PSHE
Personal, Social, Health and Economic Education
Personal, social, health and economic education is critical. Students will learn about life and cover all the topics that they sometimes do not get a chance to cover in other subjects in PSHRE. This is to ensure you leave CHS as responsible British citizens. Students will be taught about three main topics and each one will have sub-topics within it. These are:
- Health and wellbeing
- Relationships and community
- Living in the wider world

To ensure the best possible experience in PSHE we need to ensure we all keep to a certain level of professionalism, both students and staff. Thus, we need to follow ROCK:
- R - Respect
- O - Openness
- C - Confidentiality (unless a staff member is concerned about a safeguarding issue and in that case we need to speak to Ms Mawson, Ms Aitken or Ms Millar).
- K - Kindness

The subject’s underpinning ROCK principle forms a key part of assessment across all the topics taught e.g. students are assessed and monitored for how respectful and open they are across each topic ensuring toleration and respect.

Assessments are formative and mainly classroom based whilst teaching. Assessment takes place in the classroom every lesson through questioning and is responsive to the needs of the students at each stage and demonstrates sensitivity to each topic.

Consolidation questions on key content at the end of every lesson pull learning together

Students’ emotional intelligence is assessed and responded to within lessons.
## Curriculum Overview

### Key Stage: KS3 | Subject: PSHE | Academic Year 2019-20

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Autumn 1</th>
<th>Autumn 2</th>
<th>Spring 1</th>
<th>Spring 2</th>
<th>Summer 1</th>
<th>Summer 2</th>
</tr>
</thead>
</table>
| UNIT CONTENT | Relationships and community  
- Team building  
- Social talk  
- Citizenship  
- Democracy  
- Religion | Relationships and community  
- Community  
- Bullying  
- Social media  
- Different types of relationships | Living in the wider world  
- Careers  
- Unifrog | Living in the wider world  
- Meta talk  
- Racism  
- Discrimination  
- Case study: South Africa during Apartheid  
- Colonialism  
- Religious debate-where was God during Apartheid | Health and wellbeing  
- Puberty  
- Hygiene  
- Emotional health  
- Religious viewpoints  
- Independence | Health and wellbeing  
- Healthy eating  
- Food and diets  
- Exercise  
- Sleep  
- Mental health  
- How to deal with anxiety |

### ASSESSMENT

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<tbody>
<tr>
<td></td>
<td>Living in the wider world • Careers • Unifrog • Life skills • Religion and the workplace</td>
<td>Living in the wider world • Crime • Religion and crime • Social enterprise-Crime</td>
<td>Health and wellbeing • Body image • Risk reduction • IAG-information, advice and guidance</td>
<td>Health and wellbeing • Watch over me</td>
<td>Relationships and community • Relationships and sex education • Consent • LBTQ+ • Religion and sex • FGM</td>
<td>Relationships and community • Gang culture • Carrying weapons • Risk reduction • Human rights • Rights, responsibilities and religion</td>
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