BEECHEN CLIFF

Key Stage 5 PSHE

Curriculum Booklet

2026 - 2027

Head of Curriculum: Mrs A Wilmot

Subject Curriculum Intent:

"PSHE education helps children and young people to achieve their potential by supporting their wellbeing and tackling issues that can affect their ability to learn, such as anxiety and unhealthy relationships."

PSHE at Beechen Cliff school is planned to enable all students to be prepared for the world outside of their education. It helps to develop understanding of the importance of personal development, individuality, positive attitudes and healthy relationships.

PSHE is a golden thread that runs throughout the school that aims to ensure that students are respectful, open minded and most importantly happy. We aim for a whole-school approach to developing positive behaviour and attitudes, through the entire curriculum. Tutors play a vital part in delivering PSHE topics through weekly sessions. As well as this, assemblies and guest speakers also are key in delivering and enabling a deeper level of understanding.

PSHE aims to teach acceptance, tolerance and empathy — as well as strategies to respond appropriately to bullying.

Through PSHE lessons, assemblies and collapsed timetable events, we cover the protected characteristics: age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation. Students' spiritual, moral, social and cultural development and British Values all aim to prepare pupils to be active and positive citizens. PSHE aims to provide an inclusive environment where all students are able to participate, learn, listen and encourage their own opinions and the opinions of their peers.

PSHE also aims to promote healthy lifestyles and good physical and mental wellbeing with a clear link to the school vision and Core Values. As we are a boys school with a mixed Sixth form, we aim to ensure our students are confident talking about mental health, supporting each other and know where to source help if required.

We aim to adapt our PSHE programme to meet the needs of our students using data from the BANES SHEU survey. This survey is completed every two years and gives us an insight into our student body and all aspects of their life both inside and outside of school. We also use data gathered during each academic year which allows us to focus on clear areas such as social media and behaviour. The PSHE programme is then adapted to ensure any issues or concerns that are raised can be discussed and focused on in lessons.

We hope that after the students' journey through school with us that they have the general knowledge and understanding to be the best individual they can be. We encourage all students to gain a sense of individuality, opinion and practical skills that should help them in their choice of pathway after Sixth form.

Subject Curriculum Implementation:

The Sixth Form tutor programme, which is planned each year by a team of Sixth Form staff covers Careers and Post 18 pathways, UCAS applications, Volunteering and community, Revision and exams. The tutor programme also includes Theme of the Week (TOTW) These all work and link together to ensure that students are getting the most possible out of their tutor sessions.

Yr 12 and 13 students all have a fortnightly PSHE lesson. This is delivered by a PSHE teacher and is all planned and resourced by the Head of PSHE. The lessons have a discussion based focus which allows students to discuss, learn and voice opinions with their peers.
The PSHE lessons are documented in the students journals, where students write reflections from each lesson as well as any tasks that are set. The journals allow a space for the students to process their thoughts and feelings.

The year's plan has been designed so that each year group follows the statutory requirements for PSHE, and more. This means that there are common trends and topics that are covered each year but are delivered and resourced to ensure they are age specific and build on prior knowledge. This allows the students to grow and mature throughout their time here and build strong foundations on the main areas of PSHE so they feel comfortable and confident. The three areas we work in are Living in the Wider World, RSE and Health and Wellbeing.

Whole school events (including guest speakers and national and international awareness days) also contribute to the extensive programme, which goes beyond meeting the statutory requirements. Time has been spent with local schools and working with our school nurse to ensure that the content in each year is as effective as possible. Every two years we use the SHEU survey to gather data from Yr 8, 10 and 12, this is an anonymous survey that all students complete that allows us to gain a more in depth knowledge of boys health, lifestyle and understanding of PSHE topics.

As a school we work with our school nurse and organisations such as Stonewall, Boys in Mind (Girls Mind Too), It's in the Bag, Off the Record, Solution Revolution and Project 28 to provide high quality and up to date coverage of topics such as healthy lifestyles (including mental health, drugs and alcohol), sex and relationships, equality and finance. The students complete termly assessments that look back on what has been covered each term. These are in place to help us track the successful delivery of the subject and enable us to ensure that all students are gaining the skills and understanding they will need on the statutory topics. The PSHE programme is planned by a trained PSHE specialist and delivered by a range of teaching staff.

Allocated Curriculum Time:

	Lower Sixth	**Upper Sixth**
Fortnightly PSHE lessons (Collapsed timetable slots are in addition to these)	6 tutor sessions 2 Assemblies 1 PSHE Lesson	2 tutor sessions or 2 assemblies 1 PSHE Lesson

Lower Sixth

	Curriculum Foci Areas
Term 1	**PSHE - MENTAL HEALTH** The first term of year 12 focuses on students' mental health, the effects of change, starting a new school and understanding feelings/emotions involved post 16. The students gain knowledge of how to identify Mental Health issues, where to get help and what can affect Mental Health. Mental Health Overview, Social Media, Body Image, Self Care, first Aid **TOTW/Assemblies** **Black History Month; Show Racism the Red Card** ● Learning about Block history and the experiences of block people and how racism needs to be stamped out.
Term 2	**PSHE - SEX AND RELATIONSHIPS** The second term of PSHE for year 12 looks at key issues in relationships, focusing on giving the students resources to aid them in their positive and respectful relations, the law and feeling safe. This includes talking about pregnancy and choices that they have for their own and other peoples bodies. Positive Relationships, Consent, Image Sharing, Pregnancy **TOTW/Assemblies** **Remembrance and conflict** ● Aligning with remembrance day, thinking about conflict both in the past and current conflicts and how we can respond to and support others. **Anti-bullying** ● Exploring issues surrounding bullying, and how we can seek support
Term 3	**PSHE - FINANCE** Term three is used for lessons on finance, these cover key areas that students need to be aware of when going out to work, post 16 and incorporate's the cost of living, feeling confident financially and building positive and confident decision making. Planning Pathways, Building Confidence, Financial Independence **TOTW/Assemblies** **Racism (Martin Luther King Day)** ● Learning about the history of racism, Martin Luther King and his impact. **Holocaust Memorial Day** ● Learning about the holocaust, remembering those who lost their lives and reflecting on the lessons that can be learned.

