

## Curriculum maps with Christian and school ethos links

Subject: PSHRE

Years 7-11

Topics and links	Autumn Term Year 7		Spring Year 7		Summer Year 7	
	Cycle 1	Cycle 2	Cycle 1	Cycle 2	Cycle 1	Cycle 2
	<p><b>Health and Wellbeing</b></p> <p>Transition to Secondary School and personal safety in and outside school, including first aid</p>	<p><b>Developing skills and aspirations</b></p> <p>Careers, teamwork and enterprise skills, and raising aspirations</p>	<p><b>Diversity</b></p> <p>Diversity, prejudice, and bullying</p>	<p><b>Health and puberty</b></p> <p>Healthy routines, influences on health, puberty, unwanted contact, and FGM</p>	<p><b>Building relationships</b></p> <p>Self-worth, romance and friendships (including online) and relationship boundaries</p>	<p><b>Financial decision making</b></p> <p>Saving, borrowing, budgeting and making financial choices</p>
<p><b>Links with Values and Christian ethos and spiritual development opportunities</b></p>	<p><b>Courage:</b> starting a new school</p> <p><b>Kindness:</b> using first aid to help others</p> <p><b>Respect:</b> as part of first aid</p> <p><b>Empathy:</b> in first aid</p> <p><b>Resilience:</b> starting a new school</p>	<p><b>Courage:</b> to make decisions about the future</p> <p><b>Respect:</b> for others' strengths in a team</p> <p><b>Empathy:</b> working as a team</p> <p><b>Resilience:</b> raising aspirations</p>	<p><b>Courage:</b> to stand up for self and others</p> <p><b>Forgiveness:</b> as part of restorative justice</p> <p><b>Honesty:</b> in recognising prejudice and bullying</p> <p><b>Kindness:</b> in understanding and helping victims</p> <p><b>Respect:</b> of the diversity of communities</p> <p><b>Empathy:</b> understanding how prejudice and bullying affect others</p> <p><b>Resilience:</b> standing up to prejudice and bullying</p>	<p><b>Courage:</b> to face changes in puberty, to say no to unwanted contact and stand against and speak about FGM</p> <p><b>Honesty:</b> with oneself about choices around health</p> <p><b>Kindness:</b> in understanding others issues and health problems</p> <p><b>Respect:</b> for others in understanding acceptable contact</p>	<p><b>Courage:</b> to set relationship boundaries</p> <p><b>Forgiveness:</b> as part of friendships and relationships</p> <p><b>Honesty:</b> about relationships and boundaries</p> <p><b>Kindness:</b> within romantic and other relationships and friendships</p> <p><b>Respect:</b> for each other within all types of relationship</p>	<p><b>Courage:</b> to live within means</p> <p><b>Kindness:</b> to use money to help others</p> <p><b>Resilience:</b> to work through financial hardship</p>

					<p><b>Empathy:</b> understanding others within friendships and relationships</p> <p><b>Resilience:</b> to build up and understand self-worth, to not give up on valued friendships</p>	
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Topics and links	Autumn Term Year 8		Spring Year 8		Summer Year 8	
	Cycle 1	Cycle 2	Cycle 1	Cycle 2	Cycle 1	Cycle 2
	<p><b>Drugs and alcohol</b></p> <p>Alcohol and drug misuse and pressures relating to drug use</p>	<p><b>Community and careers</b></p> <p>Equality of opportunity in careers and life choices, and different types and patterns of work</p>	<p><b>Discrimination</b></p> <p>Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia</p>	<p><b>Emotional wellbeing</b></p> <p>Mental health and emotional wellbeing, including body image and coping strategies</p>	<p><b>Identity and relationships</b></p> <p>Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception</p>	<p><b>Digital literacy</b></p> <p>Online safety, digital literacy, media reliability, and gambling hooks</p>
<p><b>Links with Values and Christian ethos and spiritual development opportunities</b></p>	<p><b>Courage:</b> to say no</p> <p><b>Kindness:</b> helping others with problems</p> <p><b>Empathy:</b> in understanding</p>	<p><b>Courage:</b> to make decisions about the future</p> <p><b>Respect:</b> for others life choices that might be different from our own</p> <p><b>Resilience:</b> in pursuing aspirations</p>	<p><b>Courage:</b> to stand up for self and others</p> <p><b>Forgiveness:</b> as part of restorative justice</p> <p><b>Honesty:</b> in recognising prejudice and discrimination</p>	<p><b>Courage:</b> to seek help for coping strategies</p> <p><b>Forgiveness:</b> for those who suffer from mental illness and related issues</p> <p><b>Honesty:</b> with oneself when issues arise</p>	<p><b>Courage:</b> to be you and stand up for yours and others rights</p> <p><b>Forgiveness:</b> as part of friendships and relationships</p> <p><b>Honesty:</b> about relationships and</p>	<p><b>Courage:</b> to stay safe online</p> <p><b>Resilience:</b> to avoid being drawn into gambling hooks</p>

