

Mulberry Academy Woodside (PSHE and Personal Development) Curriculum Overview 2024 - 2025

Curriculum intent statement: To create a personalised curriculum that promotes a love of learning; provides breadth of knowledge and skills; that is enriching and supportive and seeks to bridge the cultural knowledge gap in order to provide a platform for our students to succeed in whatever they aspire to do.

Each taught lesson - by trained specialists - during students' PSHE lesson is followed up by a reflective tutorial session where students have structured talk strategies to explore the issues raised in their lesson in a different way.

One off events - workshops, assemblies and celebrations will also take place throughout the year to support students PSHE development. This will also be mirrored by parent and carer events.

Students also follow a Values Curriculum which explicitly teaches the shared values and pupil pillars outlined in the home school agreement:

Schedule (This is an example structure and subject to change):

Autumn 1	Induction and Transition
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Autumn 2	The Big 6
Autumn 3	Fire Evacuation and Invacuation
Autumn 4	Greet people appropriately and speak politely
Autumn 5	Follow the 'hands off policy'

Autumn 6	Ready to learn
Autumn 7	Praise Week: Ready to learn
Autumn 8	Use positive body language and facial expressions (1)
Half Term	
Autumn 9	Enrichment Week- Are active citizens
Autumn 10	Know how to keep ourselves and others safe and healthy (1)
Autumn 11	Know how to keep ourselves and others safe and healthy (2)
Autumn 12	Look after our school environment
Autumn 13	Ready to focus
Autumn 14	Praise Week: Ready to focus
Autumn 15	Are respectful of each other's beliefs, cultures and identity
Winter Break	
Spring 1	Induction and Transition
Spring 2	The Big 6
Spring 3	Are on time and organised (1)
Spring 4	Ready to do
Spring 5	Praise Week: Ready to do
Spring 6	Practise using emotionally friendly communication (1)
Half Term	
Spring 7	Practise using emotionally friendly communication (2)

Spring 8	Represent the school well on school trips and in the local community (1)
Spring 9	Are confident in our own skills and support each other (1)
Spring 10	Ready to think hard
Spring 11	Praise Week: Ready to think hard
Spring 12	Take pride in having exceptional uniform
Easter Break	
Summer 1	Induction and Transition
Summer 2	The Big 6
Summer 3	Ready to achieve
Summer 4	Praise Week: Ready to achieve
Summer 5	Are on time and organised (2)
Half Term	
Summer 6	Use positive body language and facial expressions (2)
Summer 7	Have opportunities for speaking publicly
Summer 8	Know how to keep ourselves and others safe and healthy (3)
Summer 9	Are confident in our own skills and support each other (2)
Summer 10	Ready to reflect
Summer 11	Praise Week: Ready to reflect
Summer 12	Represent the school well on school trips and in the local community (2)

