media and pornography might affect expectations 7. how to assess and manage risks of sending, sharing or passing on sexual images 8. how to secure personal information online 	<ol style="list-style-type: none"> 1. about transferable skills, abilities and interests 2. how to demonstrate strengths 3. about different types of employment and career pathways 4. how to manage feelings relating to future employment 5. how to work towards aspirations and set meaningful, realistic goals for the future 6. about GCSE and post-16 options 7. skills for decision making 	<ol style="list-style-type: none"> 1. about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering 2. about positive relationships in the home and ways to reduce homelessness amongst young people 3. about conflict and its causes in different contexts, e.g. with family and friends 4. conflict resolution strategies 5. how to manage relationship and family changes, including relationship breakdown, separation and divorce 6. how to access support services 	<ol style="list-style-type: none"> 1. about the relationship between physical and mental health 2. about balancing work, leisure, exercise and sleep 3. how to make informed healthy eating choices 4. how to manage influences on body image 5. to take increased responsibility for physical health, including testicular self-examination 	<ol style="list-style-type: none"> 1. how to distinguish between healthy and unhealthy friendships 2. how to assess risk and manage influences, including online 3. about 'group think' and how it affects behaviour 4. how to recognise passive, aggressive and assertive behaviour, and how to communicate assertively 5. manage risk in relation to gangs and the legal and physical risks of carrying a knife 6. about positive social norms in relation to drug and alcohol use and about legal and health risks in relation to drug and alcohol use, including addiction and dependence 	<ol style="list-style-type: none"> 1. about young people's employment rights and responsibilities 2. skills for enterprise and employability 3. how to give and act upon constructive feedback 4. how to manage their 'personal brand' online 5. habits and strategies to support progress 6. how to identify and access support for concerns relating to life online 7. AQA unit award

Weeks		7	7	7	5	6	7
<i>Core Knowledge/ Skills and Concepts</i>		Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Work experience Preparation for and evaluation of work experience and readiness for work	Mental health Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	Exploring influence The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation Community cohesion and challenging extremism	Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices
<i>Weekly Focus</i>	Year 10	<ol style="list-style-type: none"> 1. relationship values and the role of pleasure in relationships 2. about myths, assumptions, misconceptions and social norms about sex, gender and relationships 3. about the opportunities and risks of forming and conducting relationships online 4. how to manage the impact of the media and pornography on sexual attitudes, expectations and behaviours 5. about the ethical and legal implications in relation to consent, including manipulation, coercion, and capacity to consent 6. how to recognise and respond to pressure, coercion and exploitation, including reporting and accessing appropriate support 7. how to recognise and challenge victim blaming 	<ol style="list-style-type: none"> 1. how to evaluate strengths and interests in relation to career development 2. about opportunities in learning and work 3. strategies for overcoming challenges or adversity 4. about responsibilities in the workplace 5. how to manage practical problems and health and safety 6. how to maintain a positive personal presence online 7. how to evaluate and build on the learning from work experience 	<ol style="list-style-type: none"> 1. how to manage challenges during adolescence 2. how to reframe negative thinking 3. strategies to promote mental health and emotional wellbeing 4. about the signs of emotional or mental ill-health 5. how to access support and treatment 6. about the portrayal of mental health in the media 7. how to challenge stigma, stereotypes and misinformation 	<ol style="list-style-type: none"> 1. about positive and negative role models 2. how to evaluate the influence of role models and become a positive role model for peers 3. about the media's impact on perceptions of gang culture 4. about the impact of drugs and alcohol on individuals, personal safety, families and wider communities 5. how drugs and alcohol affect decision making 	<ol style="list-style-type: none"> 1. about communities, inclusion, respect and belonging 2. about the Equality Act, diversity and values 3. about how social media may distort, mis-represent or target information in order to influence beliefs and opinions 4. how to manage conflicting views and misleading information 5. how to safely challenge discrimination, including online 6. how to recognise and respond to extremism and radicalisation 	<ol style="list-style-type: none"> 1. how to effectively budget and evaluate savings options 2. how to prevent and manage debt, including understanding credit rating and pay day lending 3. how data is generated, collected and shared, and the influence of targeted advertising 4. how thinking errors, e.g. gambler's fallacy, can increase susceptibility to gambling 5. strategies for managing influences related to gambling, including online 6. about the relationship between gambling and debt 7. about the law and illegal financial activities, including fraud and cybercrime

Year 11	Weeks	7	7	7	5	6	
	<i>Core Knowledge/ Skills and Concepts</i>	<p>Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p>	<p>Next steps Application processes, and skills for further education, employment and career progression</p>	<p>Building for the future Self-efficacy, stress management, and future opportunities</p>	<p>Independence Responsible health choices, and safety in independent contexts</p>	<p>Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p>	
	<i>Weekly focus</i>	<ol style="list-style-type: none"> 1. core values and emotions 2. gender identity, gender expression and sexual orientation 3. how to communicate assertively 4. how to communicate wants and needs 5. how to handle unwanted attention, including online 6. how to challenge harassment and stalking, including online 7. unhealthy, exploitative and abusive relationships and how to access support in abusive relationships and how to overcome challenges in seeking support 	<ol style="list-style-type: none"> 1. how to use feedback constructively when planning for the future 2. how to set and achieve SMART targets and effective revision techniques and strategies 3. options post-16 and career pathways 4. about application processes, including writing CVs, personal statements and interview technique 5. how to maximise employability, including managing online presence and taking opportunities to broaden experience 6. about rights, responsibilities and challenges in relation to working part time whilst studying 7. how to manage work/life balance 	<ol style="list-style-type: none"> 1. how to manage the judgement of others and challenge stereotyping 2. how to balance ambition and unrealistic expectations 3. how to develop self-efficacy, including motivation, perseverance and resilience 4. how to maintain a healthy self-concept 5. about the nature, causes and effects of stress 6. stress management strategies, including maintaining healthy sleep habits 7. about positive and safe ways to create content online and the opportunities this offers and how to balance time online 	<ol style="list-style-type: none"> 1. how to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads) 2. emergency first aid skills 3. how to assess emergency and non-emergency situations and contact appropriate services 4. about the links between lifestyle and some cancers 5. about the importance of screening and how to perform self-examination 	<ol style="list-style-type: none"> 1. different types of families and changing family structures 2. how to evaluate readiness for parenthood and positive parenting qualities 3. about fertility, including how it varies and changes 4. pregnancy, birth and miscarriage 5. unplanned pregnancy options, including abortion 6. adoption and fostering 	