



# CURRICULUM PLAN

**SUBJECT**

**PHSE**

**OVERVIEW**

The PHSE Curriculum follows the [national guidance](#) and its primary aim is to keep our young people safe and happy. In addition to providing opportunities to learn about physical and mental health, careers and financial awareness we place a large emphasis on the teaching of relationships. At All Saints School, we believe in providing every student with open, honest, accurate and age appropriate lessons about different types of relationships. Through the school's ethos and values, we aim to develop students' knowledge, skills, opinions, strategies and confidence – enabling them to cope with life and live safely and happily in the modern world.

Our [RSE curriculum](#) has been created in consultation with families and students, it is inclusive and meets the needs of all students, including those with special educational needs or disabilities (SEND). We also aim to promote gender equality and represent the LGBT+ community through our Relationships curriculum.

We aim to provide all students with:

The knowledge and understanding of a variety of relationships, the ability to identify any concerns they have about a relationship, coping strategies and an awareness of how and where to seek support, an understanding of their rights and responsibilities within a range of relationships, an awareness of the process of growing up and the changes they and others will experience and an understanding of the characteristics of positive relationships.

**Key Stage 2**

At KS2 we follow the national guidance and build on the knowledge and understanding acquired in KS1. We recognise that some students may join us with gaps in their prior learning and endeavour to plug these where we are able to. During weekly sessions students cover all aspects of three core themes: Health and Wellbeing, Relationships, and Living in the Wider World. Themes for each section include: identity, relationships, a healthy (including physically, emotionally and socially) balanced lifestyle, risk and safety, diversity and equality, rights (including the notion of universal human rights), responsibilities (including fairness and justice) and consent, change (as something to be managed) and resilience (the skills, strategies and 'inner resources' we can draw on when faced with challenging change or circumstance).

**KEY STAGE 3**

At KS3 students follow national guidance and build on what they have learned at KS2. They will have weekly sessions which develop a positive sense of self through : exploring how to keep safe, including online safety; healthy relationships; keeping healthy, including drugs, alcohol and tobacco and mental health; financial choices and careers and pathways. Our sessions are planned using good quality resources and students are encouraged to discuss topics openly and to ask questions. Form time has a weekly theme which revisits areas of the PHSE curriculum and teachers

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|             | will be responsive to issues which arise unexpectedly during the year where this is required. Parents and carers will be contacted ahead of the block of lessons which focuses specifically on relationship and sex education.  |
| KEY STAGE 4 | At KS4, students follow the ASDAN Short Course in PHSE. This covers elements of the national guidance such as Emotional Wellbeing, Alcohol, Sexual Health, Respectful Relationships and Families and Parenting. Other elements of the national guidance such as personal finance, media, online safety, equal opportunities and democracy are covered in Careers' Week, Safety Week, Assemblies and Tutor time. Additionally, topics such as personal development are incorporated into English and Drama. All students in KS4 meet with our Independent Advice and Guidance Advisor from Beacon East, who helps the students develop plans for the future including Post 16 options. |