KS3		AUTUMN TERM		SPRING TERM		SUMMER TERM	
		TERM 1A	TERM 1B	TERM 2A	TERM 2B	TERM 3A	TERM 3B
YEAR 7	KNOWLEDGE	<p>PSHE - Managing Change unit</p> <p>01 - What is PSHE + Sleep and Relaxation</p> <p>02 - Getting to Know People and What is a community</p> <p>03 - Transition Points in Your Life + Careers and Your Future</p> <p>04 - Financial Education</p>	<p>PSHE - Staying Safe Online & Offline unit</p> <p>01 - Avoiding Gang & knife crime</p> <p>02 - Alcohol, Nicotine & Vaping</p> <p>03 - Staying Safe Online, Grooming & Addiction</p>	<p>PSHE - Puberty & Body Development unit</p> <p>01 - Personal Hygiene & Tooth Decay</p> <p>02 - Introduction to Puberty & Boys Puberty</p> <p>03 - Girls Puberty & Periods</p>	<p>CITIZENSHIP - Politics & Parliament unit</p> <p>01 - Politics & How is our Country Run</p> <p>02 - The Role of the Prime Minister & The Monarchy</p> <p>03 - Political Debates & Campaigning</p>	<p>CITIZENSHIP - Celebrating Differences unit</p> <p>01 - What is your Identity & Multicultural Britain</p> <p>02 - Importance of Being Kind & Stereotypes</p> <p>03 - Learning Disabilities & Prejudice and Discrimination</p> <p>04 - Challenging Islamophobia</p>	<p>RSHE - Friends, Respect & Relationships unit</p> <p>01 - Consent and Boundaries & Being Positive</p> <p>02 - Respect and Relationships & What Makes a Good Friend</p> <p>03 - Friendships & Online Relationships & Pressure, and Influence</p>
	SKILLS	<p>Resilience: Coping with transitions.</p> <p>Emotional control: Managing stress.</p> <p>Adaptability: Setting goals and adjusting.</p> <p>Help-seeking: Knowing when to seek support.</p> <p>Financial Education Skills - Understanding what</p>	<p>Online safety: Recognizing risks.</p> <p>Critical thinking: Evaluating information.</p> <p>Boundaries: Respecting personal space.</p> <p>Risk awareness: Identifying dangers.</p>	<p>Understanding change: Learning about puberty.</p> <p>Emotional awareness: Managing feelings.</p> <p>Body positivity: Building confidence.</p> <p>Hygiene: Practising self-care.</p>	<p>Government basics: Understanding how it works.</p> <p>Citizenship: Learning rights and responsibilities.</p> <p>Debate skills: Forming opinions.</p> <p>Respect: Engaging respectfully.</p>	<p>Diversity: Valuing differences.</p> <p>Empathy: Understanding others.</p> <p>Challenging bias: Questioning stereotypes.</p> <p>Equality: Promoting respect.</p>	<p>Healthy relationships: Building respect.</p> <p>Communication: Active listening.</p> <p>Consent: Respecting boundaries.</p> <p>Mutual respect: Valuing others.</p>

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YEAR 8	KNOWLEDGE	<p>PSHE - Proud to be me unit</p> <p>01 - Employability & Enterprise Skills + Careers and Aspirations</p> <p>02 - Proud to be me + Self Esteem and the Media</p> <p>03 - Identifying anger + Importance of Happiness</p> <p>04 - Exploring careers</p>	<p>PSHE - Dangerous Society Online & Offline unit</p> <p>01 - County Lines & Online Grooming</p> <p>02 - Substance Misuse & Alcohol Safety</p> <p>03 - Cyberbullying + Child Exploitation & Online Protection</p>	<p>PSHE - Physical Health & Mental Wellbeing unit</p> <p>01 - Health and Wellbeing & Healthy Eating</p> <p>02 - Positive Body Image & Child Abuse</p> <p>03 - Types of Bullying + Stress Management</p>	<p>CITIZENSHIP - Law, Crime & Society unit</p> <p>01 - Desert Island - Living & Building a Community</p> <p>02 - Desert Island - Making Decisions & Criminals, Law & Society</p> <p>03 - How are Laws Made & Prisons, Reform and Punishment</p>	<p>CITIZENSHIP - Equality and Diversity Explored unit</p> <p>01 - Equality Act & LGBTQ+ Rights Across the World</p> <p>02 - Gender Equality & Ableism and Disability Discrimination</p> <p>03 - Removing the Barriers</p> <p>04 - Racism & Discrimination</p>	<p>RSHE - Identity, Relationships & Sex Education unit</p> <p>01 - Relationships & Self-Love</p> <p>02 - Healthy Respectful Relationships & Love</p> <p>03 - Dealing with Conflict & Periods</p>
	SKILLS	<p>Self-esteem & strengths: Building a positive self-image and recognizing strengths.</p> <p>Goal setting: Setting and achieving personal goals.</p> <p>Resilience: Facing challenges with confidence.</p> <p>Respect: Valuing self and others</p>	<p>Digital safety: Understanding online risks.</p> <p>Media literacy: Spotting misinformation.</p> <p>Boundaries: Navigating online and offline boundaries.</p> <p>Risk management: Recognizing and handling risks.</p>	<p>Healthy habits: Practising good nutrition, exercise, and hygiene.</p> <p>Mental health: Managing stress and emotions.</p> <p>Coping strategies: Using positive coping skills.</p> <p>Support-seeking: Knowing when to seek help.</p>	<p>Legal knowledge: Understanding laws and rights.</p> <p>Ethics: Building moral judgement.</p> <p>Community roles: Recognizing citizen responsibilities.</p> <p>Informed choices: Making accountable decisions.</p>	<p>Cultural respect: Valuing diversity.</p> <p>Discrimination awareness: Identifying bias.</p> <p>Inclusion: Promoting equality.</p> <p>Challenging stereotypes: Questioning biases</p>	<p>Relationships: Building respect with others.</p> <p>Communication: Practising listening and assertiveness.</p> <p>Consent: Understanding mutual respect.</p> <p>Identity: Exploring self-expression safely.</p>
YEAR 9	KNOWLEDGE	<p>PSHE - Essential Life Skills - - From Failure to Success Unit</p>	<p>PSHE - Legal and Illegal Drugs unit</p>	<p>PSHE - Body Confidence unit</p>	<p>CITIZENSHIP - Extremism & Terrorism unit</p>	<p>RSHE - Sex, the Law & Consent unit</p>	<p>RSHE - Contraception & STIs unit</p>

