



Personal, Social, Health and Economic Education (PSHE)

2022

Personal, Social, Health and Economic Education at Gateways School

Every Child Matters focuses on five outcomes which are crucial for wellbeing.

They are:

- Be healthy

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Next review Spring 2023

- Stay safe
- Enjoy and achieve
- Make a positive contribution
- Achieve economic wellbeing

The ethos, activities, roles of responsibility, mentoring and reward systems of Gateways, together with cross curricular links and careful planning of schemes of learning, ensure the wellbeing of all its individuals. The above outcomes are at the core of our beliefs and practices.

Personal, Social, Health and Economic Education (PSHE) includes all those opportunities and experiences made available by the school to its pupils to develop themselves in a well-balanced way; this includes spiritual, moral, social, cultural, mental and physical development. Children are taught how to keep themselves safe; how to adjust their behaviour to reduce risks and build resilience. It should enable pupils to make well-informed, positive choices for themselves.

At Gateways we aim to use these experiences collectively so that each pupil can:

- move from childhood through adolescence to young adulthood with flexible support and guidance
- develop the skills to approach adulthood with confidence
- develop responsible independence
- develop individual talents
- be respectful of others, particularly in relation to any protected characteristics listed in section 4 of the **Equality Act 2010** –
 - o age
 - o disability
 - o gender reassignment
 - o marriage and civil partnership
 - o pregnancy and maternity
 - o race
 - o religion or belief
 - o sex
 - o sexual orientation

PSHE embraces all aspects of school life and therefore every member of staff has a contribution to make to its successful provision. Governors and parents also have an important role to play in actively supporting the ethos of the school.

As well as being the entitlement of each pupil, it is worthwhile considering another benefit of a successful PSHE programme; that of raising standards. Gateways is a school which has always promoted the individual needs of each of its pupils, concentrating its efforts on building confidence, self-esteem and good relationships both with peers and teaching staff. This involves the acknowledgement of each individual's achievements, both academically and in extracurricular activities. Hence

the foundations from which a pupil can establish themselves as a successful, informed, and thoughtful adult, capable of reaching their own real potential, are firm.

In light of these aims the emphasis of PSHE provision runs through EYFS through to Sixth Form in accordance with the needs of a particular age group.

Section 1 of this document outlines the opportunities/experiences available to:

- * The Whole School - Full Participation
- * The Whole School - Opportunities to Participate
- * EYFS pupils
- * Prep pupils
- * High School pupils
- * Sixth Form students

Section 2 refers to the taught curricula for each section of the school. Relevant school policies and procedures may be read on the school management drive.

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Gateways School

Whole School Events: Full Participation

Event	Timing
Celebration of Harvest	October
House Music Competition	October
Book Week/World Book Day	March
Carol Services	December
House Drama Competition	March/April
Sports Day	July
Prize Giving	July
House point Awards	House Assemblies Awards Assemblies
School Assemblies, including Remembrance and Holocaust Memorial, External speakers as appropriate	Assemblies
Song, hymn, music practice	Assemblies

Whole School Events: Opportunities to Participate

Reviewed Spring 2022
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Event	Timing
Environment/Horticulture Club	All year; weekly
Lit Soc	All year; weekly
House Challenge Events	Throughout the year
House competitions	Throughout the year
Sports clubs	Throughout the year
Amnesty International: raising awareness, fund raising, letter writing	Flexible throughout the year
House Events: form fundraisers events; House Charity Comic Relief, Sports Relief	Throughout the year
Musical Concerts; internal and external National and Local Music Competition Drama workshops with professional practitioners Professional and School Performances in the Performing Arts Centre Theatre Visits	Throughout the year
Senior, Intermediate, Junior and Senior Team Maths Challenge	Throughout the year
Enterprise Challenge	November/December
Annual School Productions	High School – November KS2 – May/July KS1 – December EYFS – December

Individual Music Competition	March
Cycling Club	Summer Term
Cycle Tour	July
Debating Club	Weekly throughout the year

Gateways School – EYFS and Prep: Opportunities/Experiences Available

Responsibilities	<p>All Lower 3 pupils have a responsibility. These are on a rotational basis and include responsibilities such as:</p> <ul style="list-style-type: none"> House Captains Early Years Prefects Community Outreach Prefects Duty Prefects Games Captains Librarians <p>Other responsibilities include:</p> <ul style="list-style-type: none"> School Council Representative Form Assemblies School 'Tours' with Open Day Visitors
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Educational Activities	Residential (Lower 3) Outdoor pursuits residential (Upper 2, Lower 2, Upper 1) Topic related day visits (Reception, Transition, Lower 1) Skiing Trip (U2 – U6) Visiting speakers; e.g. poet, authors, writing workshops Subject related visits as appropriate Skipping Day Primary Maths Challenge Poetry Competition Writing competitions Word Book Day Prep Science Week Enrichment programme L3 Careers Day (Summer Term) Theatre Trip Forest School
Extra Curricular Clubs, Teams and Activities	Junior Choir Prep Band Instrument and singing lessons House Ensemble Drama Lessons Hockey, cross country, athletics, netball and rounders teams Football, rugby, tennis and cricket clubs (KS2) Team games, multisport and tennis club (Reception – Lower 1) Enrichment clubs Spanish club (Pre-reception - Reception – Lower 1) Dance lessons (optional for whole Prep School) Karate Rugby tots (Pre-Reception and Reception)
House and Social Occasions	Fund raising events Many House challenges Inter house competitions inc House Cross Country

