

PSHE Curriculum 2025-26

Intent:

As a school, we strive to see all of our students grow, thrive and achieve both academically and personally. Whilst this does require our students to build and foster their own personal virtues, through our Sale High School Values, we ensure that all students understand their role as individuals, both within our school community and the wider communities in which we live. Our PSHE curriculum is just one of the ways in which we aim to support our students to become the best they can be throughout this important phase of personal and moral development.

Our PSHE (Personal, Social, Health, and Economic Education) curriculum encompasses key aspects of personal development, including emotional health and well-being, physical health, relationships, citizenship, financial literacy, and careers education. It is designed to encourage students to reflect on their values and beliefs, cultivate self-awareness, and foster respect for others. Sequenced expertly to build knowledge and personal skills, this PSHE curriculum is designed with keen focus on our Sale High School Values to ensure that our curriculum is both positive and meaningful, equipping teachers to give guidance that develops the character of each student, allowing them to flourish in their education and their life.

The PSHE Curriculum has been carefully planned to ensure that students from Year 7 – 11 will be focusing on building key competencies across a range of difference topics. Our key competencies are:

- Independence and aspiration
- Autonomy and advocacy
- Choices and influences.

This competencies-based model ensures that students are given key opportunities to build the skills needed to go on to be confident, resilient and ambition individuals, keeping in line with our Sale High School values (**Respect, Diversity, Community, Aspiration, Resilience, Achievement**). All students across the school will be focusing on the same competencies at the same time. Assemblies will also build on these key competencies so that students from Y7 to 11 will be receiving a similar message at the same time. Therefore, staff can refer to topics/key concepts/themes in their own subject areas and embrace opportunities for cross-curricular teaching and learning. It also allows the staff at Sale High School to be aware of the values/messages that are being shared so that PSHE can become embedded in the wider school curriculum through interactions with students.

PSHE Lessons will be taught in a Timetabled hour once per fortnight, allowing for consistency and encouraging students engage in meaningful discussions around the PSHE content.

Lessons in Years 10 and 11 will also **incorporate elements of core Religious Education to help us meet the Statutory Requirements for RE**, enabling students to be adequately prepared to be accepting and tolerant individuals in an ever-increasing multifaith society. Students will be encouraged to consider the worldviews of those of faith and of none, thus giving them a broad and balanced understanding of the world in which we live.

2025 / 26	Autumn 1 Independence and Aspirations	Autumn 2 Autonomy and Advocacy	Spring 1 Choices and Influence	Spring 2 Independence and Aspirations	Summer 1 Autonomy and Advocacy	Summer 2 Choices and Influences
SHS VALUES	Aspiration & Achievement	Resilience & Diversity	Respect & Community	Aspiration & Achievement	Resilience & Diversity	Respect & Community
7	Developing goal setting, organisational skills & self-awareness: - Personal identity & values - Learning skills & teamwork - Respect in school	Developing empathy, compassion & communication: - Making and maintaining friendships - Identifying and challenging bullying - Communicating online	Developing agency, strategies to manage influence and decision making: - Regulating emotions - Diet and exercise - Hygiene and dental health - Sleep	Developing self-confidence and self-worth: - Puberty and managing change - Body satisfaction (issues with body image)	Developing assertive communication, risk management and support-seeking skills: - Rights in the community - Relationship boundaries - Unwanted contact - FGM and forced marriage	Developing agency and decision making skills: - Drugs, alcohol and tobacco - Safety and first aid.
8	Developing risk management skills, analytical skills and strategies to identify bias: - Managing Online Presence - Fake News - Digital & Media literacy	Developing respect for beliefs, values and opinions and advocacy? - Stereotypes, prejudice and discrimination. - Promoting diversity and equality.	Developing agency, strategies to manage influence and decision making: - Drugs and alcohol - Introduction to contraception - Resisting peer influence - Online choices and influences	Developing goal setting, motivation and self-awareness: - Aspirations for the future - Career choices - Identity and the world of work.	Developing communication & negotiation skills, clarifying values and strategies to manage influence: - Healthy relationships - Boundaries and consent - LGBT+ and inclusivity ‘Sexting’ - Managing conflict	Developing agency and strategies to manage influence & access support: - Maintaining positive mental health - Importance of physical activity
9	Developing goal-setting, analytical skills and decision making: - Employability skills - Transferrable skills - Careers advice	Developing self-confidence, risk management & strategies to manage influence: - Friendship challenges. - Gangs and violent crime - Drugs and alcohol - Assertive communication	Developing empathy, compassion and strategies to access support: - Mental health (including self-harm and eating disorders) - Change, loss, bereavement - Healthy coping strategies.	Developing risk management skills, analytical skills and strategies to identify bias and manage influence: - Financial decisions - Saving and borrowing - Gambling, financial choices and debt.	Developing assertive communication, clarifying values and strategies to manage influence: - Healthy/Unhealthy relationships - Consent - Relationships and sex in the media	Developing decision making, risk management and support-seeking skills: - Sexually transmitted infections (STIs) - Contraception - Cancer awareness - First aid

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SHS VALUES	Aspiration & Achievement	Resilience & Diversity	Respect & Community	Aspiration & Achievement	Resilience & Diversity	Respect & Community
10	Developing goal-setting, adaptability and organisational skills: - Managing transition to KS4, including learning skills - Managing mental health.	Developing empathy and compassion, strategies to manage influence and assertive communication: - Relationship expectations - Impact of pornography - Identifying and responding to abuse and harassment	Developing agency and decision making, strategies to manage influence and access support: - First aid and life-saving - Personal safety - Online relationships	Developing goal-setting, leadership and presentation skills: - Skills for employment - Applying for employment - Online presence and reputation	Developing respect for diversity, risk management and support-seeking skills: - Nature of committed relationships - Forced marriage - Diversity and discrimination - Extremism	Developing motivation, organisation, leadership and presentation skills: Preparation for and reflection on work experience
11	Developing goal-setting, confidence, adaptability and organisational skills: - Personal Statements - Managing stress relating to future employment	Developing communication and negotiation skills, risk management and support-seeking skills: - Relationship values - Maintaining sexual health - Sexual health services - Managing relationship challenges and endings	Developing confidence, agency and support-seeking skills: - Making safe and healthy choices - Health promotion and self-examination - Blood, organ, stem cell donation	Developing empathy and compassion, clarifying values and support-seeking services: - Families and parenting - Fertility, adoption and abortion - Pregnancy and miscarriage - Managing grief and loss.	Developing confidence, self-worth, adaptability and decision making skills: - Recognising and celebrating successes - Transition and new opportunities - Aligning actions with goals	