

## Introduction

At The Cowplain School we have adopted the three broad themes of Living in the Wider World, Relationships (RSE) and Health and Wellbeing advocated by the **PSHE Association** to inform our curriculum planning. The links to the PSHE Association's recommended Programme of Study are indicated in the 'Link to PoS' section where H, L and R mean: H: Health and Wellbeing, R: Relationships (RSE), L: Living in the Wider World. In Year 9, there is a crossover of both KS3 and KS4 content depending on age appropriateness of the teaching material.

The **DfE's RSE Secondary Stage Curriculum and Outcomes** outlines the following key areas which students need to have covered by the end of secondary school:

- Families
- Respectful relationships, including friendships
- Online and media
- Being safe
- Intimate and sexual relationships, including sexual health

In addition, the **DfE's Health Education Secondary Stage Curriculum and Outcomes** outlines the following key areas which students need to have covered by the end of secondary school:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

The links to the DfE's requirements for both aspects are shown for each half term.

Each half term has a broad theme, however the nature of RSHE means, at times, other themes will be covered although they may not be the primary focus of the content being taught.

The RSHE curriculum has also incorporated careers guidance to support The Cowplain School in meeting the Gatsby Benchmarks. These are indicated on the relevant half terms.

**Year 7**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Curriculum Content</b>	<p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>1. Learning the Cowplain Way (School and Personal Values)</li> <li>2. Personal Identity and Influences</li> <li>3. Career Dreams and Goals</li> </ol>	<p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>4. Friendships and Toxic Friends</li> <li>5. Dealing with Bullies</li> <li>6. Social Media Safety</li> <li>7. Cyberbullying</li> </ol>	<p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>8. Maintaining Physical Health</li> <li>9. Diet and Nutrition</li> <li>10. Physical and Mental Wellbeing</li> <li>11. Anger Management</li> </ol>	<p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>12. Puberty Overview</li> <li>13. Puberty: Female Focus (The Menstrual Cycle)</li> <li>14. Puberty: Male Focus and Positive Body Image</li> </ol>	<p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>15. Safe and Positive Relationships</li> <li>16. Families</li> <li>17. Falling in Love</li> </ol>	<p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>18. First Aid</li> <li>19. Personal Safety: Energy Drinks, Tobacco, Vaping</li> </ol>
<b>Link to PoS</b>	<p>H1, H2, H4, H9, H13 R14, R15, R16 L1, L2, L3, L6, L9, L11, L12</p>	<p>H2, H3, H4, H6, H13, H30 R1, R3, R9, R13, R14, R17, R19, R37, R38, R40, R41, R42 L20, L21, L22</p>	<p>H4, H6, H7, H8, H10, H13, H14, H15, H16, H17, H18, H19, H20, H21, H31</p>	<p>H10, H13, H34</p>	<p>H22 R1, R2, R7, R9, R10, R11, R13, R14, R23, R37</p>	<p>H5, H23, H24, H26, H27, H30, H31, H33</p>
	<p><b>Careers Guidance</b></p>	<ul style="list-style-type: none"> <li>• Respectful Relationships</li> <li>• Online and Media</li> <li>• Internet Safety</li> </ul>	<ul style="list-style-type: none"> <li>• Mental Wellbeing</li> <li>• Health and Fitness</li> <li>• Healthy Eating</li> <li>• Health and Prevention</li> </ul>	<ul style="list-style-type: none"> <li>• Mental Wellbeing</li> <li>• Health and Prevention</li> <li>• Changing Adolescent Body</li> </ul>	<ul style="list-style-type: none"> <li>• Families</li> <li>• Respectful Relationships</li> <li>• Being Safe</li> </ul>	<ul style="list-style-type: none"> <li>• Drugs, Alcohol and Tobacco</li> <li>• First Aid</li> </ul>