Gateways School – High School: U3, L4 and U4: Opportunities/Experiences Available

Responsibilities	<p>School & Food Council Representatives</p> <p>Form Assemblies</p> <p>Team Captains</p> <p>School 'Tours' with Visitors</p> <p>House helpers</p> <p>House siblings</p>
Educational Activities	<p>High School induction activity weekend (U3)</p> <p>Liverpool Residential (L4)</p> <p>Skiing Trip (U2 – U6)</p> <p>Visiting speakers; e.g. poet, authors, writing workshops</p> <p>Subject related visits as appropriate</p> <p>Salters' chemistry festival</p> <p>Biology Challenge</p> <p>Top of the Bench Chemistry competition</p> <p>Physics olympics</p> <p>Maths team Challenges</p> <p>Poetry Competition; Short Story Competition</p> <p>Spoken English Examination</p> <p>Big Bang science exhibition</p>
Careers	<p>Lessons</p> <p>Careers week activities</p> <p>U4 Moving up day prior to option choices</p> <p>Careers Drop-In Service</p>

Extra Curricular Clubs, Teams and Activities	Choir, Orchestra, Band, Instrument and singing lessons, House Ensemble, Art Club Environment/Horticulture Club Debating Society Cycling Club, including 200+ mile annual for charity Athletics, Netball, Tennis, Rugby, Basketball, Football, Hockey, frisbee & cricket teams Rounders Club & Badminton Club Drama Lessons and Drama Club Stella Science Club Social Enterprise Challenge Bronze D of E (U4) Maths clinics Running club Dance club
House and Social Occasions	Fund raising events Many House Challenges & competitions Christmas Activities

Gateways School – High School: L5 and U5: Opportunities/Experiences Available

Responsibilities	School & Food Council Representatives U5 House Assistant Team Captains Lunch Duties during sixth form study leave Form Assemblies Common Room Committee School 'Tours' with Visitors Participation in Head Girl selection (U5) Subject prefects
Educational Activities	L5 cross curricular residential visit to London Subject related visits as appropriate Visiting speakers European visits Maths Challenge Biology challenge

Careers	Lessons Careers Fair Careers week activities Careers talks and visits One-to-one guidance interviews Access to interviews with external career professional Meetings with Head of Pastoral Care & Careers Co-ordinator (U5) Study Skills Training Sessions Overseas Universities Fair L5 Careers stepping up day L5 Sixth Form Experience Day Sixth Form Information Evening Careers Drop-In Service
Extra Curricular Clubs, Teams and Activities	Debating Society Duke of Edinburgh Silver Awards (L5) Social Enterprise Challenge Athletics, Netball, Rounders, Hockey Teams Running club & Frisby Senior Netball Tour Cycling Club, including 200+ mile annual tour for charity Environment/Horticulture Club Amnesty International Drama Lessons Art Club Choir, Orchestra, House Ensemble, Musical Instrument Lessons; Singing Lessons Dance club
House Activities	Community projects and fundraising House Challenges Competitions
Social Occasions	U5 Social Activities organised by Common Room Committee Christmas activities

Gateways School - Sixth Form: Opportunities/Experiences Available

Responsibilities	Head Girl & School Prefects – various roles of responsibility House Captains Team Captains Enterprise events L6 L3 Mental Health Support Scheme- 2021 L6 U5 Tutoring scheme L6 Mentors to U3 School tours with visitors Assist at major school events: Open Events, Carol Service, Option Evenings, Prize Giving, Entrance Examination Day, parents’ evenings Leading a club for younger members of the school; e.g. sporting activities, art, drama, maths, science, Amnesty, debating etc.
Educational Activities	Residential cultural visits which embrace several subjects; e.g. Art, Religious Studies, History Biology field trip Business Studies visits to local businesses Chemistry Practical Day at Leeds University English; theatre, museums, conferences, visiting authors, writing workshops Visit to Poland; Auschwitz Theatre Studies; WY Playhouse, London, York Geography field trip Maths Challenge Economist of the year competition RS lectures at York Minster University essay Competitions – various subjects

Higher Education/Careers	One-to-one guidance interviews Careers lessons & workshops Morrisby Psychometric Profiling Information of taster courses; Medilink Information/presentations from various professions and institutions Careers Week activities Nuffield Science Bursary and opportunity of placement at Leeds University University/College Open days UCAS Fair UCAS Parents' Information Evening Admission Officer visits Mock Interviews for University Oxbridge application schedule & conference Global Young Leaders Conference Biology placement in SJUH research laboratory Careers Fair Careers talks and visits Careers Drop-In Service
Houses, embracing Community Outreach	Organising fundraising days Preparatory school liaison Amnesty International Co-coordinating House Challenges and Competitions
Extra-Curricular Clubs, Teams and Activities	Sixth Form Think-tank English Speaking Board Advanced Certificate of Speech Business Club Fitness Suite Netball Team Outlook Expeditions Duke of Edinburgh Award; Gold Leavers' Assembly Produce the Leavers' Yearbook/organise hoodies Choirs and band House Ensemble Marketing Team

Social Occasions	Social events as organised e.g , escape rooms, go-karting Leavers' Dinner, Hallowe'en sleepover.
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Aims of the Personal, Social, Health and Economic Education Curriculum

PSHE lessons at Gateways School seek to encourage the positive growth of all pupils so that they may take their place in society as educated, independent, caring and thoughtful citizens. To this end each of the following schemes of learning offers opportunities to explore issues which will encourage this growth.

