

**Subject: PSHE with RSE KS3**

**Overall Intent:** PSHE at Reach Academy is a school subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe and prepare for life and work in modern Britain. Learning revolves around three core themes:

- Health and Wellbeing
- Relationships
- Living in the Wider World

The topics have been carefully designed in context of the needs of our pupils and in reflection of the constantly evolving world in which we live with learning designed to develop the concepts, skills and attributes linked to the key subject content/topics.

It is not enough to simply teach pupils about the issues covered in the suggested subject content. It is vital that pupils have the opportunity to explore their attitudes, values and beliefs about these issues and to develop the skills, language and strategies necessary to manage such issues should they encounter them. Evidence shows that well-delivered PSHE programmes have an impact on both academic and non-academic outcomes for pupils, particularly the most vulnerable and disadvantaged. Therefore, Reach Academy’s PSHE keeps this at the core of its PSHE curriculum to maximise the opportunity for every child to support them to become healthy, independent, well informed and responsible members of society.

Half Term	Key Subject Content/topic	Sequencing	Rationale (Why this? Why now?)
1	<p><b>Mental Health and Emotional Wellbeing</b></p> <p><b>Black History</b></p> <p><b>Rights and Responsibilities</b></p>	<p>This scheme starts the PSHE curriculum with a range of lessons that explore the concept of mental health and how it works symbiotically alongside physical health. Lessons cover attitudes to mental health, ways to promote it, digital resilience, unhealthy coping strategies (including self-harm and eating disorders) concluding with healthy coping strategies. The topic concludes with a documentary that shows how mental health affects others, giving pupil opportunity to feedback views and learning.</p> <p>Upon completion of the Mental Health and Emotional Wellbeing SoW, pupils will engage in a short topic in relation to Black History Month. The topic explores key figures in the civil rights movement which lead to worldwide changes around equality – figures such as Rosa Parks, Martin Luther King and also makes cross curricular reference to Music listening and appraising songs by Stevie Wonder and Bob Marley in relation to the content of lyrics around slavery.</p> <p>Rights and Responsibilities scheme concludes the half term looking at human rights as British citizens and covering community, religion and diversity. In contrast, pupils will also explore our radical groups and ways in which to recognise and prevent radicalisation.</p>	<p>This scheme ties in with Mental Health Week but primarily aims to provide emotional support for pupils returning to school from the summer break by identifying symptoms of low emotional wellbeing and mental health, building resilience and knowledge about how to address the challenges through strategies and signposting.</p> <p>This short scheme acknowledges Black History month and develops on prior learning around mental health whilst aiming to raise awareness around inequality and human rights. The cross curricular topic provides a focus on spiritual, moral, social and cultural development to allow pupils to explore their own beliefs and perspectives.</p> <p>This scheme concludes topics with the overarching theme of mental health. The scheme also aims to support pupils develop healthy relationships and reinforce correct signposting for support and appropriate strategies for dealing with negative peer pressure.</p>
2	<p><b>Gangs and Youth Crime</b></p> <p><b>Remembrance Day</b></p> <p><b>Criminal Justice Law</b></p>	<p>The Gangs and Youth Crime scheme covers two core PSHE themes – health and wellbeing and relationships. It identifies reasons why young people join gangs through the need to fulfil a sense of belonging, other overarching concepts relative to youth crime and gang lifestyles. Through this scheme, pupils address potential misconceptions around knife crime, county lines, anti-social behaviour and acid attacks. and who actually is at risk of manipulation and unsafe activity. The scheme concludes by looking at ways young people can address the challenges on the streets, support strategies for themselves and peers as well as signposting.</p> <p>Pupils will engage in a short topic in line with Remembrance Day. This will take place in the mid phase of the Gangs and Youth Crime topic to allow pupils to acknowledge the veterans from past and present from the UK and Commonwealth countries.</p> <p>This SoW concludes learning of the Autumn term from the perspective of the law and youth crime. The scheme aims to take pupils from the classroom to the court room, giving them the opportunity to examine a range of facts to determine an outcome. The scheme ties in with Anti-Bullying Week focussing on the impact</p>	<p>Pupils at Reach historically have a high interest in gang culture. This scheme aims to promote personal safety and raise awareness around safeguarding concerns for the community in relation to gang violence, vulnerable peers and knife crime. Having covered topics around mental health pupils will be required to develop this knowledge to discuss push and pull factors using key words from prior learning. This scheme also ties in with Anti-Bullying week.</p> <p>This scheme serves a dual purpose initially to promote SMSC across Reach and address misconceptions about which countries participated in WW1 and that the UK has been a diverse country for much longer than recent years – thus recalling prior learning from Autumn1. Secondly, this scheme intends to break up quite an intense scheme - Gangs and Youth Crime.</p> <p>This SoW is appropriate to help support the particular cohort of pupils and realistic risks they face as well as support and embed learning from the previous scheme. Whist linking symbiotically with</p>