	<p>others with drug and alcohol issues</p> <p><b>Resilience:</b> using inner strength to say no</p>		<p><b>Kindness:</b> in understanding and helping victims</p> <p><b>Respect:</b> for all members of our community</p> <p><b>Empathy:</b> understanding how prejudice and discrimination affect others</p> <p><b>Resilience:</b> standing up to prejudice and discrimination in all its forms</p>	<p><b>Kindness:</b> in understanding others issues and health problems</p> <p><b>Respect:</b> for others and their emotional wellbeing</p> <p><b>Empathy:</b> for those suffering from mental health issues</p> <p><b>Resilience:</b> in trying and finding coping strategies</p>	<p>boundaries</p> <p><b>Kindness:</b> within romantic and other relationships and friendships</p> <p><b>Respect:</b> for others' identity and within relationships</p> <p><b>Empathy:</b> understanding others who are different from ourselves</p> <p><b>Resilience:</b> to avoid being drawn in to things you don't want to do</p>	
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Topics and links	Autumn Term Year 9		Spring Year 9		Summer Year 9	
	Cycle 1	Cycle 2	Cycle 1	Cycle 2	Cycle 1	Cycle 2
	<p>Peer influence, substance use and gangs</p> <p>Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation</p>	<p>Setting goals</p> <p>Learning strengths, career options and goal setting as part of the GCSE options process</p>	<p>Respectful relationships</p> <p>Families and parenting, healthy relationships, conflict resolution, and relationship changes</p>	<p>Healthy lifestyle</p> <p>Diet, exercise, lifestyle balance and healthy choices, and first aid</p>	<p>Intimate relationships</p> <p>Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography</p>	<p>Employability skills</p> <p>Employability and online presence</p>