The curriculum brings together personal, social, and health education with economic wellbeing which includes work related learning, careers, enterprise and financial capability.

Personal wellbeing concentrates on the personal development of pupils and covers relationships & sex education (RSE) and drugs education. Learning is enhanced by cross curricular reference; science and health schemes of learning, for instance. Physical Education, and the Duke of Edinburgh programme contribute to leading a healthy lifestyle. In developing schemes of learning, the Heads of Pastoral Care in the High School audits/reviews the PSHE schemes in relation to personal and financial well-being, citizenship and RSE.

It is the intention of this PSHE course to promote the following outcomes for each pupil:

- Development of self-awareness, positive self-esteem and self confidence
- Development of a healthy lifestyle; physical, nutritional and emotional health.
- Learning to keep themselves and others safe
- Development of effective and satisfying relationships
- Learning to respect themselves and others
- Development of independence and responsibility
- Playing an active role as members of society
- Making the most of their abilities and talents

At various stages throughout their school life and in various contexts, pupils will be faced with difficult choices. These may be presented at school, at home or socially. It is the particular aim of this course, together with careers, health, citizenship and enterprise projects, to equip our pupils to make responsible, informed and healthy decisions which enhance their physical, mental and spiritual growth and do not endanger it.

Overview of Personal, Social, Health and Economic Education (PSHE) Provision

PSHE provision emphasises the broad role of pastoral care; it is an essential support for pupils' learning.

The schemes of learning refer to organisation of self, time and belongings, relationships and promotion of systems to encourage positive academic achievement and self-image. The curriculum addresses self-esteem, emotional literacy, assertiveness, power, sex and relationship education and bullying. Consequently, we encourage development of the whole person and aim to both prevent and protect our pupils from child abuse. Activities are planned to encourage pupils to value both themselves and others.

The Prep School follows the Jigsaw Scheme of Learning which focusses on qualities and skills which promote positive behaviour and effective learning. These include mindfulness, self-awareness, managing feelings, motivation, empathy and social skills amongst others.

Communication between Prep and High Schools ensures the progress and continued development of its pupils.

Registration happens twice daily. In the High School, 'Form Time' every Tuesday, is for the checking of homework completion, hearing from the school Council representative and giving relevant messages. These may involve reminding pupils of the school's practices and expectations. In High School, most Thursdays are dedicated to a specific form activity chosen by the tutor. In the Prep School, most Tuesdays are dedicated to class assemblies to which parents are invited. Thursday assemblies are dedicated to Merit Assembly where individual and group achievements are celebrated.

EYFS including the Gatehouse Nursery

Personal, emotional and social development is continuously threaded throughout the curriculum, routines, and daily experiences of the school. In addition, there is a focused session each week using the PSHE curriculum programme Jigsaw. Consideration is given to the needs of everyone, the environment, and the development of independent and active learning.

Key attachments with practitioners are prioritised to foster a feeling of belonging and emotional well-being. Practitioners work closely with parents and carers to fully appreciate the needs of each child.

Content

Key themes from the curriculum programme Jigsaw, are used to support children's knowledge, understanding and skills in empathy, self-awareness, social skills, and motivation. Plans are adapted as necessary to accommodate the needs of the children and any issues/interests which arise and need addressing promptly.

Prep School

- PSHE lessons incorporate the full Jigsaw programme.
- Assemblies
- Religious Studies lessons
- Science lessons
- Computing lessons

Content

The Prep School predominantly follows a PSHE programme called Jigsaw. Jigsaw combines PSHE, mindfulness, emotional literacy, social skills and spiritual development. It is a whole school approach with all year groups working on the same unit (puzzle) at the same time where the learning is deepened every year. A key stage assembly introduces each new topic which generates a whole school focus.

There are six units (puzzles) in Jigsaw which are designed to progress in sequence from the beginning of each academic year.

Term	Unit name
Autumn 1	Being Me in My World
Autumn 2	Celebrating Difference
Spring 1	Dreams and Goals
Spring 2	Healthy Me
Summer 1	Relationships

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Next review Spring 2023

Summer 2	Changing Me
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The PSHE scheme also ensure all aspects of RSE are covered. RSE looks at how the body works and the changes that happen. Some of this learning, along with health and drugs education takes place within the science curriculum.

High School (KS3): U3, L4, U4

- PSHE lessons
- Religious Studies lessons
- Computing lessons
- Biology lessons
- Drama lessons

Content

Following the PSHE association guidance, each year group will be given a tailored scheme of work that fits the needs of their key stage. The PSHE lead will plan and deliver PSHE sessions to each class in key stage 3 & 4. Careers is taught within these schemes of learning and is delivered by the Careers Co-Ordinator and the PSHE lead together. Relationship & Sex Education (RSE) is delivered at this Key Stage. With age-appropriate lessons across each year group. PSHE and Biology schemes of work cover these topics and include healthy relationships, physical change & the emotions attached to this period of change.

