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| Scheme of Work  Personal Social Health & Citizenship Education  Years 7 - 11 |
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| **Scheme of Work** | |
| **Personal Social Health & Citizenship Education Years 7 - 11** | |
| Version Number | 1.0 |
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| Peregrinate Scheme Manager | Angela Mollan, Chris Mollan |
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| Approving Signature | Angela Mollan |
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**Overview**

Personal, Social, Health and Citizenship Education aims to enable each student to develop into a healthy, well rounded and responsible adult. Through a wide variety of active learning styles, PSHE lessons encourage every student to participate fully and discuss, reflect on and form their own opinions and views.

The key aims are to:

* Develop confidence and responsibility
* Develop a healthy, safer lifestyle
* Develop good relationships and respect the differences between people
* Acquire knowledge and understanding about becoming informed citizens
* Develop skills of enquiry and communication
* Actively participate and take responsible action

PSHE & Citizenship lessons cover the recommended elements for PSHE and the statutory elements for Citizenship that are not covered elsewhere in the curriculum.

The course content is designed to enable students to become well rounded citizens who are able to make informed decisions and understand the world around them.

Years 9, 10 and 11 have one whole day per half term covering all aspects of the PSHE, Citizenship and careers curriculum.

# **Year 7 Curriculum**

# All year 7 learners will be taught weekly by their tutors.

### Autumn Term

* **Introduction to Peregrinate Limited**: making friends, organisational skills
* **Learning Skills**: how our brains work, how we learn best
* **Emotional Health and Well Being**: anti -bullying, healthy eating

### Spring Term

* **Stress:** learning strategies to cope with the pressures of exams etc.
* **Smoking**: Facts about smoking, understanding the reasons why people smoke, resisting peer pressure
* **Sex and Relationships Education**: understanding and coping with puberty, how the body changes, relationships with family and friends

### Summer Term

* **Being a Citizen**: belonging to a community, why we have rules, being a citizen, personal responsibilities
* **Developing school grounds/Recycling**: knowing why and how we recycle, setting green targets, planning a school wide recycling project
* **Sun Safety:** learning how to stay safe in the sun

# **Year 8 Curriculum**

# Year 8 will be taught by a dedicated team of staff.

### Autumn Term

* **Drugs**: Positive and negative effects of drugs, the dangers of smoking and illegal substances
* **Sex & Relationships Education**: The family, coping with loss and change, self-esteem, peer pressure

**Spring Term**

* **Options:** Preparing learners for making their option choices
* **Financial Literacy**: bank facilities, budgeting, saving, value for money
* **Refugees**: travellers, understanding how and why people become refugees
* **Crime:** the criminal justice system including a visit from a magistrate
* **Disability**: how people cope with disabilities, equal opportunities

### Summer Term

* **Heartstone Project**: Charter for equal opportunities
* **Learning skills**: How we memorise, different learning methods

**Year 9, 10 and 11 Overview**

In Years 9, 10 and 11, learners will be taught PSHE on three whole-day themed events through the year. We plan to have a lot of support from outside agencies including:

* Theatre Company (productions on teenage pregnancy and healthy eating)
* Merseyside Police Force (drug awareness and Internet safety)
* Teenage Cancer Trust
* Knowsley Road Safety Team
* Alcohol Awareness Charity
* Whitechapel Homelessness Charity
* Fag Ends Smoking Advice
* Domestic Abuse Service

### Year 9 Curriculum

* Drugs
* Sex and relationships
* Healthy eating
* Smoking
* Cancer awareness
* Body image
* Internet safety
* Financial capability
* Teenage pregnancy
* Enterprise day

### Year 10 Curriculum

* Preparing a CV and letter of application
* Interview skills, preparing for the Interview Day
* First aid
* Contraception and STIs
* Homelessness
* Preparing for Work Experience
* Politics day

### Year 11 Curriculum

* Work Experience
* Careers and 16+ choices
* Writing a personal statement
* Alcohol
* Coping with stress
* Exams and revision