



PHSE Spring Term 1 Overview

To enable you to support and consolidate your child's learning and continue these vital conversations at home, please see the overview below for Spring term 1, please note we have made some adjustments to the content delivery for this term to address statutory guidance.

Year 7- 1 lesson per fortnight

Year Group	Core Theme: Living in the wider world DEVELOPING SKILLS AND ASPIRATIONS (Careers, teamwork and enterprise skills, and raising aspirations)	
7	<p>Lesson 1: Strengths, skills and attributes</p> <p>Lesson 2: Workplace skills</p> <p>Lesson 3: Goal Setting</p>	<p>Lesson 1 –Strengths, skills and attributes This is the first of two lessons produced in association with the Environment Agency, focusing on employability and enterprise. In this lesson, pupils will examine how personal strengths, skills and attributes can be valuable in employment, and explore the benefits of diversity in the workplace. Learning objective To learn: about skills and attributes for careers and enterprise Learning outcomes By the end of the lesson, pupils will be able to:</p> <ul style="list-style-type: none"> • Explain how strengths, skills and attributes can be identified and developed • Describe how different strengths, skills and attributes can be valuable in employment and enterprise • Explain how teams benefit from diversity and having people with a range of strengths. <p>Lesson 2 –Workplace skills This lesson focuses on employability and enterprise. Pupils will explore professional workplace relationships and how to communicate, present and work as part of a team. Learning objective To learn: about team work, communicating and presenting in professional settings Learning outcomes By the end of the lesson, pupils will be able to:</p> <ul style="list-style-type: none"> • Explain how to respectfully manage professional relationships and communicate effectively within a team • Demonstrate presentation, communication and team work skills. <p>Lesson 3 –Goal-setting This lesson focuses on personal values and goal-setting. Pupils will learn about the study, teamwork and organisational skills needed in secondary school. They will also identify strengths and areas of development, using these to set their own personal targets and goals. Learning objective To learn: how to identify values, skills, areas for development and set personal targets and goals. Learning outcomes By the end of the lesson, pupils will be able to:</p> <ul style="list-style-type: none"> • Identify personal values and consider how these can help to set goals for secondary school • Explain key study skills and strategies needed to support learning at secondary school • Evaluate personal strengths and areas of development • Create realistic yet ambitious targets and goals.

Year 8- 1 lesson per fortnight

Year Group	Core Theme: Relationships DISCRIMINATION (Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia)	
8	<p>Lesson 1: <i>Respecting me, you, us, My values</i></p> <p>Lesson 2: <i>A world of difference</i></p> <p>Lesson 3: <i>Self-esteem project</i></p>	<p>Lesson 1 – Respecting me, you, us, My values</p> <p>This resource aims to help pupils develop a better understanding of healthy relationships, and how to challenge unhealthy behaviours and social norms. Both aspects will help to better protect them from harm through child on child abuse, both off and online.</p> <p>Learning objective:</p> <p>To learn: and understand what my core values are and the importance of having them</p> <p>Learning outcomes:</p> <p>By the end of the lesson pupils will be able to:</p> <ul style="list-style-type: none"> • Identify my core values • Analyse how other people express their values • Differentiate between internal and external values <p>Lesson 2 – A world of difference</p> <p>The aim of this lesson is pupils will learn about visible differences and the effect that stereotypes in the media can have on people who look different.</p> <p>Learning objective:</p> <p>To learn: about visible differences and the effect that stereotypes in the media can have on people who look different.</p> <p>Learning outcomes:</p> <p>By the end of the lesson pupils will be able to:</p> <ul style="list-style-type: none"> • Explain what a stereotype is and identify some examples • Describe how negative stereotypes of visible difference are often used in film and on TV • Explain the impact that stereotypical depictions of visible difference can have on people who look different • Identify the effect that stereotypical depictions of visible difference can have on the way that society views and behaves towards people who look different. <p>Lesson 3 – Dove Self-esteem project</p> <p>The Dove Confident Me single session addresses key topics covered in the 5 sessions including media influences, peer pressure and strategies for promoting body image and self-esteem. Students learn through class discussions, activities, videos and activity worksheets.</p> <p>Learning objective:</p> <p>To learn: how to empower oneself, embrace their uniqueness and think critically about media influences.</p> <p>Learning outcomes:</p> <p>By the end of the lesson pupils will be able to:</p> <ul style="list-style-type: none"> • Describe the concept of appearance ideals and where pressure to achieve them comes from • Explain how images and messages, from advertising to cinema and social media, are often manipulations of the truth • Analyse strategies to resist appearance pressures, avoid comparing themselves, challenge appearance ideals and build body confidence.