High School (KS4): L5, U5

- PSHE lessons

Content

Following the PSHE association guidance, each year group will be given a tailored scheme of work that fits the needs of their key stage. PSHE includes sex and relationship education, drugs education, mental well-being and personal protection and safety. Personal protection and safety involve learning about looking after oneself; for example, knowing how to identify possible illness such as those which are transmitted sexually; being aware; breast and skin awareness for example and being drink and drug safe. The PSHE lead will plan and deliver PSHE sessions to each class in key stage 3 & 4.

The careers scheme of work includes looking at personal qualities and compiling a C.V. and personal statement. These are added to Personal Portfolios. 16+ options are explored. This programme includes meetings with an external careers professional, the school's Careers Co-Ordinator and Head of Pastoral Care. Reliable, up-to-date and impartial information, advice and guidance about learning and work options are given.

Citizenship lessons within PSHE provides knowledge and understanding of government and society so that our pupils become informed and responsible citizens. Pupils gain an awareness of their abilities to affect both local and global communities. They learn of the influence of the political, legal and economic systems on their lives.

Those student who choose RS will also benefit from learning about moral and ethical issues such as: suffering, forgiveness, prejudice, discrimination, crime and punishment, war and peace, marriage and divorce, abortion and euthanasia.

The Academic Monitoring programme in High School involves the Deputy Head Academic, Head of Pastoral Care and Form Tutors cascading assessment data to the pupils and helping them to set realistic targets in the light of the data and their ambitions.

The Head of Learning Support arranges a number of study skills sessions throughout the two years to ensure revision is effective.

Sixth Form

- PE lessons
- Enrichment lessons including: personal finance, budgeting for university, the tax system, survival cooking, the Extended Project Qualification (EPQ), ESB Level 3 (Grade 8) Certificate of Speech.
- PSHE lead to provide weekly lessons in line with the KS5 section of the PSHE association curriculum.

The Form Tutor is also the student's Personal and Academic Tutor. Thus Form time, tutor sessions and the Academic Monitoring programme ensure nurturing of the individual student so that they aspires to achieve their highest potential in all areas of her life.

Academic Monitoring, which reviews ALIS predictions and test results in a formal and quantitative manner, involves specific meetings throughout the year between the student and her Tutor. Individual target grades are set by the student in the light of ALIS information and staff estimates. Achievement in mocks and unit tests is compared with the original target.

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Outside of Form contact, further meetings of every student with her Tutor occur twice per half term. These sessions are less formal in manner and involve discussion of academic progress and any issues which need addressing. The student's attention is drawn to formative comments made by staff when reporting. Short-term targets are set which are discussed at the following meeting.

Form Time allows for administrative tasks and for giving relevant, and perhaps individual, guidance.

A structured careers and higher education programme are followed. The Enrichment schedule includes university preparation, benefiting from the expertise of visiting speakers, advice from the external careers professional and the continued development of the sense of responsibility, independence and team building.

Enrichment in L6 focuses mainly on UCAS, Spoken English and the EPQ. The U6 programme focuses on UCAS and then more practical life skills such as personal finance, budgeting and cooking.

At the beginning of the year, L6 attend a development day which offers a variety of study and leadership skills training led by both staff and students. The L6 also have a bonding/teamwork session with their U3 mentees.

The school prefects attend a residential 'Leadership Training Course' run by the Head of Sixth Form during the May half-term holiday in preparation for them becoming Prefects immediately after.

The students become responsible citizens by taking part in Community Outreach activities within the House system and outside school, researching their articles for the English-Speaking Board's Level 3 (Grade 8) Certificate of Speech and by volunteering for many roles of responsibility within school.

Schemes of Work - PSHE

EYFS:

Term	Unit name	Content
Autumn 1	Being Me in My World	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities

Autumn 2	Celebrating Difference	Identifying talents Being special Families Where we live Making friends Standing up for yourself
Spring 1	Dreams and Goals	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs and achieving goals
Spring 2	Healthy Me	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety
Summer 1	Relationships	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend
Summer 2	Changing Me	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations

Prep School

Year 1		
Term	Unit name	Content

Autumn 1	Being Me in My World	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter
Autumn 2	Celebrating Difference	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone
Spring 1	Dreams and Goals	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success
Spring 2	Healthy Me	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness
Summer 1	Relationships	Belonging to a family Making friends Being a good friend Physical contact preferences People who help us Qualities as a friend and a person Self-acknowledgement Being a good friend to myself Celebrating special relationships

Summer 2	Changing Me	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
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Year 2		
Term	Unit name	Content
Autumn 1	Being Me in My World	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings
Autumn 2	Celebrating Difference	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating differences and remaining friends
Spring 1	Dreams and Goals	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success
Spring 2	Healthy Me	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food

Summer 1	Relationships	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships
Summer 2	Changing Me	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition

Year 3		
Term	Unit name	Content
Autumn 1	Being Me in My World	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives
Autumn 2	Celebrating Difference	Families and their differences Family conflict and how to manage it (child-centered) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments

