

## Integration (KS3 & KS4)

**Aims: For pupils to gain the knowledge and attributes to support their own and others' wellbeing and attainment and to become successful and happy adults who make a meaningful contribution to society by:**

- Gaining the knowledge needed to enable them to make informed decisions about their well-being, health and relationships and to build their self-efficacy
- Putting their knowledge into practice in a safe environment as they develop the capacity to make sound decisions when facing, risks, challenges and complex contexts
- Developing resilience, to know how and when to ask for help, and to know where to access support
- Preparing for the opportunities, responsibilities and experiences of adult life

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key Stage 3	<b>Health and Wellbeing</b> <ul style="list-style-type: none"> <li>• What makes me, me</li> <li>• Mental wellbeing HRA, MH</li> <li>• Healthy eating</li> <li>• Sleep and physical activity</li> <li>• Body image POPA, MH</li> <li>• Hygiene</li> <li>• Basic First Aid</li> </ul>	<b>The Wider World</b> <ul style="list-style-type: none"> <li>• Personality, interests and skills</li> <li>• Career choices</li> <li>• Managing my money</li> <li>• Budgeting</li> <li>• Money risks</li> <li>• Online risks POPA, PSSI, MH</li> <li>• Exploitation CSE GYV, RE</li> </ul>	<b>Relationships DHSR</b> <ul style="list-style-type: none"> <li>• My Values</li> <li>• Friendships POPA</li> <li>• Bullying POPA</li> <li>• Healthy intimate relationships CHT, DHSR</li> <li>• Consent CSE, DA, SV, SH</li> <li>• Contraception Intro</li> <li>• Sharing sexual images PSSI</li> </ul>	<b>Health and Wellbeing</b> <ul style="list-style-type: none"> <li>• What makes me, me</li> <li>• Mental wellbeing HRA, MH</li> <li>• Healthy eating</li> <li>• Sleep and physical activity</li> <li>• Body image POPA, MH</li> <li>• Hygiene</li> <li>• Basic First Aid</li> </ul>	<b>The Wider World</b> <ul style="list-style-type: none"> <li>• Personality, interests and skills</li> <li>• Career choices</li> <li>• Managing my money</li> <li>• Budgeting</li> <li>• Money risks</li> <li>• Online risks POPA, PSSI, MH</li> <li>• Exploitation CSE GYV</li> </ul>	<b>Relationships DHSR</b> <ul style="list-style-type: none"> <li>• My Values</li> <li>• Friendships POPA</li> <li>• Bullying POPA</li> <li>• Healthy intimate relationships CHT, DHSR</li> <li>• Consent CSE, DA, SV, SH</li> <li>• Contraception Intro</li> <li>• Sharing sexual images PSSI</li> </ul>
Key Stage 4	<b>Health and Wellbeing</b> <ul style="list-style-type: none"> <li>• What makes me, me</li> <li>• Mental wellbeing HRA, MH</li> <li>• Healthy eating</li> <li>• Sleep and physical activity</li> <li>• Body image POPA, MH</li> <li>• Hygiene</li> <li>• Basic First Aid</li> </ul>	<b>The Wider World</b> <ul style="list-style-type: none"> <li>• Personality, interests and skills</li> <li>• Career choices</li> <li>• Managing my money</li> <li>• Budgeting</li> <li>• Money risks</li> <li>• Online risks POPA, PSSI, MH</li> <li>• Exploitation CSE, GYV, RE</li> </ul>	<b>Relationships DHSR</b> <ul style="list-style-type: none"> <li>• My Values</li> <li>• Stable relationships DA</li> <li>• Relationship diversity CHT</li> <li>• Healthy intimate relationships CSE, DA, SV</li> <li>• Pornography PSSI, CSE</li> <li>• Sharing sexual images PSSI</li> <li>• Pregnancy DHSR, SV, FGM</li> </ul>	<b>Health and Wellbeing</b> <ul style="list-style-type: none"> <li>• What makes me, me</li> <li>• Mental wellbeing HRA</li> <li>• Healthy eating</li> <li>• Sleep and physical activity</li> <li>• Body image POPA, MH</li> <li>• Hygiene</li> <li>• Basic First Aid</li> </ul>	<b>The Wider World</b> <ul style="list-style-type: none"> <li>• Personality, interests and skills</li> <li>• Career choices</li> <li>• Managing my money</li> <li>• Budgeting</li> <li>• Money risks</li> <li>• Online risks POPA, PSSI, MH</li> <li>• Exploitation CSE GYV</li> </ul>	<b>Relationships DHSR</b> <ul style="list-style-type: none"> <li>• My Values</li> <li>• Stable relationships DA</li> <li>• Relationship diversity CHT</li> <li>• Healthy intimate relationships CSE, DA, SV</li> <li>• Pornography PSSI, CSE</li> <li>• Sharing sexual images PSSI</li> <li>• Pregnancy DHSR, SV, FGM</li> </ul>
External Speakers	<i>External Speakers to supplement the PSHE topics according to availability within each half term:</i>					
	<i>Advisor – Careers</i> <i>The Edge – Drugs PDAM</i> <i>Trading Standards – Alcohol and Tobacco PDAM</i> <i>Tim Emery – Law and Police</i>	<i>Advisor – Careers</i> <i>The Edge – Drugs PDAM</i> <i>Trading Standards – Alcohol and Tobacco PDAM</i> <i>Tim Emery – Law and Police</i>	<i>Advisor – Careers</i> <i>The Edge – Drugs PDAM</i> <i>Trading Standards – Alcohol and Tobacco PDAM</i> <i>Tim Emery – Law and Police</i>	<i>Advisor – Careers</i> <i>The Edge – Drugs PDAM</i> <i>Trading Standards – Alcohol and Tobacco PDAM</i> <i>Tim Emery – Law and Police</i>	<i>Advisor – Careers</i> <i>The Edge – Drugs PDAM</i> <i>Trading Standards – Alcohol and Tobacco PDAM</i> <i>Tim Emery – Law and Police</i>	<i>Advisor – Careers</i> <i>The Edge – Drugs PDAM</i> <i>Trading Standards – Alcohol and Tobacco PDAM</i> <i>Tim Emery – Law and Police</i>
Assessment	Formative assessment within lessons: Handouts completed with learning outcomes marked Oral debate and discussion contribution and Q&A progress monitored with verbal feedback given Summative Assessment: Confidence trackers before and at the end of lessons/units					

