



## Newport Girls' High School Curriculum Summary

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| Faculty: | PSHE | Subject: | PSHE |
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### Our Vision

#### Subject Vision

We have a planned, progressive PSHE curriculum which is delivered to students from Year 7 through to Year 13.

The program has been designed alongside the PSHE Association's guidance which is based on three core themes which allows for some overlap and flexibility with the delivery in order to suit our students:

- Core Theme 1: Health and Wellbeing (personal identity, healthy lifestyles, keeping safe)
- Core Theme 2: Relationships (healthy relationships, relationships and sex education, relationship safety, valuing difference)
- Core Theme 3: Living in the Wider World (rights and responsibilities, economic wellbeing, employability and enterprise, career progression)

PSHE education is a school subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepared for life and work. Well- delivered PSHE programs have an impact on both academic and non-academic outcomes for pupils.

### Curriculum Intent

Students follow the PSHE Associations planned program of study which is differentiated to suit students' needs and styles. The PSHE curriculum is designed to be challenging and appropriate to each pupil's stage of development. Our PSHE program aims to:

- Develop skills and attributes such as resilience, self-esteem, risk-management, teamworking and critical thinking.
- Develop the knowledge, skills and attributes they need to manage life's challenges and make the most of life's opportunities.
- Raise students' knowledge and awareness of issues such as teenage pregnancy, substance misuse, unhealthy eating, lack of physical activity, emotional health and other key issues.
- Tackle barriers to learning and raise aspirations

## Curriculum Sequencing Rationale & Implementation

The PSHE curriculum has been designed to create a “building blocks” approach to the knowledge and skills students use and develop, in line with PSHE Association guidance.

At Key Stage 3 students build on the knowledge and understanding, skills, attributes and values they have acquired and developed during the primary phase. PSHE Education acknowledges and addresses the changes that young people experience, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the knowledge and skills which will equip them for the opportunities and challenges of life. Students learn to manage diverse relationships, their online lives, and the increasing influence of peers and the media.

At Key Stage 4, students deepen their knowledge and understanding, extend and rehearse skills, and further explore attitudes, values and attributes acquired during Key Stage 3. PSHE education reflects the fact that students are moving towards an independent role in adult life, taking on greater responsibility for themselves and others.

By the end of Key Stage 5, many young people will leave home for the first time and live independently. There is a balance throughout this program of study between preparing students to manage their current lives and laying the foundations for managing future experiences. This key stage represents the last opportunity to sure that students have the knowledge and understanding, skills, strategies and attributes they need for independent living and the next stage in their education or career.

For specific information relating to the content of the curriculum in each year group, opportunities for wider personal development and enrichment and ways for parents to support their daughter in her learning within this subject, please see the Learning Overviews on our website.