Spring 1	Dreams and Goals	<p>Difficult challenges and achieving success</p> <p>Dreams and ambitions</p> <p>New challenges</p> <p>Motivation and enthusiasm</p> <p>Recognising and trying to overcome obstacles</p> <p>Evaluating learning processes</p> <p>Managing feelings</p> <p>Simple budgeting</p>
Spring 2	Healthy Me	<p>Exercise</p> <p>Fitness challenges</p> <p>Food labelling and healthy swaps</p> <p>Attitudes towards drugs</p> <p>Keeping safe and why it's important online and offline scenarios</p> <p>Respect for myself and others</p> <p>Healthy and safe choices</p>
Summer 1	Relationships	<p>Family roles and responsibilities</p> <p>Friendship and negotiation</p> <p>Keeping safe online and who to go to for help</p> <p>Being a global citizen</p> <p>Being aware of how my choices affect others</p> <p>Awareness of how other children have different lives</p> <p>Expressing appreciation for family and friends</p>
Summer 2	Changing Me	<p>How babies grow</p> <p>Understanding a baby's needs</p> <p>Outside body changes</p> <p>Inside body changes</p> <p>Family stereotypes</p> <p>Challenging my ideas</p> <p>Preparing for transition</p>

Year 4

Term	Unit name	Content
Autumn 1	Being Me in My World	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour
Autumn 2	Celebrating Difference	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions
Spring 1	Dreams and Goals	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes
Spring 2	Healthy Me	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength

Summer 1	Relationships	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals
Summer 2	Changing Me	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change

Year 5		
Term	Unit name	Content
Autumn 1	Being Me in My World	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating
Autumn 2	Celebrating Difference	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures

Spring 1	Dreams and Goals	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation
Spring 2	Healthy Me	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour
Summer 1	Relationships	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules
Summer 2	Changing Me	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition

Year 6		
Term	Unit name	Content

Autumn 1	Being Me in My World	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling
Autumn 2	Celebrating Difference	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy
Spring 1	Dreams and Goals	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments
Spring 2	Healthy Me	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress

Summer 1	Relationships	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use
Summer 2	Changing Me	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girl-friends Sexting Transition

High School

At Key Stage 3 & 4, each year will follow a tailored scheme of work which closely follows the PSHE association curriculum. Each year group's scheme of work covers 3 mains areas: Health and Wellbeing, Relationships, & Living in The Wider world. In addition to this, RSE is covered in line with the PSHE curriculum, delivering age-appropriate education to each year.

Resources

Resources are created by the lead of PSHE, who also delivers the lesson at KS3 & KS4.

Upper 3

Topic	Lesson
Health and Wellbeing - Self-Concept	
7th September	Health and Wellbeing - Transitioning to high school. Your hopes & fears.

12th September	Health and Wellbeing - Strategies for success during transition and strategies to cope.
Health and Wellbeing - Physical health	
19th September	Physical health - What are the core components of a successful life?
26th September	Physical health - Nutrition.
3rd October	Physical health – Sleep.
Health and Wellbeing - Puberty	
10th October	Puberty – Changes.
Health and Wellbeing - Mental health	
31st October	Mental Health - What is mental health?
7th November	Mental Health- Dealing with Disappointment and setback.
14th November	Mental Health - Recognising when you and others need help & Accessing support.
Health and Wellbeing - Substance Misuse	
21st November	Substance Misuse - Tobacco.
28th November	Substance Misuse - Peer pressure.
Health and Wellbeing - Managing risk & Personal safety	
5th December	Managing risk & Personal safety - Being safe online.
Assessment	
12th December	End of term portfolio review and assessment.
Relationship	
Positive relationships	
9th January	Positive Relationships - Different types of relationships.
16th January	Positive Relationships - Friendships and reconciliation.
Relationship values	
23rd January	Relationship Values – Choice.

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Forming and maintaining relationships	
30th January	Forming and Maintaining relationships - Stranger danger.
6th February	Forming and maintaining relationships - Loss.
Bullying, Abuse & Discrimination	
20th February	Abuse and Discrimination – Stereotypes.
27th February	Abuse and Discrimination- - Combating discrimination.
Social influences	
6th March	Social influences - Being there for each other.
Consent	
13th March	Consent – boundaries.
Contraception and parenthood	
20th March	Contraception and parenthood - Menstruation.
Assessment	
27th March	End of term portfolio review and assessment.
1st May (bank holiday)	
Learning skills	
18th April	Learning skills - Study skills.
24th April	Learning skills - Being a life-long learner.
Financial choices	
2nd May	Finance - Emotions and responsibility.
Media literacy and digital resilience	
8th May	Media literacy - News, views and disinformation.
British Values & government	
15th May	British Values & Government - What are British Values?
22nd May	British Values & Government - The Government.

Employment rights and responsibilities	
5th June	Employment and Rights - An introduction.
12th June	Employment and rights - My first job and CV.
19th June	Employment and rights - What are rights and contracts?
Choices and pathways	
26th June	Choices and pathways - My path.
Assessment	
3rd July	End of term portfolio review and assessment.

Lower 4

Topic	Lesson
Health and Wellbeing - Introduction & Self concept	
7th September	Health and Wellbeing - Managing emotions and building confidence.
12th September	Health and Wellbeing - Taking care of yourself and building resilience.
Health and Wellbeing - Physical health	
19th September	Physical health – Exercise.
26th September	Physical health - Vaccinations and preventative care.
3rd October	Physical health - Personal hygiene.
Health and Wellbeing - Puberty	
10th October	Puberty - The Mental consequences of puberty.
Health and Wellbeing - Mental health	
31st October	Mental health - Anger management.
7th November	Mental health – Empathy.
14th November	Mental health - Dealing with loss & bereavement.

