

## PSHE/SMSC/RSE Curriculum – 2020

*Personal, Social and Economic Education – Spiritual, Moral, Social and Cultural Development*

This Curriculum was made in conjunction with the statutory guidance published by the DFE, key policy documents that have been used to inform this programme of study are:

- [Relationships Education, Relationships and Sex Education and Sex Education \(RSE\) and Health Education.](#)
- [Promoting Fundamental British Values as Part of SMSC in Schools.](#)
- [The Prevent Duty.](#)

This document sets out the topics that students will learn about at Oasis Media City to ensure they are given the requisite knowledge and skills to live healthy lives during and beyond their secondary school years in modern day Britain. Each week students will study these topics with their teachers in either a PSHE lesson or an assembly.

Topics are divided into the following four main areas of education:

A yellow rectangular box with the text 'Health and Wellbeing' in white.

Health and  
Wellbeing

A green rectangular box with the text 'Relationships & Sex Education' in white.

Relationships  
& Sex  
Education

A blue rectangular box with the text 'Living in the Wider World' in white.

Living in the  
Wider World

Summary of topics:

Core Theme	Description
Health and Wellbeing	This theme is taught in HT1 and HT4 across all year groups. Topics include, first aid; drugs and alcohol; peer influence; mental health; puberty; emotional wellbeing; diet and exercise; impact of peers including county lines, criminal exploitation and modern day slavery, role models and the media on wellbeing.
Living in the wider world	This theme is taught in HT2 and HT6. Topics include, careers; teamwork; workplace skills; character traits; career pathways; setting goals; application process including CVs and personal statements; dealing with exam stress; financial decision making; digital literacy including online safety and gambling;
Relationships	This theme is taught in HT 3 and HT5 across all year groups. Topics include, diversity; challenging discrimination of protected characteristics; respectful relationships including sex education and the impact of media and pornography; Communication in relationships including contraception and sexual health; relationship challenges and abuse; building friendships; personal identity including gender identity, consent and sexual orientation; relationship and sex education; relationships in your family including neglect, missing from home.

Half Term:		1 <i>PSHE/SMSC Theme: Health and Wellbeing</i>		2 <i>Living in the wider world</i>		3 <i>Relationship Education</i>		4 <i>Health and Wellbeing</i>		5 <i>Relationships</i>		6 <i>Living in the wider world</i>	
7		PSHE Transition and safety	Assembly	PSHE Developing skills and aspirations	Assembly	PSHE Diversity	Assembly	PSHE Health and puberty	Assembly	PSHE Building relationships	Assembly	PSHE Financial decision making	Assembly
7	Topics	1: Behaviour and expectations. 2: Moving around the building. 3: Setting the Ground Rules for PSHE 4: Dealing with change 5: The Bystander effect	1: Principal's Welcome 2: Media City Way 3: International Day of Peace 4: Recycle Week 5: Black History Month 6: World Mental Health Day & Homeless	1: School subjects at Work. 2: Interests and Careers. 3: Bias and Careers. 4: Time Management 5: Xello questionnaires. 6: Saving chosen careers.	1: <i>Bonfire Safety</i> 2: <i>Remembrance</i> 3: <i>Student Survey</i> 4: <i>Careers - Maths</i> 5: <i>World Aids Day</i> 6: <i>9 Habits</i> 7: <i>Equality &amp; Diversity</i> 8: <i>Awards</i>	1: PSHE Ground Rules. 2: Identity, rights and responsibilities. 3: Living in a diverse society. 4: Being an active Bystander. 5: Types of Bullying 6: Responding to bullying and	1: New Years Resolutions 2: Taking Responsibility 3: Careers - Science 4: Holocaust 5: Hub/Community 6: Valentines'	1: PSHE ground rules. 2: Making healthy choices. 3: Physical and emotional changes during puberty. 4: Personal hygiene. 5: Recognise and respond to	1: Fairtrade Fortnight 2: Int Women's/ World Book Day 3: British Science Week 4: Student Survey 5: Careers - Global 6: Awards	1: PSHE Ground Rules. 2: Selfworth. 3: Positive Relationships. 4: Recognising unhealthy relationships. 5: Challenging media stereotypes.	1: Disability Awareness 2: Careers - CAPA 3: VE Day 4: Mental Health (Exams) 5: Manchester Remembers	1: Making safe financial choices. 2: Ethical businesses 3: Unethical Businesses 4: Saving and budgeting. 5: Gambling economy	1: <i>World Environment Day</i> 2: <i>EOY Rewards</i> 3: <i>Exams</i> 4: <i>Refugee Day</i> 5: <i>Pride</i> 6: <i>Student Leadership</i> 7: <i>Summer Safety/EOY awards</i>

