

Curriculum Overview –

All Saints' Curriculum Intent Statement:

Pupils at All Saints have access to a world class curriculum – one which is broad, balanced, challenging and gives pupils a better chance of success than any other curriculum in the country.

Subject Curriculum Intent Statement:

The PSHE and RSE curriculum at All Saints is designed to meet the statutory requirements and meet the needs of our students. Our goal is to provide students with the knowledge, skills, and confidence they need to make healthy and informed decisions about their well-being and to contribute positively to their community.

We believe that our PSHE / RSE curriculum is crucial in supporting our students to:

- Understand and manage their emotions and mental health: By providing strategies to cope with the stress and challenges in their lives, in order to maintain their mental well-being.
- Make informed decisions about their physical health: To give the knowledge and skills required to make healthy choices about their diet, exercise, and overall well-being.
- Understand and manage their finances: Financial literacy is an essential life skill, and it is particularly important where financial stress can be a significant burden.
- Understand and practice consent: It is essential that our students understand the importance of consent and how to respect the boundaries of others.
- Develop healthy and respectful relationships: Learn how to build and maintain healthy and respectful relationships with others.
- Make informed decisions about their sexual health: Providing our students with accurate and up-to-date information about sexual health and contraception.
- Understand and respect diversity: Our community is diverse, and it is important that our students understand and respect the differences and similarities of others, including in relation to gender, sexual orientation, and relationships.

We are committed to delivering a PSHE curriculum that is inclusive, relevant, and engaging for all of our students. We recognise the importance of delivering this curriculum in a way that is sensitive and responsive to the needs and experiences of our students, and we are committed to working closely with families and the wider community to support the well-being of our students.

Y	Cycle 1	Cycle 2	Cycle 3
e	Health and Wellbeing:	Relationships and Sex	Living in the Wider World:
a	Transitions, Friendship and	Education: Puberty and	Parliament, British Values and
r	Safety	Relationships	Staying Safe
7	Topics:	Topics:	Topics:

	<ul style="list-style-type: none"> -Transition from primary to secondary school -Emotional intelligence -Healthy friendships -Puberty -Personal Hygiene 	<ul style="list-style-type: none"> -Puberty -Menstrual Wellbeing -Healthy and unhealthy relationships -Managing family conflict -Introducing consent 	<ul style="list-style-type: none"> -Why is politics important? -How is the country run? -Staying Safe Online -Knife Crime
	Assessment:	Assessment:	Assessment:
Y e a r 8	Cycle 4	Cycle 5	Cycle 6
	Health and Wellbeing: Healthy Lifestyle and Emotional Wellbeing	Relationships and Sex Education: Identify and Relationships	Living in the Wider World: Digital Literacy
	Topics: <ul style="list-style-type: none"> -Body image and media expectation -Eating disorders -Healthy living and exercise -Consequences of not eating healthily -The importance of sleep and sleep strategies 	Topics: <ul style="list-style-type: none"> -Relationship values -Influences on relationship expectations -Sexual orientation and gender identity -The importance of consent -Introduction to contraception 	Topics: <ul style="list-style-type: none"> -Cyber Crime -Online Relationships -Cyber Bullying -Selfie Safety
	Assessment:	Assessment:	Assessment:
Y e a r 9	Cycle 7	Cycle 8	Cycle 9
	Health and Wellbeing: Drugs and Alcohol	Relationships and Sex Education: Sexual Health and Contraception	Living in the Wider World: Addressing extremism and radicalisation
	Topics: <ul style="list-style-type: none"> -Drugs and the law -Alcohol and binge drinking -Alcohol and personal safety -Prescription drugs -Basic first aid 	Topics: <ul style="list-style-type: none"> -Respectful relationship behaviours -Freedom and capacity to consent -Sexual health -Contraception -Managing the end of relationships 	Topics: <ul style="list-style-type: none"> -Extremism -Terrorism and Radicalisation -Anti-semitism -County Lines and Knife Crime
	Assessment:	Assessment:	Assessment:
Y e r 1 0	Cycle 10	Cycle 11	Cycle 12
	Health and Wellbeing: Mental Wellbeing	Relationships and Sex Education: Intimate Relationships	Living in the Wider World: Work Experience
	Topics: <ul style="list-style-type: none"> -Mental health -Anxiety -Depression -Self harm and suicide -Bereavement and grief 	Topics: <ul style="list-style-type: none"> - Role of intimacy -Impact of pornography -Pressure, persuasion and coercion -Managing relationship conflict and breakups -Addressing abuse 	Topics: <ul style="list-style-type: none"> - Rights and responsibilities of employees and employers -Discrimination in the workplace -Trade unions
	Assessment:	Assessment:	Assessment:

Y e a r 1 1	Cycle 13	Cycle 14	
	Health and Wellbeing: Health-related decisions and health prevention	Relationships and Sex Education: Families	
	Topics: -Assess and manage risks- Cosmetic surgery, tattoos and piercings -Cancer- Self examination, screening and prevention -Blood, organ and stem cell donation	Topics: -Family conflict -Long term commitment -Fertility, contraception and sexual health -Pregnancy outcomes -Abortion	
	Assessment:	Assessment:	