		<p>01 - From Failure Comes Success + Assertiveness</p> <p>02 - Saving Money, Budgeting and Employment</p> <p>03 - Labour Market Information</p> <p>04 - First aid</p>	<p>01 - Drugs & Substance Addictions</p> <p>02 - Drugs Classifications</p> <p>03 - Cannabis Products & Volatile Substance Abuse</p>	<p>01 - How Self-Esteem Changes & Bullying</p> <p>02 - Dealing with Grief & - Cancer Prevention and Healthy Lifestyles</p> <p>03 - Media and Airbrushing</p>	<p>01 - Conspiracy Theories & Forms of Extremism</p> <p>02 - Terrorism, War and Conflict</p> <p>03 - Radicalisation Process & Counter Terrorism Work</p>	<p>01 - Healthy relationships</p> <p>02 - Sexual Consent & Relationships and Partners</p> <p>03 - Domestic Abuse & Why have Sex + Delaying Sexual Activity</p> <p>04 - Sexual Harassment and Stalking</p>	<p>01 - STIs & Treating STIs</p> <p>02 - Contraception & Condoms Explored Further</p> <p>03 - HIV and AIDS, Prejudice and Discrimination</p>
	SKILLS	<p>Growth mindset: Embracing challenges and learning from mistakes.</p> <p>Self-reflection: Understanding setbacks and strengths.</p> <p>Goal-setting: Creating achievable plans for success.</p> <p>Perseverance: Staying determined in the face of obstacles.</p>	<p>Drug awareness: Understanding the risks of substances.</p> <p>Decision-making: Making informed choices about drugs.</p> <p>Peer pressure: Resisting external influences.</p> <p>Legal knowledge: Recognizing the laws and consequences.</p>	<p>Self-acceptance: Embracing body diversity and rejecting societal pressures.</p> <p>Healthy body image: Developing a balanced view of appearance.</p> <p>Media literacy: Critically analysing body-related media.</p> <p>Confidence-building: Cultivating self-love.</p>	<p>Critical thinking: Questioning extremist views and manipulation.</p> <p>Tolerance: Respecting different beliefs and cultures.</p> <p>Conflict resolution: Managing disagreements peacefully.</p> <p>Empathy: Understanding others' experiences.</p>	<p>Healthy Relationships: Building respect, trust, and communication.</p> <p>Consent & Boundaries: Understanding and respecting consent.</p> <p>Emotional Readiness: Recognizing the importance of delaying sexual activity.</p> <p>Respect & Safety: Addressing sexual harassment and stalking.</p>	<p>STI Awareness: Understanding STIs, prevention, and treatment.</p> <p>Contraception: Exploring protection methods, including condoms.</p> <p>HIV & AIDS: Recognizing transmission, prevention, and stigma.</p> <p>Responsibility: Practising responsible choices with empathy.</p>