		6: Calling 999 7: Qualities of a Helper All first aid lessons are included here.	ness week. 7:Careers - English	(5 and 6 need laptops so can be done at any point during the half term).		supporting others.		unwanted contact. 6: Help and Support for FGM.		6: Introduction to consent.			
<b>8</b>	<i>Topics</i>	<b>PSHE Drugs and alcohol</b>	<b>Assembly</b>	<b>Community and careers</b>	<b>Assembly</b>	<b>Discrimination</b>	<b>Assembly</b>	<b>Emotional wellbeing</b>	<b>Assembly</b>	<b>Identity and relationships</b>	<b>Assembly</b>	<b>Digital Literacy</b>	<b>Assembly</b>
<b>8</b>	<i>Topic(s):</i>	1:Media City Way 2:Introduction to PSHE/SM SC & Setting the ground rules 3: Dangers of Smoking. 4: Alcohol **PSHE associatio	1: Principal's Welcome 2:Media City Way 3:International Day of Peace 4: Recycle Week 5:Black History Month 6:World Mental	1: Exploring learning styles. 2: Time management skills. 3. Personality styles. 4: Skills. 5: Xello questionnaires. 6: Saving chosen careers.	1: <i>Bonfire Safety</i> 2: <i>Remembrance</i> 3: <i>Student Survey</i> 4: <i>Careers - Maths</i> 5: <i>World Aids Day</i> 6: <i>9 Habits</i> 7: <i>Equality &amp; Diversity</i>	1: PSHE Ground Rules. 2: Different beliefs and decisions. 3: Gender identity. 4: Active Bystander – focus on transphobia, biphobia and homophobia.	1:New Years Resolutions 2: Taking Responsibility 3: Careers - Science 4: Holocaust 5: Hub/Community 6: Valentines'	1: PSHE ground rules. 2: Attitudes towards mental health. 3: Myths and stigmas. 4: Wellbeing and managing emotions.	1: Fairtrade Fortnight 2: Int Women's/ World Book Day 3: British Science Week 4: Student Survey 5: Careers - Global 6: Awards	1: Positive Healthy relationships. 2: Different types of relationships. 3: Developing healthy relationships. 4: Consent, the law	1: Disability Awareness 2: Careers - CAPA 3: VE Day 4: Mental Health (Exams) 5: Manchester	1: Developing healthy habits RE: Social Media. 2: Recognising Grooming, how and where to seek support.	1: <i>World Environment Day</i> 2: <i>EOY Rewards</i> 3: <i>Exams</i> 4: <i>Refugee Day</i> 5: <i>Pride</i> 6: <i>Student Leadership</i> 7: <i>Summer Safety/E</i>