Health and Wellbeing – Substance Misuse	
21st November	Substance Misuse - Alcohol.
28th November	Substance Misuse - Addiction.
Health and Wellbeing - Managing risk & Personal safety	
5th December	Managing risk & Personal safety - Emergency services.
Assessment	
12th December	End of term portfolio review and assessment.
Relationship	
Positive relationships	
9th January	Positive Relationships – Diversity.
16th January	Positive Relationships - Sex, sexuality & gender.
Relationship values	
23rd January	Values - Trust & consent.
Forming and maintaining relationships	
30th January	Forming and maintaining relationships - Communication and active listening & Teamwork.
6th February	Forming and maintaining relationships – Breakups.
Bullying, Abuse & Discrimination	
20th February	Abuse and Discrimination - Abuse & controlling Behaviours.
27th February	Abuse and Discrimination - Gangs & weapons.
Social influences	
6th March	Social influences - Social pressure.
Consent	
13th March	Consent - The law.
Contraception and parenthood	

20th March	Contraception and parenthood - Long term relationships.
Assessment	
27th March	End of term portfolio review and assessment.
Living in the wider world	
Learning Skills	
18th April	Learning - Advanced study & organisation.
24th April	Learning - Skills needed for enterprise.
Financial choices	
2nd May	Finance – Debt.
Media literacy	
8th May	Media literacy - Appropriate, well rounded media UK.
British Values & government	
15th May	British Values & Government – Voting.
22nd May	British Values & Government - Keeping up with current affairs to inform voting.
Employment, rights and responsibilities	
5th June	Employment and rights - UK Privacy Law.
12th June	Employment and rights - Women's rights & tackling misogyny.
19th June	Employment and rights - Human rights.
Choices and pathways	
26th June	Choices and pathways - Targets and goals.
Assessment	
3rd July	End of term portfolio review and assessment.

Upper 4

Date	Lesson
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Health and Wellbeing - Introduction & Self concept	
7th September	Health and Wellbeing- Taking care of yourself and online persona.
12th September	Health and Wellbeing - Managing decision making.
Health and Wellbeing - Physical health	
19th September	Physical health - Taking responsibility for our health.
26th September	Physical health – Beauty standards and cosmetics.
3rd October	Physical health - Can nature improve physical health?
Health and Wellbeing - Puberty	
10th October	Puberty - Fertility & foetal development.
Health and Wellbeing - Mental health	
31st October	Careers.
7th November	Careers.
14th November	Careers.
Health and Wellbeing – Mental Health	
21st November	Mental health - Unhealthy coping mechanisms and alternatives.
28th November	Mental health - Bullying.
Health and Wellbeing - Managing risk & Personal safety	
5th December	Managing risk & Personal safety – Gambling.
Assessment	
12th December	End of term portfolio review and assessment.
Relationship	
Positive relationships	
9th January	Positive Relationships - Marriage and legal unions.
16th January	Positive Relationships - Healthy and unhealthy relationships.

Relationship values	
23rd January	Values - Gender roles.
Forming and maintaining relationships	
30th January	Forming and maintaining relationships - Managing strong emotions.
6th February	Forming and maintaining relationships - Conflict resolution.
Bullying, Abuse & Discrimination	
20th February	Abuse and Discrimination - Preventing child exploitation.
27th February	Abuse and Discrimination - Racism and black history.
Social influences	
6th March	Social influences - Extremism and PREVENT
Consent	
13th March	Consent - Seeking approval.
Contraception and parenthood	
20th March	Parenthood - Contraception & Family planning.
Assessment	
27th March	End of term portfolio review and assessment.
Living in the wider world	
Learning Skills	
18th April	Learning - Skills for higher Education Success.
24th April	Learning - Targets and goals.
Financial choices	
2nd May	Finance – Exploitation.
Media literacy	
8th May	Media literacy - Managing social media responsibly.
British Values & government	
15th May	British Values & Government - British values in depth.

22nd May	British Values & Government - Crime and the law.
Employment, rights and responsibilities	
5th June	Employment and rights - skills employers look for.
12th June	Employment and rights - Different types of work.
19th June	Employment and rights - Public speaking and confidence.
Choices and pathways	
26th June	Choices and pathways - My options and progression routes.
Assessment	
3rd July	End of term portfolio review and assessment.

Lower 5

Topic	Lesson
Health and Wellbeing - Introduction & Self concept	
7th September	Health and Wellbeing- Confidence and self-Image.
12th September	Wellbeing - Body image & body Dysmorphia.
Health and Wellbeing - Physical health	
19th September	Health and Wellbeing - Finding balance online.
26th September	Health and Wellbeing - My NHS.
3rd October	Health and Wellbeing – FGM.
Health and Wellbeing - Puberty	
10th October	Puberty - Contraception & STIs.
Health and Wellbeing - Mental health	
31st October	Mental health - Feeling low.
7th November	Mental health - Avoiding negative thinking & anxiety.
14th November	Mental health - Mental health services and access points.

Health and Wellbeing – Substance misuse	
21st November	Substance Misuse - Individual drugs and their risks.
28th November	Substance Misuse - The consequences of misuse and addiction.
Health and Wellbeing - Managing risk & Personal safety	
5th December	Managing risk & Personal safety - CPR and basic first aid.
Assessment	
12th December	End of term portfolio review and assessment.
Relationship	
Positive relationships	
9th January	Positive relationships - Romance and the brain.
16th January	Positive relationships - Diversity in Relationships - LGBT+ Acceptance.
Relationship values	
23rd January	Values - Culture, faith and relationships.
Forming and maintaining relationships	
30th January	Forming and maintaining relationships - Dealing with loss and change.
6th February	Forming and maintaining relationships - Online safety and Grooming.
Bullying, Abuse & Discrimination	
20th February	Abuse and discrimination - Domestic Violence.
27th February	Abuse and discrimination - When and how to get help in relationships.
Social influences	
6th March	Social influences - Sexuality in the media.
Consent	
13th March	Consent - legal and moral implications of adult relationships.

