



# BISI PSHE Programme

## Year 10

Why study PSHE

Team Building

Research skills

Emotional Health & Stress

Communication & Anger Management

Safety on the net

Target setting and Habits of Mind

Prejudice and Respect

Human Rights & the law

Addiction – Alcohol and Drugs

## Year 11

Goals and Target setting

Citizenship

Dealing with conflict

Time management & Exam Skills

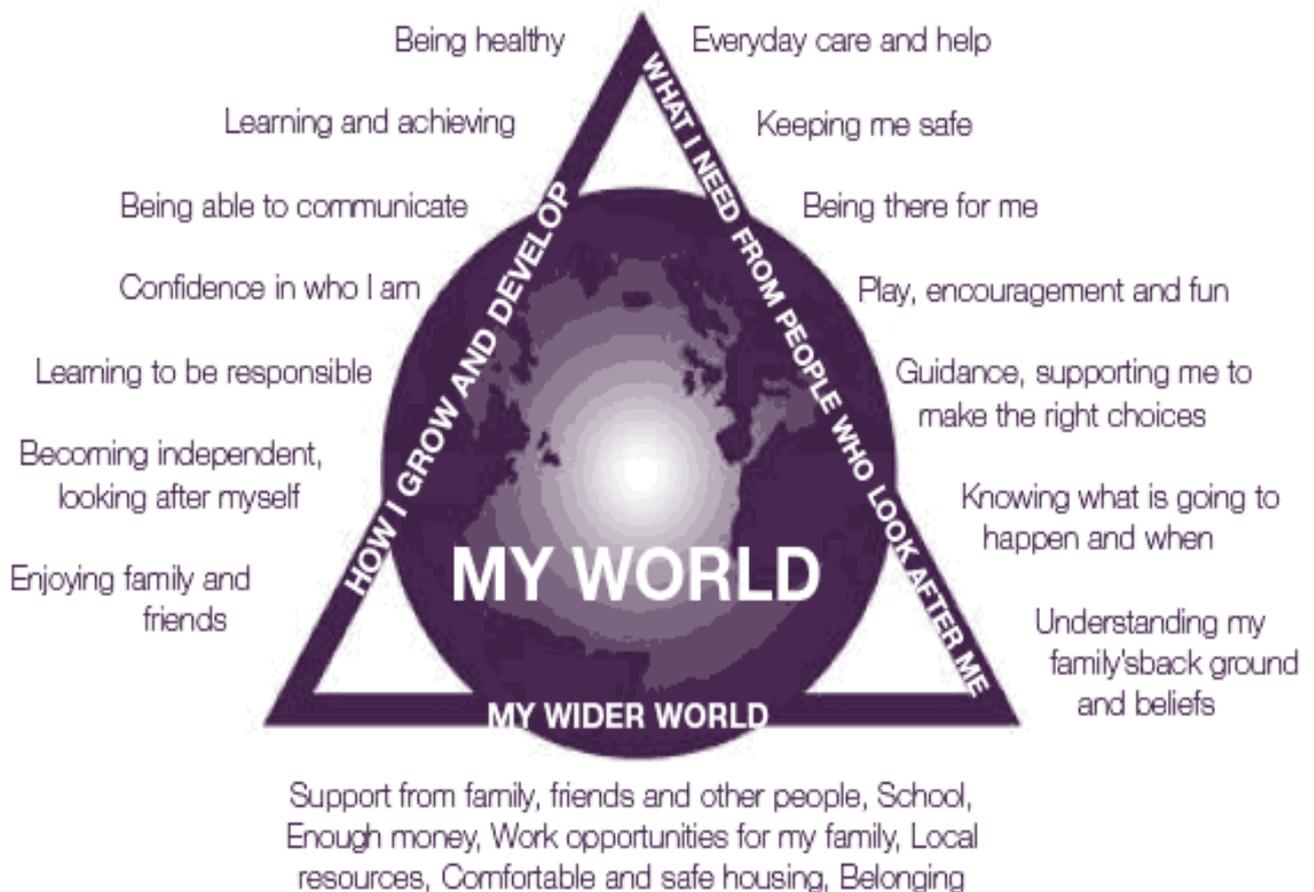
Further Education and Careers

Sexuality and STDs

Study Skills

Community & Service

# Physical, Health and Social Education



To promote pupils' personal, social, emotional and economic development

To support this development with a school ethos where all are valued and encouraged, positive relationships are seen as important and there is a safe and secure school environment which is conducive to learning.

# Learning Objectives within the PHSE Curriculum

## Knowledge and understanding about becoming informed citizens.

- The legal and human rights and responsibilities underpinning society, basic aspects of the criminal justice system, and how both relate to young people.
- The diversity of national, regional, religious and ethnic identities in our community and the need for mutual respect and understanding.
- The work of national and international voluntary groups.
- The importance of resolving conflict fairly
- The world as a global community.

## Developing skills of enquiry and communication.

- The ability to think about topical political, spiritual, moral, social and cultural issues, problems and events by analysing information.
- The ability to justify a personal opinion about issues, problems or events.
- To contribute to group and class discussions, and take part in debates.

## Developing skills of participation and responsible action.

- To use their imagination to consider other people's experiences and think about, express and explain views that are not their own.
- To negotiate, decide and take part responsibly in both school and community-based activities.
- To reflect on the process of participating.

## Developing confidence and responsibility and make the most of their abilities.

- To reflect on and assess their strengths in relation to personality, work and leisure
- To respect the differences between people as they develop their own sense of identity
- To recognise how others see them, and be able to give and receive constructive feedback and praise
- To recognise the stages of emotions associated with loss and change and how to deal positively with the strength of their feelings in different situations.

## Developing a healthy, safer lifestyle.

- To recognise the physical and emotional changes that take place at puberty and how to manage these changes in a positive way.
- How to keep healthy and what influences health, including the media.
- To understand that good relationships and an appropriate balance between work, leisure and exercise can promote physical and mental health.
- Human reproduction, in the context of sexuality and relationships.
- To recognise and manage risk and make safer choices about healthy lifestyles, different environments and travel.
- To recognise when pressure from others threatens their personal safety and well-being, and to develop effective ways of resisting pressures.

### Developing good relationships and respecting the differences between people.

- The effects of all types of stereotyping, prejudice, bullying, racism and discrimination and how to challenge them assertively.
- How to empathise with people different from themselves.
- The nature of friendship and how to make and keep friends.
- Recognising some of the cultural norms in society, including the range of lifestyles and relationships.
- The changing nature of, and pressure on, relationships with friends and family, and when and how to seek help.
- The role and feelings of parents and carers and the value of family life .

- Recognising that goodwill is essential to positive and constructive relationships.
- Recognising the importance of negotiation within relationships, and that actions have consequences.
- Resisting pressure to do wrong, to recognise when others need help and how to support them.
- Communicating confidently with their peers and adults.

**During each Key Stage, pupils should be taught the knowledge, skills and understanding through activities that give opportunities to:**

- take responsibility
- feel positive about themselves
- meet and work with people
- develop relationships
- consider social and moral dilemmas
- find information and advice
- prepare for change.



**Do you see me?**

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