Year 9&10

Prepare pupils for stages in their lives... give them the knowledge, skills and attributes they need to make informed decisions... enable them to face risks, challenges and complex contexts... enable students to know how and when to ask for help, and to know where to access support...provide opportunities to reflect on values and influences...foster gender equality and LGBT+ equality and challenge all forms of discrimination.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 9	<p><b>Self-concept</b> What makes me, me? What affects wellbeing</p> <p><b>Learning skills</b> Transferable skills Money and earning power Managing risk, peer influence and substance abuse Long- and short-term effects. Awareness of the law. Addiction and support</p> <p><b>DHSR</b> <b>SMSC – SpD, SoD</b> <b>BV4, BV5, BV6</b></p>	<p><b>Exploring LMI</b> <b>Introducing STEM</b></p> <p><b>Choices and pathways</b> My goals and aspirations What next after Year 9? Introduction to Career Pilot</p> <p><b>SMSC – SpD, SoD</b> <b>BV4, BV5, BV6</b></p>	<p><b>Work and Career</b> Types of employment and job roles Which job for me?</p> <p><b>Employment rights and responsibilities</b> Rights &amp; responsibilities Including online safety Managing emotions</p> <p><b>DHSR, GYV, PSSI</b> <b>SMSC – SpD, SoD</b> <b>BV1, BV2, BV3, BV4, BV5, BV6</b></p>	<p><b>Financial choices</b> Managing money Financial exploitation Gambling Online safety</p> <p><b>DHSR</b> <b>SMSC – MD</b> <b>BV1, BV2, BV3</b></p>	<p><b>Positive relationships</b> Diversity in relationships Types of families and family structures</p> <p><b>Puberty and sexual health</b> Puberty and the changing body</p> <p><b>Consent</b> Readiness for sex and consent Sharing sexual images</p> <p><b>Contraception &amp; Sexual Health</b></p> <p><b>CSE, DHSR, FM, FGM, PSSI, CHT</b> <b>SMSC – SpD, MD, SoD, CD</b> <b>BV2, BV4, BV5, BV6</b></p>	<p><b>Managing risk and personal safety</b> Risky situations and assertiveness First Aid – treating minor injuries</p> <p><b>Healthy lifestyles</b> Staying healthy – physical activity, sleep and nutrition Personal hygiene</p> <p><b>DHSR</b> <b>SMSC –MD, SoD</b></p>
Year 10	<p><b>Self-concept</b> My multiple identities Influences on my identity</p> <p><b>Learning Skills</b> Skills, personality and interests Links to future employability Money and earning power Managing risk, peer influence and substance abuse Long- and short-term effects. Awareness of the law. Addiction and support</p> <p><b>CHT</b> <b>SMSC – SpD, MD, SoD, CD</b> <b>BV4, BV5, BV6</b></p>	<p><b>Exploring LMI</b> <b>Choices and pathways</b> Challenging career stereotypes Career Pilot revisited</p> <p><b>CHT</b> <b>SMSC – SpD, MD, SoD</b> <b>BV4, BV5, BV6</b></p>	<p><b>Work and career</b> Marketing myself CV writing – (ref English)</p> <p><b>Employment rights and responsibilities</b> Health and safety and discrimination