Contraception and parenthood	
20th March	Contraception and parenthood - What it takes to be a parent. Different ways individuals can become parents.
Assessment	
27th March	End of term portfolio review and assessment
Living in the wider world	
Learning Skills	
18th April	Learning skills - Who I am and how it links to careers.
24th April	Learning skills - Getting advice and guidance about future careers.
Financial choices	
2nd May	Finance - The basics of financial independence.
Media literacy	
8th May	Media literacy - Separating fact and fiction.
British Values & government	
15th May	British Values & Government - NATO, The EU and other international bodies.
22nd May	Exam week / British Values & Government - NATO, The EU and other international bodies continued.
Employment, rights and responsibilities	
5th June	Employment and rights – Extremism.
12th June	Employment and rights – PREVENT.
19th June	Employment and rights – Democracy.
Choices and pathways	
26th June	Choices and pathways - Getting skills that will make me stand out.
Assessment	
3rd July	End of term portfolio review and assessment.

Upper 5

Topic	Lesson
Health and Wellbeing - Introduction & Self concept	
7th September	Missed due to staggered start.
12th September	Health & Wellbeing - Self-Reflection.
Career	
19th September	Careers.
26th September	Careers.
3rd October	Careers.
Health and Wellbeing - Physical health	
10th October	Careers.
Health and Wellbeing - Mental health	
31st October	Physical Health - Health & The Wider World.
7th November	Physical Health - Organ and Blood Donation.
14th November	Physical Health - Tattoos, piercings and body modifications.
Health and Wellbeing – Substance Misuse	
21st November	Mental health - Stereotypes and harm.
28th November	Mental health - Self-harm & eating disorders.
Health and Wellbeing - Puberty	
5th December	Substance Misuse - Drug trafficking & County Lines.
Assessment	
12th December	Puberty - Contraception.
Relationship	
Positive relationships	
9th January	Positive relationships - Intimate relationships .

Reviewed Spring 2022
Next review Spring 2023

16th January	Positive relationships - Seeking help.
Relationship values	
23rd January	Values - Deciding my values.
Forming and maintaining relationships	
30th January	Forming and maintaining - Pace, unwanted attention & sexual harassment.
6th February	Forming and maintaining relationships - How the law protects you.
Bullying, Abuse & Discrimination	
20th February	Abuse and discrimination - Abuse in the workplace.
27th February	Abuse and discrimination - 'Honor' based violence and forced marriage.
Social influences	
6th March	Social influence - The darker side of society. Keeping yourself safe from crime.
Consent	
13th March	Consent - Sharing images and videos, online safety.
Contraception and parenthood	
20th March	Contraception and parenthood - Unplanned pregnancies and choice.
Assessment	
27th March	End of term portfolio review and assessment.
Living in the wider world	
Learning Skills	
18th April	Learning skills - Seeking opportunities outside of school to enhance their prospects.
24th April	Learning skills - Me, my strengths and weaknesses, and what's next.
Financial choices	
2nd May	Finance - Savings, loans and mortgages.
Media literacy	

Reviewed Spring 2022
Next review Spring 2023

8th May	Media literacy - Professional media use.
British Values & government	
15th May	Study leave.
22nd May	Study leave.
Employment, rights and responsibilities	
5th June	Study leave.
12th June	Study leave.
19th June	Study leave.
Choices and pathways	
26th June	Choices and pathways - Understanding university life and student finance.
Assessment	
3rd July	End of term portfolio review and assessment.

Sixth Form

Topic	Lesson
Health and Wellbeing - Introduction & Self concept	
7th September	Health & Wellbeing - Feedback as a gift.
12th September	Wellbeing - Body image and body dysmorphia.
Physical Health	
19th September	Healthy life - Health & Communities.
26th September	Healthy life - Nutrition & Exercise.
3rd October	Health Life - Knowing your NHS.
Puberty	
10th October	Puberty - Contraception & Sexual Health.

Reviewed Spring 2022
Next review Spring 2023

Health and Wellbeing - Mental health	
31st October	Mental Health - Name it to Take it.
7th November	Mental health - Coping strategies for anxiety.
14th November	Mental health - Unhealthy coping mechanisms and alternatives.
Health and Wellbeing – Substance Misuse	
21st November	Substance Misuse - Individual drugs and their risks.
28th November	Substance Misuse - The consequences of misuse and addiction.
Health and Wellbeing – Managing Risk	
5th December	Healthy life - Tattoos and piercings.
Relationship	
Positive relationships	
9th January	Positive Relationships - Different types of relationships.
16th January	Positive Relationships - Friendships and reconciliation.
Relationship values	
23rd January	Values - Gender roles.
Forming and maintaining relationships	
30th January	Forming and maintaining relationships - Breakups.
6th February	Positive relationships - Romance and the brain.
Bullying, Abuse & Discrimination	
20th February	Positive Relationships - Diversity & Discrimination (sexuality, gender, religion).
27th February	Abuse and discrimination - Domestic Violence.
Social influences	
6th March	Health & Wellbeing - Peer Pressure.