		n is releasing a new programme this summer so will update when that is released.	Health Day & Homelessness week. 7:Careers - English	(5 and 6 need laptops so can be done at any point during the half term).	<i>8: Awards</i>	5: Active bystander – racism and religious discrimination.		5: Resilience. 6: Healthy and unhealthy coping strategies.		and relationships. 5: Risks of Sexting. 6: Basics of contraception.	Remembers	3: Assessing media sources and news. 4: Sharing information safely online. 5: Financial security online. 6: Managing risks RE Gambling.	<i>EOY awards</i>
		<b><i>PSHE Peer influence, substance abuse and gangs</i></b>	<b><i>Assembly</i></b>	<b><i>Setting goals</i></b>	<b><i>Assembly</i></b>	<b><i>Respectful relationships</i></b>	<b><i>Assembly</i></b>	<b><i>Healthy Lifestyle</i></b>	<b><i>Assembly</i></b>	<b><i>Intimate relationships</i></b>	<b><i>Assembly</i></b>	<b><i>Employability skills</i></b>	<b><i>Assembly</i></b>
9	<i>Topic(s):</i>	1:Introduction to PSHE/SM SC & Setting the	1: Principal's Welcome 2:Media City Way	1: Discover Learning Pathways.	<i>1:Bonfire Safety</i> <i>2: Remembrance</i>	1: PSHE ground rules. 2: Different	1:New Years Resolutions 2: Taking Responsibility	1: Physical and mental health.	1: Fairtrade Fortnight 2: Int Women's/ World Book Day	1: PSHE Ground rules. 2: Assessing readiness	1: Disability Awareness	1: Young people's employment rights. <b>Modern</b>	<i>1: World Environment Day</i> <i>2: EOY Rewards</i>

		ground rules 2: Dangers of Smoking. 3: Alcohol. 4: Unhealthy Social Groups. 5: Risks and consequences. <b>County Lines</b> 6: Getting out 7: <b>Modern Day Slavery</b>	3:International Day of Peace 4: Recycle Week 5:Black History Month 6:World Mental Health Day & Homelessness week. 7:Careers - English	2: Explore Career Matches. 3: School subjects at work. 4: Interests. 5: Xello questionnaires. 6: Saving chosen careers. (5 and 6 need laptops so can be done at any point during the half term).	3: <i>Student Survey</i> 4: <i>Careers - Maths</i> 5: <i>World Aids Day</i> 6: <i>9 Habits</i> 7: <i>Equality &amp; Diversity</i> 8: <i>Awards</i>	types of family. 3: Positive family relationships. <b>Recognising neglect.</b> 4: Conflict resolution. 5: Homelessness. <b>Missing from Home</b> 6: Managing change.	3: Careers - Science 4: Holocaust 5: Hub/Community 6: Valentines'	2: Time Management. 3: Healthy eating. 4: Body image. 5: Cancer 6: Healthy body choices.	3: British Science Week 4: Student Survey 5: Careers - Global 6: Awards	for sexual relationships. 3: Consent. 4: STIS and negotiating safer sex in relationships. 5: Pregnancy. 6: Risks around sexting.	2: Careers - CAPA 3: VE Day 4: Mental Health (Exams) 5: Manchester Remembers	<b>Day Slavery</b> 2: Enterprising and employability. 3: Managing your brand online. 4: Workplace skills. 5: Managing feedback. 6: Accessing support RE: Online Presence.	3:Exams 4:Refugee Day 5: Pride 6: Student Leadership 7: Summer Safety/E OY awards
		<b>PSHE Mental Health</b>	<b>Assembly</b>	<b>Experience and skills</b>	<b>Assembly</b>	<b>Healthy Relationships</b>	<b>Assembly</b>	<b>Exploring influence</b>	<b>Assembly</b>	<b>Addressing Extremism and Radicalisation</b>	<b>Assembly</b>	<b>Applying for college</b>	<b>Assembly</b>

