

PSHCE

2025 – 2026



THE GRANGE SCHOOL



PSHCE – Year 7

Key Learning Objectives	<ul style="list-style-type: none"> • To understand the challenges faced through transition. • To share our thoughts and feelings in a range of personal issues. • To understand how our society works, especially with regards to politics.
Curriculum Content:	
Autumn term 1st Half	Bounce forward resilience skills (Part I): <ul style="list-style-type: none"> • Discovering the link between thoughts, feeling and behaviours. hi. • To recognise gremlin beliefs are not in control and learn how to WoBbLe. • To use evidence to challenge pessimistic beliefs.
Autumn term 2nd Half	What does it mean to be a great Grange student? To analyse the following characteristics and explain how you demonstrate them: <ul style="list-style-type: none"> • Honesty • Respect • Self-esteem • Empathy • Self-awareness
Spring term 1st Half	Rules, rights and responsibilities <ul style="list-style-type: none"> • To compare The Grange School to Summerhill to evaluate your transition to secondary school. • To explore the British political system. • To run a mock election campaign. • To consider what you can do to be an active citizen.
Spring term 2nd Half	Bounce forward resilience skills (Part II). To retrieve the skills from the first part of the Bounce Forward unit and to develop new skills including: <ul style="list-style-type: none"> • Assertiveness. • Negotiation. • Coping Strategies. • Solving dilemmas and visualised relaxation. • Decision Making • Problem Solving.
Summer term 1st Half	Being safe in our relationships: <ul style="list-style-type: none"> • To be able to define consent to our peers and parents. • To build a toolkit for when relationships go wrong. • To understand what is meant by FGM and honour-based violence.
Summer term 2nd Half	Being safe in our lives: <ul style="list-style-type: none"> • To explain how to be safe online. • To explore our own personal safety. • Introduction to basic first aid skills and practice them – including the recovery position and CPR
Assessments	<p>Students will be assessed on their effort in extended pieces of writing and tasks. There will be a marked piece of work at the end of every taught unit.</p> <p>Assessment will take various forms including self/peer/teacher assessment using What Went Well, Even Better If and Green Pen marking.</p> <p>At the end of each topic students will benchmark their own progress in terms of the knowledge acquired, their effort and their next steps.</p>
Homework Structure	Not set in line with department policy.
School-based enrichment Opportunities	Youth Magistrates Competition. School trips in conjunction with the Humanities faculty Model United Nations

PSHCE – Year 8

Key Learning Objectives	<ul style="list-style-type: none"> • To be aware of issues that affect our safety. • To take part in an active citizenship campaign. • To gain an understanding of our sexual health and be able to seek appropriate advice and services.
Curriculum Content:	
Autumn Term 1st Half	<p>Healthy Lifestyles: PSHCE Topics include:</p> <ul style="list-style-type: none"> • Healthy Eating. • Eating Disorders. • Mental Health. • Smoking & Tobacco. <p>Healthy living campaign: students choose a topic to raise awareness of and complete an awareness campaign (thinking about target audience and delivery method).</p>
Autumn Term 2nd Half	<p>Media Navigator An introduction to media literacy and social media. To understand the benefits and risks of social media and consider how the online world affects your identity.</p> <p>Topics include:</p> <ul style="list-style-type: none"> • introduction to Media Literacy and Social Media • Fantasy and Reality • Advantages and Disadvantages of Social Media and Setting Boundaries 4 • Benefits of Social Media • Creating Identity Maps • Presenting Identity Maps
Spring Term 1st Half	<p>British Values and Democracy</p> <ul style="list-style-type: none"> • What is your identity? • What does it mean to be British? • Political parties in Britain. • Mock Election (using the main political parties) • Extremist ideas – how do we combat them? • Topical political issues discussion and debate.
Spring Term 2nd Half	<p>Make An Impact: Citizenship In this module, students choose an issue that is of importance to them and raise awareness of it. Before they do this, they look at historical campaigns:</p> <ul style="list-style-type: none"> • Suffragettes. • Immigration in the U.K. – focusing on Enoch Powell and whether he was right to predict that mass migration would cause problems to the United Kingdom. <p>Students then start building up their own campaigns having workshops/mini lessons on the following:</p> <ul style="list-style-type: none"> • Manifesto writing. • Action planning.
Summer Term 1st Half	<p>Mental Health Investigated. Topics to include:</p> <ul style="list-style-type: none"> • Defining mental health. • The science of mental illness. • Understanding mental illness. • Mental illness: triggers, protective factors and promoting wellbeing Lesson 5: Mental illness: spotting and supporting. • Healthy coping strategies. • Reducing mental health stigma.

