

## PSHE and Citizenship Curriculum Plan KS4\*/KS5 2022-2023

\*See separate planning document for Year 11

### Colour Code:

**Blue** = Rights and responsibilities and British Values

**Green** – Celebrating diversity and equality

**Pink** – Relationship and sex education

**Orange** – Staying safe online and offline

**Purple** – Health and wellbeing

**Yellow** – Life beyond school

### Key:

British Values - BV

Equality and Diversity – E&D

Spiritual, Moral, Social, Cultural - SMSC

Maths, English, IT – M/E/IT

AIRR Values – A (Aspirational) I (Independence) Ri (Resilience) Rs (Respect)

	Year 10		Year 12	Year 13
Term	Mentor time (once a week)	PSHE and Citizenship lesson (1 per fortnight)	PSHE and Citizenship lesson (1 per fortnight)	PSHE and Citizenship lesson (1 per fortnight)
<b>Drop Down Days</b>	Autumn term – 17 <sup>th</sup> May - Sex Education (FGM, Self screening (STIs), abuse/rape, watching harmful content (porn))  Autumn 2 – 12th December - RE DDD 1 – Topic: Marriage and the family  Spring 1 – 21st February – RE DDD 2 – Topic: Matters of life and death  Summer 1 – 29th June – RE DDD 3 – Topic: Peace and conflict		Summer Term – 5-9th June – Year 12 Steps to Independence Week	None

<p><b>Assemblies</b></p>	<p>Autumn 1: Knife crime and safety</p> <p>Spring 1 - W/C 3<sup>rd</sup> April – Essex Fire and Rescue – Assembly (Remote) 20 mins - Summer Safety: field fires, swimming in open water, beach safety, railway safety</p> <p>Spring 2: Use of technology, time management and studying. Dealing with exam stress and anxiety including: sleep, diet and stress management</p> <p>Summer 1: Who has the power? (Government), Voting systems, Executive and legislature</p> <p>Summer 2: Introduction to forms of government, The different electoral systems used (the UK and beyond) and Introduction to the European Union (EU)</p>	<p>Philosophy and Religious Studies Assembly 1: 16 September Yom Kippur (Jewish)</p> <p>Philosophy and Religious Studies Assembly 2: 4 November Diwali (Sikh)</p> <p>Philosophy and Religious Studies Assembly 3: 6th January Epiphany (Christianity)</p> <p>(Propose that Sixth Formers research and lead on these assemblies)</p>	<p>Philosophy and Religious Studies Assembly 4: 18 March Holi (Hindu)</p> <p>Philosophy and Religious Studies Assembly 5: 2 May Eid al-Fitr (Muslim)</p> <p>Philosophy and Religious Studies Assembly 6: 4 June Shavout (Jewish)</p> <p>(Propose that Sixth Formers research and lead on these assemblies)</p>
<p><b>External Visits</b></p>	<p>Spring (TBC) - Theatre Témoin – Being Safe Online Workshops &amp; Play (Online gambling, Screen time and safe mobile use)</p> <p><b>Spring 1 - Culture Week between 7-13th February</b></p>	<p><b>Spring 1 - Culture Week between 7-13th February</b></p>	<p><b>Spring 1 - Culture Week between 7-13th February</b></p>
<p><b>Links to Philosophy and Religion</b></p>	<p>See Drop Down Days</p>	<p>Philosophy and Ethics talking points for SF lessons embedded within lesson content including topics such as: proof, free will, ethics, and moral responsibility</p>	<p>Philosophy and Ethics talking points for SF lessons embedded within lesson content including topics such as: proof, free will, ethics, and moral responsibility</p>

	Year 10		Year 12		Year 13	
Term	Mentor time (once a week)	PSHE and Citizenship lesson (1 per fortnight)	Mentor time (NONE)	PSHE and Citizenship lesson (1 per fortnight)	Mentor time (None)	PSHE and Citizenship lesson (1 per fortnight)
Autumn 1	PSHE in the news and cultural capital	<b>Mental Health and Wellbeing</b> L1 – What is mental health and why is it important + Common mental ill health L2 – Regulating emotions and anxiety, Growth mindset and Resilience L3 – Child abuse (mental) L4 – Self harm, Suicidal thoughts and support	N.A	<b>Your Journey of Life</b> L1 – Starting salaries and deductions (e.g. Case Study – Glass Ceiling = Ethics) L2 – Considering your living arrangements (e.g. Housing Ladder Crisis – Glass Ceiling = Ethics) L3 – Weekly food budget (e.g. Case Study – Cost of Living Crisis = Moral Responsibility) L4 – Luxury items and their costs (e.g. Case Study – Throw away culture = Ethics)	N.A	<b>Your Journey of Life</b> L1 – Understanding and respecting others (e.g. Case Study – Different faiths and cultures = Religion) L2 – Fake news and control of the media (e.g. Case Study – Donald Trump = Ethics) L3 – Media distortions of body image (e.g. Case Study – Exaggerated negative news = Ethics) L4 – Pet ownership (e.g. Case Study – Lock down pet sales increase = Moral Responsibility)
Autumn 2	PSHE in the news and cultural capital	<b>Violence, crimes and seeking safety</b> L1 – Honour based violence L2 – Forced marriage, breast ironing, child brides L3 – Modern day slavery	N.A	<b>Your Journey of Life</b> L1 – Learning to drive L2 – The cost of learning to drive L3 – LGBTQ+ issues	N.A	<b>Your Journey of Life</b> L1 – Importance of a Will L2 – Legal registrations L3 - Emergencies

<b>Spring 1</b>	PSHE in the news and cultural capital	<b>Exploring Negative Attitudes (Sex)</b> L1 – Pornography L2 – Sexualisation in the media L3 – Misogyny	N.A	<b>Your Journey of Life</b>  L1 – Credit cards L2 – Responsible borrowing L3 – Responsible sexual activity	N.A	<b>Your Journey of Life</b>  L1 – Health and wellbeing L2 – Online behaviour and its ramifications L3 – Recognising destructive behaviours in yourself and others
<b>Spring 2</b>	PSHE in the news and cultural capital	<b>Staying safe (online)</b> L1 – Virtual reality, Live streaming and Gaming online L2 – Time spent online and Digital footprint L3 – Behaviour (sexting / nudity)	N.A	<b>Your Journey of Life</b>  L1 – Managing mental health L2 – Politics L3 – Drug use	N.A	<b>Your Journey of Life</b>  L1 – Sleep L2 – Campaign for change L3 – Credit scores
<b>Summer 1</b>	PSHE in the news and cultural capital	<b>Staying safe (Drugs and Alcohol)</b> L1 – Substance use (risks and consequences) L2 – Substance use (identifying pressure) L3 - Substance use (managing influences)	N.A	<b>Your Journey of Life</b>  L1 – Travelling safely L2 – Wellness L3 – Sustainable living	N.A	<b>Your Journey of Life</b>  L1 – Whistle blowing L2 – Identity and its importance in modern day L3 – Dealing with disability

<b>Summer 2</b>	PSHE in the news and cultural capital	<b>Citizenship</b> L1 – Critical thinking and fake news L2 - Religion vs. cults L3 – Exploring Britishness and British Values, including LGBTQ+ and British Values L4 – What are human rights?	N.A	<b>Your Journey of Life</b> L1 – Pregnancy L2 – Getting married L3 – Crime and your behaviour L4 – Employment rights and responsibilities	N.A	<b>Your Journey of Life</b> L1 – Globalisation L2 – The distribution of wealth and power L3 – Theories of religion L4 – Life after retirement