

**PSHCE Curriculum Overview, 2021-2022**

Why do we teach PSHCE at Ark BDA?	PSHCE education can help schools to reduce or remove many of the barriers to learning experienced by pupils, significantly improving their capacity to learn and achieve. The PSHCE education programme makes a significant contribution to pupils' spiritual, moral, social and cultural (SMSC) development, their behaviour and safety and the school's statutory responsibility to promote pupils' wellbeing. In addition the learning provided through a comprehensive PSHCE education provision is essential to safeguarding pupils, as Ofsted has set out. Section 2.5 of the national curriculum framework states that all schools should make provision for PSHCE education, drawing on good practice. In order to meet this objective, our programme of study identifies the key concepts, skills and attributes that are developed through PSHCE education. These help us to fulfil statutory responsibility to support pupils' spiritual, moral, cultural, mental and physical development and prepare them for the opportunities, responsibilities and experiences of life, as set out in Section 78 of the Education Act 2002, and our statutory safeguarding responsibilities, in line with the statutory guidance that schools 'should ensure children are taught about safeguarding, including online, through teaching and learning opportunities, as part of providing a broad and balanced curriculum'. The programme of study covers: 1. Health and Wellbeing, 2. Relationships (including sex and relationships education), 3. Living in the Wider World
How do we deliver our Christian values in PSHCE?	The core of our Christian ethos is: "I have come that you may have life, and have it in all its fullness." John 10:10 At Ark Burlington Danes Academy, we believe that everyone deserves to be accepted, included and empowered to live a life that is purposeful and fulfilling. We believe that through learning to our fullest potential and living a life filled with kindness and thankfulness, we can be the ones to make the world a better place. PSHCE education is a planned, developmental programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives now and in the future. As part of a whole-school approach, PSHCE education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society. PSHCE education equips pupils to live healthy, safe, productive, capable, responsible and balanced lives. It encourages them to be enterprising and supports them in making effective transitions, positive learning and career choices and in achieving economic wellbeing. A critical component of PSHCE education is providing opportunities for children and young people to reflect on and clarify their own values and attitudes and explore the complex and sometimes conflicting range of values and attitudes they encounter now and in the future.
How do we build core skills and knowledge over time?	The academy has based their programme of study on the PSHCE Association Programme of Study and used their online guidance. The programme has been developed as a spiral programme. A spiral programme will revisit themes, gradually extending thinking, expanding knowledge and developing skills, rather than providing a series of 'one-off' topics which research evidence shows is unlikely to have a long term impact. The programme of study has been planned to cover 7 years and is adapted to meet the unique needs of our community.
How does the study of PSHCE prepare students for life beyond Ark BDA?	PSHCE education contributes to personal development by helping pupils to build their confidence, resilience and self-esteem, and to identify and manage risk, make informed choices and understand what influences their decisions. It enables them to recognise, accept and shape their identities, to understand and accommodate difference and change, to manage emotions and to communicate constructively in a variety of settings. Developing an understanding of themselves, empathy and the ability to work with others will help pupils to form and maintain good relationships, develop the essential skills for future employability and better enjoy and manage their lives.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<b>Aut1</b>	<b>Aut2</b>	<b>Spr1</b>	<b>Spr2</b>	<b>Sum1</b>	<b>Sum2</b>
<b>7</b>	Our World in 2021 [Key safeguarding, cultural and lifestyle knowledge]	Personal identity * Families & friendships *Diversity, Prejudice & Bullying	Health & Puberty *Health influences & Puberty	Ambitions *Careers & Aspirations	Relationships & Self-Worth * Romance & Friendships [including online] and Relationship Boundaries [Consent]	Money & Me [Lloyds Bank] *Financial Decision Making
<b>Theme</b>	Cross-curricular	Relationships	Health & Well-being	Careers & Pathways	Relationships & Sex Education	Living in The Wider World
<b>8</b>	Our World in 2021 [Key safeguarding, cultural and lifestyle knowledge]	Emotional Wellbeing *Mental Health & Emotional Wellbeing *Body Image	Ambitions *Equality of Opportunity in Careers & Life Choices	Relationships & Identity *Gender identity *Discrimination [all forms] * Sexual Orientation	FIRST GIVE COMPETITION *Social Responsibility *Social Action	Healthy Lifestyle *Basic First Aid
<b>Theme</b>	Cross-curricular	Health and wellbeing and relationships	Careers and pathways	Relationships and sex education	Living in the wider world (social action and citizenship)	Health and wellbeing and relationships
<b>9</b>	Our World in 2021 [Key safeguarding, cultural and lifestyle knowledge]	Respectful Relationships *Healthy & Unhealthy relationships *Sexting/Sending Pictures *Online Behaviour & Safety	Barclays Life Skills *Goal Setting *GCSE Options *Employability Skills	Intimate Relationships *Relationships & Sex Education *Consent, Contraception & Online Media	Peer Influence & Gangs *Exploitation *Peer Influence	EconoME [Financial literacy] *Impact of financial decisions *Debt & Gambling
<b>Theme</b>	Cross-curricular	Relationships & Sex Education	Careers & Pathways	Relationships & Sex Education	Health & Wellbeing	Living in The Wider World

<b>10</b>	Our World in 2021 [Key safeguarding, cultural and lifestyle knowledge]	Disrespect Nobody *Relationship Expectations *Myths & Challenges *Impact of Media	Relationships & Identity [Stonewall] LGBTQ+ Awareness	Extremism & Radicalisation *Communities *Belonging *Challenging Extremism	Relationships *Relationships & Sex *Contraception and risk of STIs *Conflict resolution	Ambitions *Work Readiness Skills *Work Experience Readiness
<b>Theme</b>	Cross-curricular	Relationships & Sex Education	Relationships & Sex Education	Health & Wellbeing	Relationships & Sex Education	Careers & Pathways
<b>11</b>	Our World in 2021 [Key safeguarding, cultural and lifestyle knowledge]	Ambitions [Post 16 Options & Progression]	RSE [Consent, STIs & Contraception]	Lifestyle Choices [Knife Free, Sleep factor & Online Choices]	Study Skills & Intervention	
<b>Theme</b>	Cross-curricular	Careers & Pathways	Relationships & Sex Education	Health & Wellbeing	GCSE Preparation	
<b>12</b>	Our World in 2021 [Key safeguarding, cultural and lifestyle knowledge]	DEAL [Developing Emotional Awareness & listening] *Stress & Anxiety *Coping Strategies	RSE [Consent, STIs & Contraception]	Lifestyle choices [Drugs and alcohol]	Social Action Project	UCAS
<b>Theme</b>	Cross-curricular	Health & Wellbeing	Relationships & Sex Education	Health and wellbeing	Living in the Wider World [Social Action and Citizenship]	Careers and Pathways
<b>13</b>	Our World in 2021 [Key safeguarding, cultural and lifestyle knowledge]	STIGMA: Mental Health Awareness *Mental Health Stigma *Safeguarding Mental Health	Lifestyle choices [Drugs and alcohol]	Personal finance and payday loans	Study Skills & Intervention	
<b>Theme</b>	Cross-curricular	Health & Wellbeing	Health and wellbeing	Living in the wider world	GCE and BTEC Preparation	