**Year 8**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Curriculum Content</b>	<p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>Your Online Reputation</li> <li>Digital Literacy and Fake News</li> <li>Social Media and Body Image</li> </ol>	<p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>Negative Peer Pressure</li> <li>Peer Pressure and Alcohol</li> <li>Introduction to Drugs</li> <li>Mindfulness</li> </ol>	<p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>Employability Skills</li> <li>Money and Choices</li> <li>Extremist Groups</li> <li>Radicalisation</li> </ol>	<p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>Healthy Friendships</li> <li>Consent and Intimacy</li> <li>Sexting</li> </ol>	<p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>Introduction to Contraception</li> <li>Introduction to Pornography</li> </ol>	<p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>Social Justice</li> <li>Diversity and Neurodiversity</li> <li>Stereotyping and Gender Stereotypes</li> <li>Teen Stereotyping</li> </ol>
<b>Link to PoS</b>	<p>H3, H13, H30, H31</p> <p>R2, R7, R13, R14, R17, R21, R37, R40, R41, R42</p> <p>L20, L21, L22, L23, L24, L25, L26, L27</p>	<p>H4, H5, H6, H7, H8, H9, H10, H12, H21, H24, H25, H26, H27</p> <p>R20, R43, R44</p>	<p>H9</p> <p>R15, R16</p> <p>L1, L2, L3, L4, L5, L7, L8, L9, L10, L11, L12, L13, L15</p>	<p>R1, R2, R3, R4, R5, R9, R10, R11, R18, R19, R28, R37, R39</p> <p>L23</p>	<p>H21, H30, H35</p> <p>R17, R23, R24, R25, R26, R27, R28, R29, R30, R31, R32, R42</p> <p>L24, L25, L26, L27</p>	<p>H1, H6, H9</p> <p>R3, R14, R38, R39, R40, R41</p>
	<ul style="list-style-type: none"> <li>Respectful Relationships</li> <li>Online and Media</li> <li>Internet Safety</li> </ul>	<ul style="list-style-type: none"> <li>Mental Wellbeing</li> <li>Drugs, Alcohol and Tobacco</li> </ul>	<p><b>Careers Guidance</b></p>	<ul style="list-style-type: none"> <li>Respectful Relationships</li> <li>Families</li> </ul>	<ul style="list-style-type: none"> <li>Online and Media</li> <li>Being Safe</li> <li>Intimate Relationships</li> </ul>	<ul style="list-style-type: none"> <li>Respectful Relationships</li> </ul>

**Year 9**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Curriculum Content</b>	<p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>Success at KS4</li> <li>Career Journeys</li> <li>Key Skills for Work</li> </ol>	<p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>Self-Esteem and Risk-Taking</li> <li>The Law and Alcohol</li> <li>The Law and Drugs</li> <li>Violence, Gangs and County Lines</li> </ol>	<p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>Managing Mental Health and Wellbeing (Self-Harm and Eating Disorders)</li> <li>Coping with Change</li> <li>Dealing with Loss</li> </ol>	<p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>Families (inc. Marriage)</li> <li>Healthy Relationships (Domestic Abuse)</li> <li>Consent</li> </ol>	<p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>STIs and Staying Safe</li> <li>Consequences of Pregnancy</li> <li>FGM</li> </ol>	<p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>Money Management</li> <li>Knife Crime</li> <li>Young Offenders</li> </ol>
<b>Link to PoS</b>	<p>H1 L1, L2, L3, L14 (KS3)</p>	<p>H2, H4, H23, H28 (KS3), H29 (KS3) R20 (KS3), R35, R37, R38, R45 (KS3), R46 (KS3), R47 (KS3) L19 (KS3)</p>	<p>H2, H3, H4, H5, H6, H7, H8, H9, H10, H11 (KS3), H13 R22 (KS3)</p>	<p>H26 R1, R2, R6 (KS3), R7 (KS3), R8 (KS3), R12 (KS3), R18 (KS3), R21 (KS3), R22 (KS3), R24 (KS3), R35 (KS3), R36 (KS3)</p>	<p>H16, H27, H28, H29, H33, H36 (KS3) R24, R25, R33 (KS3), R34 (KS3)</p>	<p>H32 (KS3) L15 (KS3), L16 (KS3), L17 (KS3), L18 (KS3), L19 (KS3)</p>
	<p><b>Careers Guidance</b></p>	<ul style="list-style-type: none"> <li>Drugs, Alcohol and Tobacco</li> </ul>	<ul style="list-style-type: none"> <li>Mental Wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>Families</li> <li>Respectful Relationships</li> <li>Being Safe</li> </ul>	<ul style="list-style-type: none"> <li>Online and Media</li> <li>Intimate Relationships</li> <li>Health and Fitness</li> </ul>	<ul style="list-style-type: none"> <li>Internet Safety</li> </ul>