		of bullying on the victim, the links between bullying and gang culture and recap recall opportunities for mental health and emotional wellbeing.	the Gangs and Youth Crime scheme delivered throughout the half term, it also ties in with anti-bullying week – allowing for recap and recall throughout.
3	<p><b>Healthy Lifestyles</b></p> <p><b>LGBT Awareness</b></p>	<p>Healthy Lifestyles is a 5-week scheme of work. The topic covers areas such as body image, balanced diets, smoking, alcohol and drugs with underlying themes of mental health, peer pressure. The scheme aims to explore ways to maintain healthy lifestyles and the impact of unhealthy lifestyles by identifying health conditions, consequences of possession and supply whilst developing vocabulary and supporting literacy across subject</p> <p>LGBT Awareness scheme covers all three PSHE core themes. Pupils will have the chance to understand what LGBT means and who it includes. Pupils will also learn which countries promote human rights for LGBT communities and which continue to have strict laws against it. Pupils will learn about prejudice and will be challenged on their own prejudices around LGBT groups with the aim of widening opinion and perspective.</p>	<p>This scheme is a natural progression from prior learning. Based on the knowledge that pupils typically have a poor attitude to healthy lifestyles and also a curious interest in alcohol and street drugs such as cannabis, pupils are taught about the misconceptions around recreational drug and alcohol use to allow them to make better informed choices.</p> <p>Concluding the half term learning, this scheme coincides with LGBT awareness month. Once more, this scheme allows for recap and recall this time around equality and human rights.</p>
4	<p><b>Prejudice, Discrimination and Challenge</b></p> <p><b>Sex, Relationships and Conflict</b></p>	<p>The Prejudice, Discrimination and Challenge scheme addresses key areas around stereotype, prejudice, discrimination, hate speech and online safety. The scheme explores other forms of prejudice by exploring British communities, religion and culture which has developed the diverse community we live in today. The scheme aims to raise awareness of challenge from varied communities/groups and support pupils in understand how best to challenge it and also gain support for it.</p> <p>This scheme covers the overarching theme of respect, personal safety and age-appropriate behaviour for relationships. Throughout this topic, pupils will engage in learning about consent, contraception methods, STI's dangers of pornography, image sharing and teenage pregnancy to develop existing knowledge and challenge misconceptions that could lead to potential risk. Additionally, this scheme ties in with prior learning around self-esteem, peer pressure and manipulation, giving pupils real scenarios to consider their own personal safety and that of their peers as well as the benefits of delaying sex.</p>	<p>This scheme allows for continued recap and recall around British Values and SMSC from prior learning whilst also exploring new concepts such as extremism addressing misconceptions about ethnic groups, extremism and extremist groups. It also touches on the PREVENT strategy, signposting and the sharing of concerns to prevent incidents of radical behaviour.</p> <p>Pupils are more frequently being exposed to media imagery that provide an unrealistic view of what a respectful, loving and caring relationship looks like. Whilst not promoting sexual behaviour amongst pupils, this scheme aims to provide pupils with the appropriate knowledge necessary to prevent them making ill-informed decisions.</p>
5	<p><b>Keeping Safe – Emergency First Aid</b></p> <p><b>Relationships, Ourselves and Others</b></p>	<p>This scheme aims to promote personal safety, self-help and prevention. Pupils will learn about road safety and the law, some basic first aid, what CPR is and how to manage emergency situations. This scheme will be modified to ensure covid compliance whilst ensuring pupils receive the appropriate information and skills to respond to self-help.</p> <p>Relationships, Ourselves and Others aims to identify risks of unhealthy relationships, CSE, CCE, body image, online grooming and peer pressure. Throughout, pupils will further explore risks and what is meant by manipulation within relationships and challenge misconceptions around what constitutes a healthy relationship.</p>	<p>Pupils at Reach often have difficulties determining what is safe and unsafe behaviours regarding road safety, peer pressure and conflict. This scheme uses real life scenarios to enforce the element of risk and consequence in regards to personal safety whilst continuing to develop life skills.</p> <p>Pupils at risk of gang culture are also equally at risk of CSE/CCE. This scheme is appropriate to support our pupils by identifying the realistic risks that young people face as well embed prior learning from the curriculum plan.</p>
6	<p><b>Puberty, Emotional Health and Wellbeing</b></p> <p><b>Careers, Aspirations and Goals</b></p>	<p>This scheme introduces puberty to RSE with pupils explores cross curricular aspects of biology to explore what happens during puberty to both girls and boys and why. It also aims to raise awareness around more serious issues such as FGM. This scheme offers recap and recall opportunity as pupils explore emotional health and wellbeing during puberty.</p> <p>This scheme delivers a range of lessons that establish and promote aspirations for pupils at Reach Academy. Lessons explore and identify aspirations and the use of CareerPilot and establishes individual skills and personality traits that best suit particular careers and job sectors. The scheme engages pupils by using cross curricular ICT resources to develop a portfolio to represent goals and aspirations for pupils by also exploring Labour Market Information to ensure that pupils are aware of the ever-changing face of the working world. Pupils also explore the options within this scheme to find out what subjects their skills would be best suited to.</p>	<p>Pupils within the KS3 age range have a range of misconceptions around the development of the teenage body and the emotions that come with it. This scheme addresses any potential gaps in understanding about human biology in order for pupils to access the following scheme more readily.</p> <p>This scheme aims develop aspirations, promote self-confidence and a sense of direction which is all the more significant for pupils at Reach who are at risk of P/Ex or have already been excluded permanently from their mainstream school. It is timed in line with the end of the school year where long-term pupils in particular will be preparing to move on to their new KS4 pathway.</p>