at work</p> <p><b>DHSR, GYV, PSSI</b> <b>SMSC – SpD, SoD, CD</b> <b>BV1, BV2, BV3, BV4, BV5, BV6</b></p>	<p><b>Financial choices</b> Budgeting and consumerism Online safety</p> <p><b>Work experience preparation</b></p> <p><b>DHSR</b> <b>SMSC – MD</b> <b>BV1, BV2, BV3</b></p>	<p><b>Positive relationships</b> Healthy intimate relationships</p> <p><b>Consent</b> Consent, the law and risky behaviour Sexual harassment, assault and rape</p> <p><b>Contraception &amp; Sexual Health</b></p> <p><b>CSE, DHSR, FM, FGM, PSSI</b> <b>SMSC – SpD, MD, SoD, CD</b> <b>BV2, BV4, BV5, BV6</b></p>	<p><b>Managing risk and personal safety</b> Managing risky situations Emergency first aid</p> <p><b>DHSR</b> <b>SMSC –MD, SoD</b></p>
Speakers / Trips	<p><b>EDGE – Risky behaviours, Alcohol &amp; Illegal drug use</b></p> <p><b>Trading Standards – Smoking/vaping</b></p> <p>Careers Fair Houses of Parliament Trip British Values - Police Liaison – Gang</p> <p><b>DHSR, PDAM, RE, PSSI, CSE, CHT, GYV</b> <b>SMSC – SpD, MD, SoD, CD</b></p>	<p><b>COINS – Joni – Influence on our identities. What is faith? Christmas and religious festivals.</b></p> <p><b>CHT, PDAM, GYV</b></p> <p><b>SMSC – SpD, MD, SoD, CD</b> <b>BV1, BV2, BV3, BV4, BV5, BV6</b></p>	<p><b>iCollege Councillor - Rupert / Holly- Mental health and wellbeing</b></p> <p><b>DHSR, HRA</b> <b>BV4, BV5, BV6</b></p>	<p><b>Trading Standards – Alcohol &amp; Smoking</b></p> <p><b>COINS – Joni – Easter</b></p> <p>Easter hunt METRO bank</p> <p><b>DHSR, PDAM</b> <b>SMSC – SpD, MD, SoD, CD</b> <b>BV1, BV2, BV3, BV4, BV5, BV6</b></p>	<p><b>Florey Unit – Sexual health</b> STIs and using barrier contraception</p> <p><b>CSE, DHSR, FGM</b> <b>SMSC – MD, SoD, CD</b> <b>BV2, BV4, BV5, BV6</b></p>	<p><b>Developing Life Skills Workshop</b></p> <p><b>SMSC – SpD, SoD</b></p>
Awareness Events	<p>Macmillan Coffee Morning (24/09) Black History Month (01/10) Hello Yello Mental Health</p>	<p>Remembrance Day (11/11) Children in Need (12/11) Anti-bullying Week (15/11) Celebrations &amp; Festivals (December)</p>	<p>World Religion Day (16/01) Big Garden Birdwatch (28/01) Safe Internet Day (08/02) Random Act of Kindness Day (17/02) Fairtrade Fortnight (21/02)</p>	<p>World Book Day (03/03) National Careers Week (07/03) British Science Week (11/03) Sports relief (March)</p>	<p>NSPCC Number Day (07/05) VE Day (08/05) Mental Health Awareness Week (13/05) Pride Month (June)</p>	<p>World Skills Day (15/07)</p>
C/C			<p><b>Citizenship – prejudice, discrimination &amp; extremism</b></p>		<p><b>Citizenship – unhealthy relationships &amp; abuse</b></p>	<p><b>Citizenship – The media &amp; online safety. Discrimination, bullying &amp; equality</b> <b>Catering – Nutrition &amp; healthy eating</b></p>
Additional support agencies:	Personal Development (PD), Emotional Health Academy, iCollege Councillor, Adviza, Mentoring with Berkshire Youth					

