

## PSHE KS4 Curriculum Map

Term:	Autumn term 1: September – October	Autumn Term 2: November – December
Topic title	Online Safety Education	Relationships and Sex Education
Topic content:	<ul style="list-style-type: none"> <li>• Understanding key words and their meaning</li> <li>• Identifying illegal and legal drugs</li> <li>• Researching illegal drugs, finding out risks, addiction, affects and duration of particular drugs</li> <li>• Finding out the laws of supply and possession of different classes of drugs</li> <li>• Identifying groups who maybe more at risk of also and drug abuse or addiction</li> <li>• Prescription drugs</li> <li>• The short and long term effects of alcohol use of abuse</li> <li>• Who alcohol use or abuse can affect families and finding support</li> <li>• Risks for teenage alcohol consumption and how to keep safe</li> <li>• The dangers pf smoking and vaping and help to quit support</li> </ul>	<ul style="list-style-type: none"> <li>• Identifying different types of families and relationships</li> <li>• Why do people get married /partnership ceremonies</li> <li>• What makes a successful marriage/partnership</li> <li>• Why do people separate or divorce and how this affects families</li> <li>• How to support experiencing divorce, separation, loss or bereavement?</li> <li>• What makes a good parent/carer</li> <li>• What makes a healthy relationship</li> <li>• Identifying how relationships can be abusive/unhealthy, and support available</li> <li>• Why are friendships important</li> <li>• Supporting people who may be coming out with their sexuality.</li> <li>• Identifying body parts using correct vocabulary</li> <li>• To label female and male reproductive organs using correct terminology</li> <li>• Identify warning signs of abuse relationships</li> <li>• Explain how reproduction happens and how a baby is created and how it develops</li> <li>• Practice refusal skills and how to deal with risky situations</li> <li>• What consent means and applying it to a healthy relationship</li> <li>• Where to get support for non-consented situation or disclosures</li> <li>• The difference between a friendships and sexual relationship</li> <li>• What is self-worth</li> <li>• Why people may have sex early and the importance of delaying sex</li> <li>• Identify help and support for victims of domestic abuse</li> <li>• How to explore feeling, views and opinions</li> <li>• Identify ways you can show you care and your own bill of rights</li> <li>• Understanding the importance of contraception, protection against STI's and unwanted pregnancy</li> <li>• How to use a range of contraception's</li> <li>• Identifying signs and symptoms of STI's</li> <li>• Advantages and disadvantages of different types of contraception's</li> <li>• Identifying local health clinics and emergency contraception</li> <li>• Identifying and considering the risk in relation to alcohol use</li> <li>• How to be a healthy parent and identifying support for young parents</li> </ul>

## PSHE KS4 Curriculum Map

Term:	Spring term 1: January - February	Spring Term 2: March
Topic title	Careers Education	Emotional Wellbeing Education
Topic content:	<ul style="list-style-type: none"> <li>• Creating CV</li> <li>• Valuing equality, diversity and inclusion</li> <li>• Exploring careers and career development</li> <li>• Investigating work and working life</li> <li>• Identifying choices and opportunities</li> <li>• Developing self awareness and self determination and improvement as a learner</li> <li>• Developing personal financial capability</li> <li>• Writing a cover letter</li> <li>• Handling applications and interviews</li> <li>• Learning about safe working practices and environments</li> <li>• Preparing for employability</li> <li>• Managing changes and transitions</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Attitudes about mental health</li> <li>• Promoting emotional wellbeing</li> <li>• Digital resilience</li> <li>• Recognising misconceptions and warning signs of unhealthy coping strategies</li> <li>• Identifying suitable sources for support</li> <li>• Healthy coping strategies</li> <li>• Influences on mental health a emotional wellbeing</li> <li>• Supporting good health and healthy behaviours</li> <li>• Managing affective ways to eliminate exam stress</li> <li>•</li> </ul>

## PSHE KS4 Curriculum Map

Term:	Summer term 1: April – May	Spring Term 2: June – July
Topic title	First Aid	Life skills
Topic content:	<ul style="list-style-type: none"> <li>• Recognising Danger, how to Respond to a casualty and Shouting for help.</li> <li>• Checking airways and breathing. Learn how to put someone in the recovery position.</li> <li>• When to do CPR and how to do CPR</li> <li>• demonstrate DRSABC procedure</li> <li>• How does a defibrillator works and how to use one?</li> <li>• Signs of a heart attack and how to respond.</li> <li>• Learn how to respond to someone choking.</li> <li>• How to respond to someone bleeding and what you can find in a first aid kit.</li> <li>• Recapping and demonstrating out different scenarios</li> </ul>	<ul style="list-style-type: none"> <li>• Safety and hygiene in the kitchen</li> <li>• Using kitchen equipment correctly and safely</li> <li>• Understand the Eatwell guide and importance of food groups</li> <li>• Plan out a weeks’ worth of meals which follow a healthy balanced diet</li> <li>• Create a weeks shopping list based on meal plan and calculate cost.</li> <li>• Cook 5 healthy balanced evening meals</li> <li>• Identify the costs of owning and running a car</li> <li>• Introduction to the highway code and driving theory</li> <li>• Planning a journey using two forms of transport</li> <li>• Managing personal finance</li> <li>• Health and hygiene in the home</li> <li>• Recognise that the UK is a democracy.</li> <li>• Explain what a general election is and how it works.</li> <li>• Understand how people vote in a general election and what happens after a general election takes place.</li> <li>• Explain some of the key terms associated with general elections and voting</li> <li>• Understand why debates in Parliament are so important.</li> <li>• Explain what happens during a debate in the House of Commons or the House of Lords.</li> <li>• Identify the different roles of Members and Speakers in the House of Commons or the House of Lords</li> <li>• take part in a debate and form own opinions and arguments</li> <li>• understand the term young offender and how young offenders are dealt with in the Criminal Justice System</li> <li>• learn the different stages of the Youth Justice System and the role of the people involved at each stage</li> <li>• explore diverse religious cultures/atheism</li> </ul>