<p><b>Links with Values and Christian ethos and spiritual development opportunities</b></p>	<p><b>Courage:</b> to say no and face up to unhealthy influences</p> <p><b>Forgiveness:</b> for those who have been exploited</p> <p><b>Kindness:</b> helping others with issues</p> <p><b>Empathy:</b> in understanding others with drug and alcohol issues</p> <p><b>Resilience:</b> to be assertive and stand against unhealthy influences</p>	<p><b>Courage:</b> to make decisions about the future</p> <p><b>Kindness:</b> considering how a future career will help society</p> <p><b>Respect:</b> for the contributions made whatever their work role</p> <p><b>Empathy:</b> understanding others strengths and worries about the future</p> <p><b>Resilience:</b> in pursuing aspirations</p>	<p><b>Courage:</b> to stand up for self and support others</p> <p><b>Forgiveness:</b> as part of resolving differences</p> <p><b>Honesty:</b> in recognising when things need resolution or change</p> <p><b>Kindness:</b> in understanding and helping victims</p> <p><b>Respect:</b> for other parties in a relationship</p> <p><b>Empathy:</b> seeing things from another family member's point of view</p> <p><b>Resilience:</b> in seeing through a resolution to problems and conflicts</p>	<p><b>Courage:</b> to seek help when needed and make healthy choices</p> <p><b>Honesty:</b> with oneself when issues surrounding health arise</p> <p><b>Kindness:</b> using first aid to help others</p> <p><b>Respect:</b> as part of first aid training</p> <p><b>Empathy:</b> for those who need help with their health</p> <p><b>Resilience:</b> in maintaining healthy choices</p>	<p><b>Courage:</b> to be you and stand up for yours and others rights</p> <p><b>Forgiveness:</b> as part of friendships and relationships</p> <p><b>Honesty:</b> about relationships and boundaries</p> <p><b>Kindness:</b> within romantic and other relationships and friendships</p> <p><b>Respect:</b> for others' identity and within relationships</p> <p><b>Empathy:</b> understanding others who are different from ourselves</p> <p><b>Resilience:</b> to avoid being drawn in to things you don't want to do</p>	<p><b>Courage:</b> to stay safe online and follow career ambitions</p> <p><b>Honesty:</b> to give an honest account of oneself</p> <p><b>Kindness:</b> to use social media to be kind to others</p> <p><b>Respect:</b> for others opinions and views online</p> <p><b>Empathy:</b> to appreciate how your posts on social media affect others</p> <p><b>Resilience:</b> to pursue your ambitions</p>
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Topics and links	Autumn Term Year 10		Spring Year 10		Summer Year 10	
	Cycle 1	Cycle 2	Cycle 1	Cycle 2	Cycle 1	Cycle 2
	<p><b>Mental health</b></p> <p>Mental health and ill health, stigma, safeguarding health, including during periods of transition or change</p>	<p><b>Financial decision making</b></p> <p>The impact of financial decisions, debt, gambling and the impact of advertising on financial choices</p>	<p><b>Healthy relationships</b></p> <p>Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography</p>	<p><b>Exploring influence</b></p> <p>The influence and impact of drugs, gangs, role models and the media</p>	<p><b>Addressing extremism and radicalisation</b></p> <p>Communities, belonging and challenging extremism</p>	<p><b>Work experience</b></p> <p>Preparation for and evaluation of work experience and readiness for work</p>
<p><b>Links with Values and Christian ethos and spiritual development opportunities</b></p>	<p><b>Courage:</b> to get through periods of difficulty</p> <p><b>Forgiveness:</b> for those who do not understand your health issues fully</p> <p><b>Honesty:</b> to acknowledge when you have a mental health problem</p> <p><b>Kindness:</b> helping others cope</p> <p><b>Respect:</b> for those suffering</p> <p><b>Empathy:</b> to try to understand</p>	<p><b>Courage:</b> to make the best choices</p> <p><b>Forgiveness:</b> for those that find themselves victims to financial problems</p> <p><b>Honesty:</b> about any financial or gambling issues</p> <p><b>Kindness:</b> for those with financial difficulties</p> <p><b>Respect:</b> for others despite any difficulties they might have</p> <p><b>Empathy:</b> for those who have financial problems</p> <p><b>Resilience:</b> to overcome issues around debt or</p>	<p><b>Courage:</b> to stand up for self and support others</p> <p><b>Forgiveness:</b> as part of friendships and relationships</p> <p><b>Honesty:</b> about relationships and boundaries</p> <p><b>Kindness:</b> within romantic and other relationships and friendships</p> <p><b>Respect:</b> for other parties in a relationship</p> <p><b>Empathy:</b> understanding others have different needs</p>	<p><b>Courage:</b> to stand up to others and seek help when needed</p> <p><b>Forgiveness:</b> for those who suffer as a result of influences or exploitation</p> <p><b>Honesty:</b> about difficult situations for which you need to seek help</p> <p><b>Kindness:</b> towards those that have suffered from detrimental influences</p> <p><b>Respect:</b> for oneself to combat detrimental influences</p> <p><b>Empathy:</b> for those who have suffered from detrimental influences</p> <p><b>Resilience:</b> in dealing detrimental influences</p>	<p><b>Courage:</b> to challenge extremism and radicalisation</p> <p><b>Forgiveness:</b> for those who have suffered through extremism and radicalisation</p> <p><b>Honesty:</b> in talking out against extremism and radicalisation</p> <p><b>Kindness:</b> for those who have suffered</p> <p><b>Respect:</b> for others and ourselves who challenge radicalisation and</p>	<p><b>Courage:</b> to have a go and try</p> <p><b>Honesty:</b> to be honest and open in the work place</p> <p><b>Kindness:</b> to help others who are finding the experience challenging</p> <p><b>Respect:</b> for those we may work with</p> <p><b>Empathy:</b> to appreciate how work affects others</p> <p><b>Resilience:</b> to work well and give your best</p>