Year 11

Prepare pupils for stages in their lives... give them the knowledge, skills and attributes they need to make informed decisions... enable them to face risks, challenges and complex contexts... enable students to know how and when to ask for help, and to know where to access support...provide opportunities to reflect on values and influences...foster gender equality and LGBT+ equality and challenge all forms of discrimination.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Antonia	<p><b>Stress and Wellbeing</b> Stress &amp; stress management importance of sleep &amp; healthy sleep Ambition and unrealistic Self-efficacy, motivation &amp; perseverance How to maintain a healthy self-concept grief and bereavement</p> <p><b>DHSR, CHT</b> <b>SMSC – SpD, MD, SoD</b> <b>BV4, BV5, BV6</b></p>	<p><b>Risky Behaviour</b> Risk and Safety in different contexts – evaluating dangers • Drugs • Alcohol • Online safety</p> <p><b>DHSR, PDAM, PSSI, CSE, CHT</b> <b>SMSC – SpD, MD, SoD</b> <b>BV1, BV2, BV3</b></p>	<p><b>Relationships</b> Sexual health, Pornography &amp; Consent Pregnancy, birth &amp; miscarriage Adoption &amp; abortion</p> <p><b>DHSR, PSSI, CSE, CHT, FM, FGM</b> <b>SMSC – SpD, MD, SoD, CD</b> <b>BV2, BV3, BV4, BV5, BV6</b></p>	<p><b>Families</b> Forced marriage &amp; Marriage</p> <p>Emotions and values including communication</p> <p>Healthy Relationships</p> <p>Safety in all types of relationships</p> <p><b>DHSR, PSSI, CSE, CHT, FGM, FM</b> <b>SMSC – SpD, MD, SoD, CD</b> <b>BV2, BV3, BV4, BV5, BV6</b></p>	<p><b>Families</b> Readiness for parenthood &amp; parenting qualities</p>	<p><b>Getting ready for summer</b> Yr 10s transition Sun safety Sex, Drugs and Alcohol <b>DHSR, PDAM, PSSI, CSE, CHT, FGM</b> <b>SMSC – SpD, MD, SoD, CD</b> <b>BV1, BV2, BV3, BV4, BV5, BV6</b></p>
Emma F	<p><b>Physical Wellbeing</b> Maintaining and monitoring their own health inc: • Make informed lifestyle choices regarding diet and exercise • Accessing health services • Unhealthy coping strategies, such as self-harm and eating disorders • Risks associated with cosmetic and aesthetic procedures, including tattooing, piercings, the use of sun lamps and tanning salons First Aid</p> <p><b>DHSR, PDAM, CHT</b> <b>SMSC – SpD, MD, SoD, CD</b> <b>BV2, BV3, BV4, BV5, BV6</b></p>	<p><b>Democracy and Laws</b> Human rights and international law Legal system in the UK Laws specifically relating to: • Honor based violence • Gang Crime &amp; hate crime • FGM • Extremism and Radicalisation How the law helps society Parliamentary democracy electoral systems (Trip/Visit)</p> <p><b>DHSR, RE, PSSI, CSE, CHT, GYV, FGM</b> <b>SMSC – SpD, MD, SoD, CD</b> <b>BV1, BV2, BV3, BV4, BV5, BV6</b></p>	<p><b>Diversity</b> Need for mutual respect and understanding &amp; Challenging discrimination &amp; sources of support. Areas to focus on include: • Discrimination protected characteristics &amp; stereotype • Bullying &amp; Harassment • Social media &amp; discrimination. • LGBTQ+ awareness, Sexuality and Gender identity</p> <p><b>DHSR, PSSI, CSE, CHT, GYV</b> <b>SMSC – SpD, MD, SoD, CD</b> <b>BV1, BV2, BV3, BV4, BV5, BV6</b></p>	<p><b>Community</b> Contribution to the improvement of their community Volunteering Charities Social care</p> <p><b>Ethics</b> Examining different beliefs and ethics of: Adoption &amp; abortion, Death penalty Euthanasia</p> <p><b>DHSR, RE, CHT</b> <b>SMSC – SpD, MD, SoD, CD</b> <b>BV1, BV2, BV3, BV4, BV5, BV6</b></p>		
Al –	<p>Exploring post 16 options and learning more about our communities Recognising skills and how you are Developing Exploring employment sector and patterns of employment Different careers and access routes personal networks of support</p> <p><b>DHSR, CHT</b> <b>SMSC – SpD, MD, SoD</b> <b>BV3, BV4, BV5, BV6</b></p>	<p>Investigating work and working life Investigating jobs and labour market information Visiting post 16 options</p> <p><b>DHSR, CHT</b> <b>SMSC – SpD, MD, SoD</b> <b>BV3, BV4, BV5, BV6</b></p>	<p>Learning about safe working practices and environments &amp; being safe online</p> <p><b>Finances</b> Developing personal financial capacity Income and expenditure, Credit and debt, Insurance, Savings and pensions Financial products and services How public money is raised and spent – taxes</p> <p><b>DHSR, CHT</b> <b>SMSC – SpD, MD, SoD, CD</b> <b>BV3, BV4, BV5, BV6</b></p>	<p>Identifying choices &amp; opportunities Planning &amp; deciding CV writing and recognising skills and attributes that employers value Interview skills Mock interviews</p> <p><b>DHSR, CHT</b> <b>SMSC – SpD, MD, SoD</b> <b>BV3, BV4, BV5, BV6</b></p>	<p>Rights and responsibilities in the workplace Interview skills Mock interviews Self-improvement as a learner Managing changes and transitions</p> <p><b>DHSR, CHT</b> <b>SMSC – SpD, MD, SoD, CD</b> <b>BV3, BV4, BV5, BV6</b></p>	<p>Transition support</p>