Consent	
13th March	Consent - The law.
Contraception and parenthood	
20th March	Parenthood - Contraception & family planning.
27th March	Contraception and parenthood - Unplanned pregnancies and choice.
Living in the wider world	
Learning Skills	
18th April	Learning - Skills for higher education success.
24th April	Learning - Targets and goals.
Financial choices	
2nd May	Finance - The basics of financial independence.
Media literacy	
8th May	Media literacy - News, views and disinformation.
British Values & government	
15th May	British Values & Government - What are British Values?
22nd May	British Values & Government - Voting.
Employment, rights and responsibilities	
5th June	Employment and rights - Human rights.
12th June	Employment and rights - PREVENT.
19th June	Employment and rights - My first job and CV.
Choices and pathways	
26th June	Employment and rights - What are rights and contracts?
Assessment	
3rd July	Choices and pathways - Understanding university life and student finance

Additionally top-up PSHE lessons will be delivered throughout the year by the PSHE lead. These will enhance the PSHE offer and provide additional information about life skills, experience and knowledge that is needed for 6th form students to be successful when they leave Gateways.

**L6 ENRICHMENT
2021-22
AUTUMN TERM**

WEEK 1- 14.9.22

1. Testing- KT

WEEK 2- 21.9.22

1. Intro to Sixth Form Careers- Anne Tunstall
2. Morrisby- MS

WEEK 3- 28.9.22

1. Intro to EPQ
2. Intro to UCAS

WEEK 4- 5.10.22

1. EPQ/Study skills- Time Management- CCA
 - Gantt charts
 - Critical Path Analysis
2. Careers Fair/drop in (7.10.21)

WEEK 5- 12.10.22

1. Self-defence

WEEK 6- 2.11.21

1. Intro to Change Your Mind
2. Begin planning

WEEK 7- 9.11.22

1. Change Your Mind planning
2. Morrisby feedback- MS

WEEK 8- 16.11.22

1. Change Your Mind planning

WEEK 9- 23.11.22

1. Test Week revision

WEEK 10- 30.11.22

1. Change Your Mind sessions

WEEK 11- 7.12.22

1. Alcohol/drug awareness
- Reviewed Spring 2022
Next review Spring 2023

SPRING TERM

WEEK 1- 11.1.22

1. Spoken English intro- MD

WEEK 2- 18.1.22

1. Book UCAS Fair place
2. Spoken English- MD

WEEK 3- 25.1.22

- Spoken English- MD

WEEK 4- 1.2.22

- Spoken English- MD

WEEK 5- 8.2.22

- Spoken English- MD

WEEK 6- 15.2.22

- Spoken English - MD

WEEK 7- 1.3.22

1. Spoken English- MD

WEEK 8- 8.3.22

- Spoken English- MD

WEEK 8- 15.3.22

1. Spoken English pre-exam week

WEEK 9- 22.3.22

1. Exam week

WEEK 10- 29.3.22

1. 'Selling yourself'-Letter/Personal Statement/CV planning- Rob Rattray- poss Spring Term

SUMMER TERM

WEEK 1- 19.4.22

1. Choices at 18- Careers
2. Group careers interviews

WEEK 2- 26.4.22

1. Change Your Mind – final planning

WEEK 3- 3.5.22

1. UCAS

WEEK 4- 10.5.22

1. UCAS

WEEK 5- 17.5.22

- Revision

WEEK 6- 24.5.22

- High School exams

WEEK 6- 31.5.22

- Half term

WEEK 7-7.6.22

1. EPQ time

WEEK 8- 14.6.22

1. UCAS
2. UCAS and Careers Info Evening
3. EPQ time

WEEK 9- 21.6.22

1. UCAS
2. L6 UCAS Fair
3. EPQ time

WEEK 9- 28.6.22

1. Prize-giving

WEEK 10- 5.7.22

1. Events week

**U6 ENRICHMENT
2021-22
AUTUMN TERM**

WEEK 1 10.9.22

1. UCAS

WEEK 2- 17.9.22

1. UCAS
2. AT drop-in sessions

WEEK 3- 24.9.22

1. Self-defence- Andy Kendrick

WEEK 4- 1.10.22

1. UCAS
 2. AT drop-in sessions
- Open Morning

WEEK 5- 8.10.22

1. Open Morning 2
2. UCAS

WEEK 6- 15.10.22

1. Budgeting intro

WEEK 7- 5.11.22

1. Fresher's budget.

WEEK 8 - 12.11.22

1. Second Year budgeting- living out.

WEEK 9 - 19.11.22

1. Test Week revision
2. Children in Need

WEEK 10 - 26.11.22

- * Leeds Univesity- Student finance workshop

WEEK 11- 3.12.22

- * Alcohol/drug awareness

<https://alcoholeducationtrust.org/teacher-area/16plus/>

WEEK 11- 10.12.22

- * Christmas cooking

SPRING TERM**WEEK 1 11.1.23**

1. Personal finance

WEEK 2- 18.1.23

1. Personal finance

WEEK 3- 25.1.23

Reviewed Spring 2022
Next review Spring 2023

1. Personal finance

WEEK 3 1.2.23

1. Cooking

WEEK 4- 8.2.23

1. Cooking

WEEK 5- 15.2.23

1. Cooking

END OF UNIT