



Ansford Academy

PSCHE

Curriculum Booklet for 2025 - 2026

Subject Lead: Mrs Hardy-Stewart

PSCHE Curriculum Intent:

The key intent of our Personal Social Health and Careers Education curriculum is to ensure that every one of our students is able to lead a happy, healthy and rewarding life. Regardless of their starting point, we want all of our students to know more, remember more and understand more about how to play a positive and successful role within our society, both as a young person and as an adult. The course nurtures life skills, matching the Ansford Academy slogan “Learning to Lead Our Lives”.

As our students arrive from a variety of feeder schools, some with friends and some on their own, our PSHCE curriculum empowers our students to form and maintain positive and supportive friendships in their journey throughout school and beyond. It also ensures that they are able to make informed decisions that will keep them safe. As there are higher levels of anxiety amongst students nationally, another key intent of our curriculum is to support our students in developing tools and strategies to promote positive mental well-being and understand and then deal with anxiety.

Our curriculum aims to:

- provide a safe and secure environment for students to be informed and to create discussion on important health, personal well-being, sex and relationship issues
- empower students to improve their Oracy as they communicate their ideas, views, and opinions over a wide range of topics clearly, confidently, and respectfully
- support our students in developing tools and strategies to promote positive mental well-being so that they can understand and then deal with exams related anxiety
- collaborate with our Careers Officer, so that our students see that all doors are open to them for future employment possibilities.

We understand that young people are now more reliant on social media and technology to communicate with their peers. Our curriculum has been adapted to place a bigger emphasis on enabling young people to know how to use technology in a positive and appropriate way accordingly and to be wary of negative influences. In line with Department for Education expectations, we have also placed a greater emphasis on teaching our students how to recognise and empower them not accept inappropriate relationships including prevalent issues like child-on-child abuse. A key message to students is that mental or physical abuse is often hidden and can happen to anyone at any time, is not acceptable and needs to be reported or spoken about.

Being a predominantly white British school, our curriculum addresses cultural issues that our students may not be aware of and are not prevalent in our society and our catchment area e.g FGM or forced marriage. Students are taught these issues so that they understand key life-changing and threatening issues that impact on the lives of young people in different communities and they gain a wider understanding of life outside their immediate family and community.

PSCHE Curriculum Implementation:

In designing the PSHCE curriculum, we have used guidance from the PSHCE Association and relevant materials provided by training events attended by the Head of PSHCE. The PSHE curriculum is delivered through a spiral curriculum, based on the 4 golden threads:

- Health and Well-being
- Relationships (SRE)
- The Wider World
- Careers

Students study these key themes at growing complexity across each year group, so that key knowledge and skills are made secure and further developed over time. By building on prior knowledge, students are able to explain their ideas about how personal, social and health issues impact them personally and others in more complex scenarios.

Literacy and Oracy opportunities are built into lessons to help students process the range of topics taught. In line with guidance shared by PSHE Association, students are informally assessed on what they have been taught through low stakes quizzes and regular reflection activities, which allow students to know, remember and better understand topics delivered. These activities also enable us to evaluate the effectiveness of our provision.

All students are taught PSHCE in tutor groups to firstly support them in bonding as a group in Year 7 and then to help the students secure friendships as they grow up together. By being with students who they know well, we find that our older students are more confident to engage in discussion work when they encounter the more challenging topics delivered in Years 10 and 11.

Key message assemblies often connect to the PSHCE syllabus key issues that impact young people in modern Britain, such as BLM, PRIDE, democracy, tolerance, and the rule of law. The Ansford PSHCE Department regularly welcomes outside speakers on a range of subjects such as: road safety, further education and personal health checks.