Year 9 – 2 lessons per fortnight

Year Group	Core Theme: Living in the wider world Setting goals learning strengths, career options and goal setting as part of the GCSE options process	
9	<p style="color: red; text-align: center;">Lesson 1: EXPLORING JOB SECTORS AND PREPARATION FOR WORK</p> <p style="color: blue; text-align: center;">Lesson 2: RECOGNISING AND BUILDING PERSONAL SKILLS</p> <p style="color: green; text-align: center;">Lesson 3: GROWTH MINDSET TOOLKIT</p> <p style="color: purple; text-align: center;">Lesson 4: AIMING HIGH-PROACTIVITY</p> <p style="color: orange; text-align: center;">Lesson 5: SETTING GOALS</p> <p style="color: pink; text-align: center;">Lesson 6: SARCHS GCSE OPTIONS</p>	<p style="color: red;">Lesson 1 – EXPLORING JOB SECTORS AND PREPARATION FOR WORK</p> <p style="color: red;">Learning objective: To learn: and understand the various jobs sectors and the skills needed for the world of work</p> <p style="color: red;">Learning outcomes: By the end of the lesson pupils will be able to:</p> <ul style="list-style-type: none"> • Explore and understand different job sectors • Discover core transferable skills, • Gain an insight into a day in the life of individuals in different job roles and what core transferable skills are required. • Explore qualifications and routes to employment that are required for certain fields of work <p style="color: blue;">Lesson 2 – RECOGNISING AND BUILDING PERSONAL SKILLS</p> <p>This lesson concentrates on the top personal skills that employers look for.</p> <p style="color: blue;">Learning objective: To learn: and recognise your own abilities in these areas. You will get the opportunity to explain how you demonstrate these skills and plan how you may use them differently in a variety of work situations.</p> <p style="color: blue;">Learning outcomes: By the end of the lesson pupils will be able to:</p> <ul style="list-style-type: none"> • Recall the top personal skills employers look for which are essential for success • Explain how they already demonstrate these skills in their everyday lives • Evaluate how they can build on these skills and adapt them to a workplace setting <p style="color: green;">Lesson 3 - GROWTH MINDSET TOOLKIT</p> <p style="color: green;">Learning objective: To learn: and understand what a growth mindset is and how this can help them successfully navigate their studies and the changing world of work.</p> <p style="color: green;">Learning outcomes: By the end of the lesson pupils will be able to:</p> <ul style="list-style-type: none"> • Understand what a growth mindset through completion of a combination of self-reflection activities and case studies, • Learn about different attitudes to learning • Be equipped with simple strategies to manage failure and power up their journey to employment. <p style="color: purple;">Lesson 4 - AIMING HIGH-PROACTIVITY</p> <p style="color: purple;">Learning objective: To learn: about recognising the importance of aiming high and how to identify opportunities to be proactive and reach their future goals.</p> <p style="color: purple;">Learning outcomes: By the end of the lesson pupils will be able to:</p> <ul style="list-style-type: none"> • Identify opportunities to aim high in their everyday lives • Understand the difference between being proactive and reactive • Recognise how being proactive can help them aim high and achieve their goals <p style="color: orange;">Lesson 5- SETTING GOALS</p> <p style="color: orange;">Learning objective: To learn: and help students set achievable goals to work towards. It includes group discussions, SMART targets and motivational techniques.</p> <p style="color: orange;">Learning outcomes: By the end of the lesson pupils will be able to:</p> <ul style="list-style-type: none"> • Identify the smaller steps and strategies they need to take to work towards a larger goal • Explain what the SMART acronym stands for and how this strategy can be used to make goals attainable • Describe how developing the right attitude can help reach goals <p style="color: pink;">Lesson 6- SARCHS GCSE OPTIONS</p>

		<i>This lesson maybe delivered earlier in the term to correspond with school events, e.g. year options evening – 18th Jan 2023 and will focus on the GCSE options available at St Augustine's.</i>
--	--	---

Year 10 – 1 lesson per fortnight

Year Group	Core Theme: : Living in the wider world Financial Decision Making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	
10	<p>Lesson 1: HARV or CONSENT</p> <p>Lesson 2: Money Mules</p> <p>Lesson 3: Social Engineering</p>	<p>Lesson 1 – External agency - Hyndburn and Ribble Valley (HARV) Domestic Abuse Team or CONSENT</p> <p>Learning objectives: To learn: about the role of intimacy, readiness, and pleasure in consensual relationships.</p> <p>Learning outcomes: By the end of the lesson pupils will be able to:</p> <ul style="list-style-type: none"> • Recognise what enthusiastic consent looks and feels like • Assess the importance of readiness for intimacy as an individual and as a couple • Explain the role that communication and respect play in healthy relationships and consent <p>Lesson 2 – Money Mules This is the first in a series of two lessons developed by Cifas, the UK's leading fraud prevention agency. These lessons aim to empower young people to protect themselves from fraud through building awareness of how to identify fraud and how to protect personal data online. This first lesson focuses on the particular risk of becoming a 'money mule', why this fraudulent activity might be specifically targeted at young people and how to recognise and avoid such risks.</p> <p>Learning objectives: To learn: about the risks associated with acting as a 'money mule'</p> <p>Learning outcomes: By the end of the lesson pupils will be able to:</p> <ul style="list-style-type: none"> • Define what a money mule is • Explain why someone might be tempted or deceived into becoming a money mule and evaluate ways to prevent being drawn in to fraudulent actions • Explain the financial, legal and moral consequences of acting as a money mule • Explain how to seek support if I am concerned about myself or a friend <p>Lesson 3 –Social Engineering This second lesson raises awareness about various forms of cyber-enabled crime, specifically social engineering techniques. In relation to fraud, social engineering refers to the techniques used by criminals to manipulate people to reveal personal information about themselves or to induce them to carry out an action (such as transferring a sum of money).</p> <p>Learning objectives: To learn: about the risks of identity fraud and how to recognise and challenge social engineering</p> <p>Learning outcomes: By the end of the lesson pupils will be able to:</p> <ul style="list-style-type: none"> • Explain the importance of protecting my identity and the risks involved in revealing personal information • Describe how to protect my online identity, both at home and at work • Explain how malware is used to commit online crime and how to protect devices from malware threats • Explain what social engineering is, how to recognise it and how to respond to social engineering techniques • Describe how and where to seek help if I am concerned about cyber crime.

***all PSHE lessons are subject to change, this may be adapted at short notice in order to address a current school, local or national issue.**

Year 11 will be covering the relevant PSHE topics within their study period as well as within scheduled PSHE drop down events.