PSHCE Long-term plan - 2021-2022

Awareness Days	Macmillan Coffee Morning (24/09) Black History Month (01/10)	Remembrance Day (11/11) Children in Need (12/11) Anti-bullying Week (15/11) Celebrations & Festivals (December)	World Religion Day (16/01) Big Garden Birdwatch (28/01) Safe Internet Day (08/02) Random Act of Kindness Day (17/02) Fairtrade Fortnight (21/02)	World Book Day (03/03) National Careers Week (07/03) British Science Week (11/03) Sports relief (March)	NSPCC Number Day (07/05) VE Day (08/05) Mental Health Awareness Week (13/05) Pride Month (June)	World Skills Day (15/07)
C/C	<b>Biology – Health and diseases, Cancer, Vaccinations</b>	<b>Biology – Exercise &amp; Metabolism, Digestion</b>	<b>Biology – Menstruation, contraceptives &amp; reproduction</b>			
Additional support agencies:	Personal Development (PD), Emotional Health Academy, iCollege Councillor, Adviza, Mentoring with Berkshire Youth					

**Key to safeguarding issues within these lessons:**

- Challenging Homophobia and Transphobia - CHT
- Child Sexual Exploitation - CSE
- Developing Healthy, Safe Relationships - DHSR
- Female Genital Mutilation - FGM
- Forced Marriage - FM
- Gangs and Youth Violence - GYV
- Homelessness and Running Away - HRA
- Parental Drug and Alcohol Misuse - PDAM
- Pornography and the Sharing of Sexual Imagery - PSSI
- Radicalisation and Extremism - RE

**Key to promotion of British Values within these lessons:**

Promoting the basic British values of democracy, the rule of law, individual liberty and mutual respect and tolerance through the following learning outcomes...

1. An understanding of how citizens can influence decision-making through the democratic process
2. An appreciation that living under the rule of law protects individuals citizens and is essential for their well-being and safety
3. An understanding that there is a separation of power between the executive and the judiciary, and that while some public bodies such as the police and the army can be held to account through Parliament, others such as the courts maintain independence
4. An understanding that freedom to choose and hold other faiths and beliefs is protected in law
5. An acceptance that other people having different faiths or beliefs to oneself (or having none) should be accepted and tolerated, and should not be the cause of prejudicial or discriminatory behaviour
6. An understanding of the importance of identifying and combatting discrimination

**Key to SMSC (Spiritual, Moral, Social, Cultural Development) within lessons:**

- Spiritual development - **SpD**
- Moral development - **MD**
- Social development - **SoD**
- Cultural development - **CD**