	<p>those who are suffering</p> <p><b>Resilience:</b> to overcome the issues around transition and change</p>	<p>gambling</p>	<p><b>Resilience:</b> to avoid being drawn in to things you don't want to do</p>		<p>extremism</p> <p><b>Empathy:</b> understanding others who are different from ourselves in our community</p> <p><b>Resilience:</b> to fight against all forms of radicalisation and extremism</p>	
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Topics and links	Autumn Term Year 11		Spring Year 11		Summer Year 11	
	Cycle 1	Cycle 2	Cycle 1	Cycle 2	Cycle 1	Cycle 2
	<p><b>Building for the future</b></p> <p>Self-efficacy, stress management, and future opportunities</p>	<p><b>Next steps</b></p> <p>Application processes, and skills for further education, employment and career progression</p>	<p><b>Communication in relationships</b></p> <p>Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p>	<p><b>Independence</b></p> <p>Responsible health choices, and safety in independent contexts</p>	<p><b>Families</b></p> <p>Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p>	
<p><b>Links with Values and Christian ethos and spiritual development opportunities</b></p>	<p><b>Courage:</b> to look to the future and seize opportunities</p> <p><b>Honesty:</b> about one's own capabilities</p>	<p><b>Courage:</b> to make decisions about the future</p> <p><b>Kindness:</b> considering how a future career will help society</p>	<p><b>Courage:</b> to stand up for self and support others</p> <p><b>Forgiveness:</b> as part of resolving differences</p> <p><b>Honesty:</b> in recognising what is right and when things need resolution or change</p>	<p><b>Courage:</b> to make responsible choices</p> <p><b>Honesty:</b> with oneself about what constitutes responsible choices</p> <p><b>Respect:</b> for oneself</p>	<p><b>Courage:</b> to be you , accept your responsibilities and stand-up for right</p> <p><b>Forgiveness:</b> within relationships</p> <p><b>Honesty:</b> about relationships,</p>	

	<p><b>Kindness:</b> towards those suffering from stress</p> <p><b>Empathy:</b> for others suffering from stress</p> <p><b>Resilience:</b> to manage stress and take future opportunities</p>	<p><b>Respect:</b> for educationalists and employers</p> <p><b>Empathy:</b> understanding others strengths and worries about the future</p> <p><b>Resilience:</b> in pursuing aspirations</p>	<p><b>Kindness:</b> in understanding others in a relationship</p> <p><b>Respect:</b> for other parties in a relationship</p> <p><b>Empathy:</b> seeing things from another's point of view in a relationship</p> <p><b>Resilience:</b> in seeing through a resolution to problems and conflicts</p>	<p><b>Empathy:</b> for those who need help to make responsible choices</p> <p><b>Resilience:</b> in maintaining responsible choices</p>	<p>boundaries and what is right</p> <p><b>Kindness:</b> within families and for those who have suffered</p> <p><b>Respect:</b> for others within a relationship</p> <p><b>Empathy:</b> understanding those who have suffered</p> <p><b>Resilience:</b> to build relationships and stand up for right</p>	
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