Orsett Heath Academy PSHE Department Curriculum Journey

Ambition and Intent

Our intent is to develop resilient, informed and compassionate young people who can respond to life's challenges with confidence and uphold the values that enable them to thrive.

SKILLS DEVELOPED: TEAMWORK & LEADERSHIP | PUBLIC SPEAKING | PROBLEM SOLVING | CREATIVITY & INNOVATION | DECISION MAKING | RESILIENCE & STAYING POSITIVE | PLANNING & ORGANISATION

Focus days

Year 7	Year 8	Year 9
Essex Police	Essex Police	Brook sexual health services
Open Road	Open Road	Essex Police
Essex Fire & Rescue	Essex Fire & Rescue	Open Road
		Essex Fire & Rescue

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11. Term 1
Achievement, Aspirations & Employability
- Study Skills & Revision Techniques
- Humanutopia Motivation Programme
- Building Aspiration & Ambition
- CV Writing & Personal Branding
- Mock Interviews
- Managing Exam Stress & Wellbeing

11. Term 2
Post-16 Pathways, Relationships & Wellbeing
- Post-16 Applications & Next Steps
- Careers Visitor Sessions
- Apprenticeships & Employment Pathways
- Employer Encounters
- Healthy Relationships
- Sexual Health & Personal Responsibility

11. Term 3
Resilience, Community & Transition
- Exam Resilience & Wellbeing
- Community
- Respect & Responsibility
- Celebration & Prom
- Preparing for the Future

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10. Term 3
Violence, Crime & Seeking Safety
- Violence, Exploitation & Abuse
- Crime, the Law & Consequences
- Personal Safety, Risk & Seeking Support

10. Term 2
Mental Health & Wellbeing
- Mental Health & Emotional Resilience
- Stress, Coping Strategies & Self-Care
- Body Image, Self-Esteem & Wellbeing

10. Term 1
Rights, Responsibilities & Relationships
- Rights, Respect & Equality
- Healthy Relationships & Consent
- Relationships, Sex Education & Communication

9.HT3
Sex, Law & Consent
- Consent, Sexual Relationships & the Law
- Healthy Relationships, Boundaries & Domestic Abuse
- Sexual Choices, Pressure & Staying Safe

9.HT4
Legal & Illegal Drugs
- Drugs, Addiction & Risk
- Drug Classification, Effect & the Law
- Cannabis, Volatile Substances & Party Drugs

9.HT5
Contraception & STI's
- STI'S, Sexual Health & Accessing Support
- Contraception, Protection & Sexual Health Choices
- HIV, Stigma & Discrimination

9.HT6
Combating Extremism
- Fake News, Misinformation, Conspiracy Theories
- Extremism, Terrorism & Radicalisation

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9.HT2
Body Confidence
- Self-Esteem, Body Image & Media Influence
- Physical Health, Puberty & Healthy Lifestyles
- Prejudice, Grief & Emotional Wellbeing

9.HT1
Essential Life Skills
- Resilience, Assertiveness &Peer Pressure
- First Aid, Personal Safety & Emergency Response
- LMI, Budgeting, Employment & Online Stress

8.HT6
Law, Crime & Society
- Crime, Criminal Behaviour & Society
- How Laws are Made in the UK
- Prison, Punishments & Rehabilitation

8.HT5
Equality & Diversity Explored
- Equality, Protected Characteristics & Discrimination
- Stereotypes, Gender Equality & Disability
- Race, Diversity & Challenging Prejudice

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8.HT4
Dangerous Society; Online & Offline
- Substance Misuse & Alcohol Safety
- Cyberbullying, Digital Footprint & Online Safety
- Gangs, County Lines & Staying Safe

8.HT3
Identity, Relationships & Sex Education
- Self-Worth, Respect & Healthy Relationships
- Periods & Menstruation Health
- Equality, Identity & Respect

8.HT2
Physical Health & Mental Well-being
- Mental Health, Body Image & Stress
- Bullying, Boundaries & Staying Safe
- Healthy Choices, Healthy Body & Mind

8.HT1
Proud to be Me
- Self-Esteem, Self-Love & Career Aspirations
- Enterprise, Employability & Media Influence
- Managing Emotions & Labour Market Information

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7.HT3
Friends, Respect & Relationships
- Consent, Boundaries & Respect
- Friendships: Online and Offline + Pressure and Influence
- Gender Expectations & Being a Man in Society Today

7.HT4
Staying Safe Online & Offline
- Gangs: Criminal Behaviour & Knife Crime
- Online Safety; Grooming & Digital Footprint
- Substances: Alcohol, Nicotine, Vaping & Energy Drinks
- First Aid

7.HT5
Celebrating Differences
- Identity & Multicultural Britain
- Stereotypes, Prejudice & Discrimination
- Disabilities & Challenging Islamophobia

7.HT6
Politics & Parliament
- Parliament, Government & the Prime Minister
- Monarchy & Parliament
- Elections, Voting & Democracy

7.HT2
Puberty & Body Development
- Puberty for Girls & Boys
- Puberty, Dental Hygiene and Body Care
- Growing up, Assertiveness & Bodily Autonomy

7.HT1
Managing Change
- Managing Change and Trust
- Community, Belonging & Healthy Routines
- Careers, Aspirations & The Role of Money

KS2

SPIRAL THEMATIC APPROACH
1) Rights, Responsibilities & British Values
2) Celebrating Diversity & Equality
3) Relationships and Sex Education
4) Staying Safe Online and Offline
5) Health and Wellbeing
6) Life Beyond School