PSHE at Coombe Wood School

Subject Vision Statement

"Equipping students for life, with knowledge, confidence and character."

PSHE at Coombe Wood School (CWS) is a vital part of our whole-school curriculum journey, designed to develop students' personal wellbeing, health, relationships, and understanding of the wider world. Taught as a discrete subject by a trained team from Years 7 to 11. Staff are trained to ensure teaching is explicitly aligned with CWS values and community curriculum. In Years 12 and 13 PSHE is delivered through purposeful tutor time, our curriculum ensures that every young person is equipped to thrive both within and beyond school.

Our PSHE curriculum is rooted in the CWS belief of being fit for life, that **every child deserves the tools to make safe, informed, and confident choices**. It fully meets the expectations of the National Curriculum and the statutory RSHE framework, and is deliberately sequenced to build knowledge, resilience and maturity over time.

In Key Stage 3 and 4, students explore three core strands:

- **Health and Wellbeing** – including physical and mental health, managing emotions, and making informed choices.
- **Relationships and Sex Education** – focusing on respect, consent, identity, healthy relationships, and staying safe online and offline.
- **Living in the Wider World** – covering financial literacy, careers, digital citizenship, and understanding rights and responsibilities in modern Britain.

In Years 12 and 13, students revisit and deepen their understanding of key PSHE themes during tutor time, ensuring continued support for wellbeing, relationships, and future planning as they move towards adulthood.

PSHE is more than a subject, it is preparation for life. It gives our students the confidence to speak up, the empathy to support others, and the character to lead. In line with our CWS pillars of **Ambition**, **Community**, and **Culture**, PSHE nurtures young people who are ready to step into the world as self-aware, respectful and resilient individuals.

Curriculum Map: Long Term Plan

	Autumn		Spring		Summer	
	Term 1	Term 2	Term 1	Term 2	Term 1	Term 2
	Autumn 1 Health & wellbeing	**Autumn 2 Living in the wider world**	**Spring 1 Relationships**	**Spring 2 Health & wellbeing**	**Summer 1 Relationships**	**Summer 2 Living in the wider world**
7	**Transition and safety -** Transition to secondary school and personal safety in and outside school, including first aid ; Managing anxiety, barriers to participation	**Developing skills and aspirations** Careers, teamwork and enterprise skills, and raising aspirations	**Diversity** prejudice, and bullying including Cyberbullying	**Health and puberty** Healthy routines, Puberty and changing bodies menstrual wellbeing, influences on health, puberty, unwanted contact, and FGM.	**Building relationships** Self-worth, Positive friendships, peer influences, romance and friendships (including online) and relationship boundaries	**Careers & Financial decision making** Saving, borrowing, budgeting and making financial choices
8	**Health and wellbeing** Food for thought - Making healthier choices; Maintaining dental health; Physical activity; Healthier sleep habits Sleep Screen Time and Wellbeing ; Climate change: empathy and agency; HPV educate	**Personal safety and managing risk** Firework safety; Staying safe on the roads; Canal and River Trust: Water safety ; British Heart Foundation First aid; Drug education Understanding drugs; Tobacco and nicotine; Alcohol and risk	**Belonging and community:** Identity and community; Bias and stereotypes; Discrimination and the protected characteristics; Values and constructive disagreement; Diverse and supportive communities	**The online world** Online financial harms phones and financial risk; Gaming, social media and algorithms: The pressure to spend online; Money matters: Seeking help and support; Under the influence - Feeding the algorithm	**Healthy and unhealthy relationships** NSPCC: Talk Relationships - ages - Healthy relationships Sexualised media Safer online relationships Sexual harassment and harmful sexual behaviour Sharing of nudes Consent Preventing gender-based violence	**Managing money** Financial Literacy and Inclusion Campaign (FLIC); How to open a bank account; Reading a bank statement; How to save money; How to use a bank card; How to manage debt; Decision making: a guide to banking
9	**Mental health & Wellbeing** Wellbeing for Life ;Managing strong emotions; Managing distractions; Managing disappointments and setbacks; Unhealthy and unhealthy coping strategies; Healthy coping strategies; Body modifications Influences and self-expression	**Setting goals** Exploring career interests; Work patterns and workplaces; Managing pressure and seeking support; Preparing for KS4 options; Opportunities, strengths and managing online presence; Showcasing personal strengths; Managing online reputation	**Drug education** Vaping; Exploring attitudes; The law and managing risk; Alcohol and cannabis; Managing influences ;Drug education – Assessing risk; Managing influence; Help seeking	**Managing risk in relation to the law** Preventing Involvement in Serious and Organised Crime; Exploring Cybercrime - Causes and effects cybercrime **Personal safety** Gangs: Managing risks and staying safe -How it might start - Risks and consequences - Getting out - Looking out for each other	**Intimate sexual relationships** **Consent** -Avoiding assumptions; Freedom and capacity to consent Healthy relationships Relationship values; Contraception ; Sexual health - the risks of STIs, and attitudes to pornography ; Managing the ending of relationships	**Navigating online harms** Not just flirting - Feelings about sharing nudes; Digital deception: Understanding deepfakes - Motivations and consequences ;Tackling deepfakes; Challenging the narrative: thinking critically about misogyny**;** Exploring harms and misconceptions; Responding to misogyny

10	**Independence, health choices and wellbeing** Mental health and ill health, stigma, safeguarding health, incl. during periods of transition or change (Understanding Depression and Anxiety; Self harm) Wellbeing of Women- Menstruation matters NHSBT: Exploring blood, organ and stem cell donation What is testicular cancer? Breast cancer awareness and prevention; Signs, symptoms and self-examination	**Understanding AI:** Rights, safety and wellbeing; How does AI affect our daily lives? What are the limitations of generative AI? How does generative AI affect our understanding of the world? How do chatbots affect relationships? **Digital deception:** Understanding deepfakes - What's the harm? What can be done? Social attitudes to sending nudes	**Friendship, diversity and challenging extremism;** Recognising and challenging unhealthy attitudes to bullying **Belonging and community** Valuing diversity; Understanding and preventing extremism; How are people drawn into extremist groups?	**Managing influence** Under the influence - L1: All about the money? Can it be trusted? **Challenging the narrative:** thinking critically about misogyny **-**The impact and spread of misogynistic narratives; Safely challenging misogynistic beliefs and attitudes	**Exploring consent and recognising abuse** Consent - The role of intimacy and pleasure; The impact of pornography; Pressure, persuasion and coercion; Female Genital Mutilation (FGM); Forced marriage Relationship rights and reporting abuse	**Post-16 Options Work experience** Navigating work, study and careers - Identifying career preferences; Mapping a career path Preparation for Post 16 Options ; Making a good impression Evaluation of workplace experiences and readiness for Post-16 options and work in the wider world
11	**Next steps** Application processes, and skills for further education, employment and career Progression; **living independently**	**Wellbeing for Life.** Mental health and wellbeing throughout life Managing distractions; The importance of sleep Changing thinking habits Seeking help and support Managing stress and tension Change, loss and grief : Managing change, loss and grief	**Safe relationships and sexual health** CEOP - Exploited Healthy and unhealthy relationships ; Power and control; Setting boundaries and getting help; Healthy relationships and sexual health – Relationship behaviours; Choices related to sex and contraception; Sexual health	**Committed relationships and family life -** Long term commitments; The legal status of marriage; Parenting; Fertility and pregnancy choices L1: Fertility and routes to parenthood; Pregnancy outcomes; Pregnancy choices		**PSHE Curriculum Coombe Wood School 2026-27**