10	Topic (s):	1:Media City Way 2:Introduction to PSHE/SM SC & Setting the ground rules 3: New Challenges. 4: Reframing Negative Thinking. 5: When to Seek Help. 6: Promoting emotional Wellbeing .	1: Principals Welcome 2:Media City Way 3:International Day of Peace 4: Recycle Week 5:Black History Month 6:World Mental Health Day & Homelessness week. 7:Careers - English	1: Getting experience. 2: Study Skills and Habits 3. Self Advocacy. 4: Work Values. 5. Defining Success 5: Xello questionnaires. 6: Saving chosen careers. (5 and 6 need laptops so can be done at any point during the half term).	1: <i>Bonfire Safety</i> 2: <i>Remembrance</i> 3: <i>Student Survey</i> 4: <i>Careers - Maths</i> 5: <i>World Aids Day</i> 6: <i>9 Habits</i> 7: <i>Equality &amp; Diversity</i> 8: <i>Awards</i>	1: PSHE Ground Rules. 2: Relationships Values. 3: Sex, gender and relationships. 4: Managing Attitudes to Pornography. 5: Consent. 6: Exploitation.	1:New Years Resolutions 2: Taking Responsibility 3: Careers - Science 4: Holocaust 5: Hub/Community 6: Valentines'	1: Positive and negative role models. 2: Gang Culture. 3: Impact of Drugs and Alcohol. 4: Substance Abuse. 5: Peer Pressure. 6: How to seek help.	1: Fairtrade Fortnight 2: Int Women's/ World Book Day 3: British Science Week 4: Student Survey 5: Careers - Global 6: Awards	1: PSHE Ground rules. 2: Community, respect and belonging 3: Equality Act, Diversity and Values. 4: Managing information from social media. 5: Safely challenging discrimination. 6: Recognising and responding to radicalisation and	1: Disability Awareness 2: Careers - CAPA 3: VE Day 4: Mental Health (Exams) 5: Manchester Remembers	Time for College Applications and personal statement writing.	1: <i>World Environment Day</i> 2: <i>EOY Rewards</i> 3: <i>Exams</i> 4: <i>Refugee Day</i> 5: <i>Pride</i> 6: <i>Student Leadership</i> 7: <i>Summer Safety/EOY awards</i>
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											extremism.			
		PSHE Application process	Assembly	Next steps and exam stress	Assembly	Communication in relationships	Assembly	Independence.	Assembly	Next steps Revision techniques	Assembly			
1 1	Topic(s):	1: Careers in the locality. 2: Careers in the locality. 3: Xello questionnaires and career exploration. 4: Types of qualifications. 5: Local colleges. 6: Local courses.	1: Principal's Welcome 2: Media City Way 3: International Day of Peace 4: College Applications. Recycle Week 5: Black History Month 6: World Mental Health Day & Homelessness week.	1: Personal statements. 2: My achievements. 3: Drafting PS. 4: Typing up PS. 5: Dealing with change. 6: Exam Stress.	1: <i>Bonfire Safety</i> 2: <i>Remembrance</i> 3: <i>Student Survey</i> 4: <i>Careers - Maths</i> 5: <i>World Aids Day</i> 6: <i>9 Habits</i> 7: <i>Equality &amp; Diversity</i> 8: <i>Awards</i>	1: PSHE Ground Rules. 2: Values and emotions. 3: Gender Identity and Sexual orientation. 4: Communication in relationships. 5: Navigating relationships online. 6: Unhealthy relationships and where to	1: New Years Resolutions 2: Taking Responsibility 3: Careers - Science 4: Holocaust 5: Hub/Community 6: Valentines'	1: Managing risk safely. 2: First Aid Skills. 3: First Aid skills. 4: Lifestyle and Cancer. 5: Vaccinations. 6: Accessing health services.	1: Fairtrade Fortnight 2: Int Women's/ World Book Day 3: British Science Week 4: Student Survey 5: Careers - Global 6: Awards	1: Revision Techniques and strategies. 2: Maximising employability. 3: Workers rights while working part time. 4: Managing work/life balance.	1: Disability Awareness 2: Careers - CAPA 3: VE Day 4: Mental Health (Exams) 5: Manchester Remembers			



			7:Careers - English			find support.								
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