Allocated Curriculum Time:

	Year 7	Year 8	Year 9	Year 10	Year 11
Lessons per fortnight	1	1	1	1	1

Year 7 Programme of Study

Term	Curriculum Foci	Formal Assessment
1	Health, Safety and Well-Being • What is PSHCE ? • A healthy, balanced diet • The benefits of exercise • Getting a good night's sleep • Fire Safety and Road Safety	
2	Health, Safety and Well-Being • The effects of smoking • The effects of caffeine • Maintaining good dental health • Careers Future Skills Questionnaire • Well being: The flower and the back-pack • Emotional Literacy: Name it to Tame it	Knowledge Checker: Time: 30 mins
3	Relationships • Partnerships, marriage and family • Managing conflict within families • Healthy and unhealthy relationships	
4	Relationships • Friendship • Anti-bullying	Knowledge Checker: Time: 30 mins
5	Relationships • Puberty • Menstruation • Introduction to Consent	
6	Wider World • British Values • Feminism • Types of work and lifelong learning • Smart Goal Setting • Introduction to Careers	Oracy Group presentation

Year 8 Programme of Study

Term	Curriculum Foci	Formal Assessment
1	Health and Well-Being • Relaunch PSHCE • Healthy Meals • Tobacco and Vaping • Alcohol and risk	
2	Health and Well-Being • What is Mental Health? • Bereavement • Resilience	Knowledge Checker: Time: 30 mins
3	Relationships • Relationship Values • Relationship expectations • Sexual orientation and gender identity	
4	Relationships • Romantic and gender expectations and the media • Consent and assumptions • Introduction to Contraception	Knowledge Checker: Time: 30 mins
5	Relationships into Wider World • Friends and Frenemies • Anti- bullying • Saving money • The dangers of gambling	
6	Wider World • Future Careers • Dream and Aspirations • Go Compare: the Buzz Quiz • Diversity • Apprenticeships	Oracy Group presentation

Year 9 Programme of Study

Term	Curriculum Foci	Formal Assessment
1	Health and Well-Being • Relaunch PSHCE • Healthy Meals • Tobacco and Vaping • Alcohol and risk	Knowledge Checker: Time: 30 mins
2	Health and Well-Being • What is Mental Health? • Bereavement • Resilience	
3	Relationships • Relationship Values • Relationship expectations • Sexual orientation and gender identity	
4	Relationships • Romantic and gender expectations and the media • Consent and assumptions • Introduction to Contraception	Knowledge Checker: Time: 30 mins
5	Relationships and the Wider World • Friends and Frenemies • Anti- bullying • Saving money • The dangers of gambling	
6	Wider World • Future Careers • Dream and Aspirations • Go Compare: the Buzz Quiz • Diversity • Apprenticeships	Oracy Group presentation

Year 10 Programme of Study

Term	Curriculum Foci	Formal Assessment
1	Relationships • Relaunch PSHCE • Positive relationships • Intimacy and pleasure • Pornography • Pressure and coercion	
2	Relationships • Pressure and coercion • Managing break-ups • Relationship abuse • Work Experience preparation	
3	Relationships • Family conflict • Diversity in relationship choices • Change, Loss Bereavement	Knowledge Checker: Time: 30 mins
4	Health, Safety and Well-Being • What is well-being? The flower and the backpack. • Challenging negative thinking • Recognising Mental ill-health	Knowledge Checker: Time: 30 mins
5	Health, Safety and Well-Being • Healthy and unhealthy attitudes to eating • Exercise • Drugs and Alcohol • Self care- boys' and girls' health checks	Knowledge Checker: Time: 30 mins
6	Wider World • The World of Work • Online Safety • Money: Budgeting, Saving, Spending, Banks • Money: Pay, National Insurance, Tax, Pensions • Work Experience Review	

Year 11 Programme of Study

Term	Curriculum Foci	Formal Assessment
1	Relationships • Relaunch PSHCE • Long Term Commitment • Fertility and sexual health • Pregnancy outcomes • Abortion	
2	Relationships • Extremism and Toxic Masculinity • Sexual assault • Domestic Abuse	
3	Health and Well-being • Mental ill health • Substance Abuse • Medical self- examination and Cosmetics and Aesthetics) • Well- Being, Stress and Life Balance	