Summer Term 2nd Half	Relationships and sex education. Topics to include: <ul style="list-style-type: none"> • Different types of relationships. • What to do if relationships go wrong (Changes in the body (puberty)). • Anatomical lesson on sex organs. • Recognise the traits of a healthy relationship. • To understand how puberty changes you as a young person and to be able to define consent and apply it to your life. • What does it mean to love somebody?
Assessments	<p>Students will be assessed on their effort in extended pieces of writing and tasks (for example, a Sun Safety awareness work or their Make an Impact campaign).</p> <p>Assessment will take various forms including self/peer/teacher assessment using What Went Well, Even Better If and Green Pen marking.</p> <p>At the end of each topic students will benchmark their own progress in terms of the knowledge acquired, their effort and their next steps.</p>
Homework Structure	<p>Not set, in line with department policy.</p>
School-based enrichment opportunities	<p>Youth Magistrates Competition.</p>
Resources available for home-based study	<p>N/A.</p>

PSHCE – Year 9

Key Learning Objectives	<ul style="list-style-type: none"> To be aware of issues that affect our personal health. To gain an understanding of our sexual health and be able to seek appropriate advice and services.
Autumn Term 1st Half	Social Media Investigated. <ul style="list-style-type: none"> Topics to include: <ul style="list-style-type: none"> Introduction to Media Literacy and the Language of Persuasion. Media and Gender Constructions. <ul style="list-style-type: none"> Media and Body Image. Media, Health, and Food Marketing. Media, Health, and the Marketing of Gambling Addiction. Media and Decision Making. <ul style="list-style-type: none"> Creating Counter Adverts. Presenting Counter Adverts.
Autumn Term 2nd Half	Human Rights <ul style="list-style-type: none"> What are human rights – should we have rights? Historical examples: the holocaust, Rwanda and the crisis in Syria. The United Declarations of Human Rights. What is capital punishment, and should it be introduced in the UK? Research Project.
Spring Term 1st Half	Drugs: <ul style="list-style-type: none"> Students explore the effects of illegal drugs in detail focusing on Cannabis, Cocaine, Heroin and Mephedrone (which is a particular problem). Students to know and understand the law surrounding drugs. Students to explain why people choose to take drugs and how they may affect their success at school and work. Students to write their own short story on drugs (taking approximately 3 – 4 lessons).
Spring Term 2nd Half	My Options My Future: To support students before they start their options. <ul style="list-style-type: none"> Careers – what do you need and how to you get there (fast tomato). Careers presentation (students to choose job, research it and present back to the class). Basic C.V. writing skills. To support the school options process by understanding how to make independent choices. <p>How to make the best start to your options:</p> <ul style="list-style-type: none"> Effective notetaking. Dealing with exams.
Summer Term 1st Half	Relationships and Sex Education the careers advisor to support the options process. <p>Topics in this half-term include:</p> <ul style="list-style-type: none"> Sex Education Ground Rules. What is a healthy relationship? Grooming/Internet Safety. What is consent (double lesson)? <p>Students to watch the BBC documentary RAPE on TRIAL, as well as producing a resource outlining consent.</p>

Summer Term 2nd Half	<p>Students to continue the focus from the last term. Topics to include:</p> <ul style="list-style-type: none"> • Contraception (what it is, the advantages and disadvantages of different types of contraception). • STI's and a mixing fluid activity to highlight how quickly and easily they can spread. • Body Image. • Pregnancy. <p>Porn: Fantasy vs. Reality.</p>
Assessments	<p>Students will be assessed on their effort in extended pieces of writing and tasks (for example, their Drugs Story and their extended piece of writing on the age of consent).</p> <p>Assessment will take various forms including self/peer/teacher assessment using What Went Well, Even Better If and Green Pen marking.</p> <p>At the end of each topic students will benchmark their own progress in terms of the knowledge acquired, their effort and their next steps.</p>
Homework Structure	<p>Not set, in line with department policy.</p>
School-based enrichment opportunities	<p>Youth Magistrates Competition.</p>
Resources available for home-based study	<p>N/A.</p>