Term 4	**PSHE - RPE** Our sixth form years both have a term that is dedicated to Religious Education. This helps to add to the PSHE curriculum and provide information and understanding of different religions and cultures. The Existence of God, Sexuality and Gender, Human Rights **TOTW/Assemblies** **International Women's Day** ● Exploring issues around gender equality
Term 5	**PSHE - WELLBEING** As we move towards the end of the year and mock exams, term 5 focuses on the students Mental Health and wellbeing. The students will gain understanding of feelings/emotions and be able to prepare and be ready as possible for the upcoming exams and the potential stress of the coming year. Stress, Anxiety, Mindfulness, Exams **TOTW/Assemblies** **Environment** ● Understanding how looking after the environment and treating it with respect and compassion is paramount. **International day against homophobia, biphobia and transphobia** ● Reminding all of the importance of equality for all.
Term 6	**PSHE - STAYING SAFE** The final term of the year looks ahead at the summer, giving information on Drugs, alcohol, vaping, sun safety, swimming safety and the local community. Students will hopefully complete their first year feeling happy and confident across the holidays and into their final year at school. Drugs and Alcohol, Vaping, Summer Safety **TOTW/Assemblies** **Summer Safety** ● Helpful reminders of the dangers of being in the sun and heat and how we can protect ourselves. **Pride** ● Reminding all of the pride movement and celebrating equality.

Upper Sixth

	Curriculum Foci Areas
Term 1	**PSHE - MENTAL HEALTH** The first term of year 13 focuses on students' mental health, the effects of change, starting a new school year and understanding feelings/emotions involved in the final year. The students gain knowledge of how to identify Mental Health issues, where to get help and what can affect Mental Health. Overview of Mental Health, Self Care and First Aid, Solution Focused MentalHealth, Testicular Cancer, Male Mental Health. **TOTW/Assemblies** **Careers** ● Finalising Post-18 options and getting support in submitting university applications
Term 2	**PSHE - SEX AND RELATIONSHIPS** The second term of PSHE for year 13 looks at key issues in relationships, focusing on giving the students resources to aid them in their positive and respectful relations, the law and feeling safe. This builds on what they have covered the previous year and identities aspects of a relationship that might cause issues. Identifying Unwanted Attention, Unhealthy/Healthy Relationships, Relationship Safety, Modern Families. **TOTW/Assemblies** **Remembrance and conflict** ● Aligning with remembrance day, thinking about conflict both in the past and current conflicts and how we can respond to and support others. **Careers** ● Finalising Post-18 options and getting support in submitting university applications **Exam and Revision Support** ● Revisiting exam stress and coping techniques, along with recapping key study skills essential for positive revision and exam experiences
Term 3	**PSHE - RPE** Our sixth form years both have a term that is dedicated to Religious education. This helps to add to the PSHE curriculum and provide information and understanding of different religions and cultures. Crime and Punishment, Peace and Conflict, Abortion and pregnancy choice. **TOTW/Assemblies** **Racism (Martin Luther King Day)** ● Learning about the history of racism, Martin Luther King and his impact. **Holocaust Memorial Day**

	• Learning about the holocaust, remembering those who lost their lives and reflecting on the lessons that can be learned. **Apprenticeships** • Revisiting apprenticeships as a Post-18 pathway through alumni and ASK apprenticeship talks
Term 4	**PSHE - WELLBEING** As we move towards the end of the year and exams, term 4 focuses on the students Mental Health and wellbeing. The students will gain understanding of feelings/emotions and be able to prepare and be ready as possible for the upcoming exams and the summer ahead of them Stress and Anxiety Revision Tips and Advice Staying Safe over Summer, First Aid **TOTW/Assemblies** **Managing stress** • Learning about the things that trigger stress and the different techniques to manage the impact of stress, particularly around exam time. **International Women's Day** • Exploring issues around gender equality
Term 5	**Exam Prep and Revision**
Term 6	**Study Leave**

Guest speakers and activities

We are lucky enough to work with many organisations that are able to come into school and deliver inspirational talks to the students or run workshops with groups of students to help them engage and get even more from the PSHE programme.

The following talks and workshops are happening this year.
Tender Domestic Violence Workshop and training.
Diana Award Anti-Bullying Training
Sexual Harassment Forum with Hayesfield School.
Alcoholics Anonymous Talks
Banes Police Pop Up Shops, talks and visits.
Great Western Air Ambulance CPR and First Aid Training.
In The Bag Testicular Cancer Talks
Jim Cumpson Online Safety Talk
School Nurse Safety Talks - Inc. Contraception
PSHE Association - Training and resources
Stonewall Champion School - Training and resources
Karl Hopwood - Online Safety

SHEU Survey

We work with the data gathered during the SHEU survey to maintain the tailored and appropriate lessons and resources for our students. We celebrate and continue to focus on areas where most positive differences are seen, and from the data we are also able to adapt the lessons and focus on areas we need to improve on. This year's focus is online safety and living a healthy lifestyle inc., drugs, alcohol, knife crime, vaping and Mental Health.

Year	Careers education in PSHE
12 & 13	