**Year 10**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Curriculum Content</b>	<p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>1. Mental Wellbeing</li> <li>2. Lifestyle Choices: Sleep, Diet, Exercise, Vaccinations</li> <li>3. Unhealthy Choices: Drugs</li> <li>4. Unhealthy Choices: Alcohol</li> </ol>	<p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>5. The Dangers of Pornography</li> <li>6. Healthy Relationships and Consent</li> <li>7. Child on Child Abuse</li> <li>8. Online Healthy Relationships and Misogyny</li> </ol>	<p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>9. Personal Safety</li> <li>10. First Aid</li> </ol>	<p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>11. Post-16 Options</li> <li>12. Work Values</li> <li>13. Online Reputation: Creating a Positive Online Presence</li> </ol>	<p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>14. Committed Relationships and Marriage (Forced Marriage)</li> <li>15. Diversity in Relationships</li> <li>16. Contraception, STIs and Sexual Health Services</li> </ol>	<p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>17. Managing Screen Time</li> <li>18. Staying Safe: Cosmetic Procedures and Body Modification</li> <li>19. Depression and Suicide</li> </ol>
<b>Link to PoS</b>	H2, H4, H5, H6, H7, H8, H10, H11, H14, H19  R19	R2, R3, R6, R7, R8, R9, R11, R12, R16, R17, R18, R21, R22, R28, R29, R30, R31	H4, H22, H23, H24, H26  R14, R15, R35, R36, R37	H22  L1, L2, L3, L4, L9, L10, L11, L12, L13, L14, L15, L23, L25	R1, R4, R5, R6, R7, R9, R10, R19, R29, R30, R32, R33, R34	H12, H14, H17, H18, H23, H26, H27, H28, H29  R21, R23, R35, R37  L22, L24, L25, L26, L27, L28, L29
	<ul style="list-style-type: none"> <li>• Mental Wellbeing</li> <li>• Healthy Eating</li> <li>• Health and Prevention</li> </ul>	<ul style="list-style-type: none"> <li>• Respectful Relationships</li> <li>• Being Safe</li> <li>• Intimate Relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Respectful Relationships</li> <li>• Internet Safety</li> <li>• First Aid</li> </ul>	<ul style="list-style-type: none"> <li>• Internet Safety</li> <li>• <b>Careers Guidance</b></li> </ul>	<ul style="list-style-type: none"> <li>• Families</li> <li>• Respectful Relationships</li> <li>• Being Safe</li> </ul>	<ul style="list-style-type: none"> <li>• Online and Media</li> <li>• Intimate Relationships</li> <li>• Internet Safety</li> </ul>

**Year 11**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Curriculum Content</b>	<p><b>Living in the Wider World</b></p> <ol style="list-style-type: none"> <li>The Risks of Gambling</li> <li>The Dangers of Cybercrime</li> <li>Post-16 Pathways</li> <li>The Future of Work and College Applications</li> </ol>	<p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>Healthy and Unhealthy Relationships</li> <li>Power and Abusive Relationships</li> <li>Consent</li> <li>Revenge Porn</li> </ol>	<p><b>Health and Wellbeing</b></p> <ol style="list-style-type: none"> <li>Smoking v. Vaping</li> <li>Blood, Organ and Stem Cell Donation</li> <li>Body Modification</li> <li>Health Promotion and Self-Examination</li> </ol>	<p><b>Relationships (RSE)</b></p> <ol style="list-style-type: none"> <li>Families and Parenting</li> <li>Fertility, Pregnancy and Abortion</li> <li>Sexual Health and Contraception</li> </ol>		
<b>Link to PoS</b>	<p>H25 R38 L4, L5, L6, L16, L17, L18, L19, L20</p>	<p>H4, H26 R1, R2, R3, R7, R9, R10, R14, R15, R16, R17, R21, R23, R30, R31</p>	<p>H15, H16, H19, H20, H21</p>	<p>H30, H31, H32, H33 R4, R5, R13, R24, R25, R26, R27</p>		
	<ul style="list-style-type: none"> <li>Online and Media</li> <li>Internet Safety</li> <li>Careers Guidance</li> </ul>	<ul style="list-style-type: none"> <li>Respectful Relationships</li> <li>Intimate Relationships</li> </ul>	<ul style="list-style-type: none"> <li>Health and Fitness</li> <li>Healthy Eating</li> <li>Drugs, Alcohol and Tobacco</li> <li>Health and Prevention</li> </ul>	<ul style="list-style-type: none"> <li>Families</li> <li>Intimate Relationships</li> </ul>		