

## Blossom (PSCHEE) Curriculum Overview

### Curriculum Intent

The fundamental purpose of the BLOSSOM (Body, Love, Opportunity, Self, Society, Open-Mindedness) (PSCHEE Personal, Social, Citizenship, Health, Economic and Emotional) course is to enable children to become healthy, independent and responsible members of society. We encourage our pupils to play a positive role in contributing to the life of the school and the wider community. In doing so we develop their sense of self-worth and raise self-esteem. We teach them how society is organised and governed. We ensure that they experience the process of democracy and decision making in school through the School Council and Student Leadership Teams. We then teach about their rights and responsibilities as citizens, both in school and in the wider community. They learn to appreciate what it means to be a positive member of a diverse multi-cultural society.

To do this, we must:

- Foster inquisitiveness and maintain pupil engagement and enjoyment in Blossom.
- Develop reflective learning for all pupils by promoting an awareness of the wider implications of Blossom for the individual, the community and the wider world in terms of (but not limited to) gender equality, human rights and democracy, fake news, the benefits and risks of the online world.
- Implement flexible teaching and learning practices and build resources that allow pupils to be ambitious, courageous and confident in both their classroom experiences and during independent learning.
- Develop a lifelong interest in social issues- both locally and globally.
- Provide students with deeper learning experiences in the form of external visitors, workshops and trips.
- Develop skills that enable individuals to focus on their personal identity, roles and responsibilities within society.
- Establish an understanding of emotional and physical pressures faced by our pupils and empower them by providing strategies to overcome these pressures, as well as sharing support networks for them to seek, if necessary.

Relationship and Sex Education (Body, Love, Self and Open-Mindedness in Blossom) will be age-appropriate, building knowledge and life skills over time in

a way that prepares pupils for issues they will soon face. They will focus on:

- Understanding the need to be flexible when dealing with different types of relationships, including friendships, family relationships, dealing with strangers and intimate relationships.
- How to recognise, understand and build healthy relationships, including self-respect and respect for others, commitment, tolerance, boundaries and consent, inclusivity of LGBTQAI+ individuals and how to manage conflict, and how to recognise unhealthy relationships and being courageous and confident about dealing with these.
- How relationships may affect health and wellbeing, including mental health as well as building resilience in times of adversity.
- Healthy relationships and safety online.
- Factual knowledge, around sex, sexual health and sexuality, set firmly within the context of healthy relationships.

Citizenship (Society in Blossom) helps to provide pupils with knowledge, skills and an understanding of what it takes to play a full and active role in society. The British values including, importantly, democracy and rule of law are focused on throughout all five years at secondary school.

We aim to:

- Foster pupil's keen awareness of how the UK is governed, its political system and how citizens participate actively in its democratic systems of government
- Encourage students to develop a sound knowledge and understanding of the role of law and the justice system in our society and how laws are shaped and enforced
- Encourage students to develop an interest in volunteering as well as other forms of responsible activity, that they will take with them into adulthood
- Ensure students are equipped with the skills to think critically and debate political questions, to enable them to manage their money on a day-to-day basis, and plan for future financial needs.

## Year 7 Blossom (PSCHEE) Curriculum Overview

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<p><b>'All about me'</b></p> <ul style="list-style-type: none"> <li>• Getting to know each other</li> <li>• All about me</li> <li>• Presentation skills</li> <li>• Our school</li> <li>• Learning to learn</li> <li>• The people around me</li> </ul>	<p><b>'Time of change'</b></p> <ul style="list-style-type: none"> <li>• Growing up - puberty</li> <li>• Puberty for girls &amp; boys</li> <li>• Periods</li> <li>• Emotional changes</li> <li>• Identity</li> <li>• Attraction &amp; feelings</li> <li>• Personal hygiene</li> <li>• FGM</li> </ul>	<p><b>'Friendships &amp; Bullying'</b></p> <ul style="list-style-type: none"> <li>• Types of relationships</li> <li>• Building healthy friendships</li> <li>• Bullying</li> <li>• Cyberbullying</li> <li>• Social media age restrictions &amp; online safety</li> <li>• Anti bullying &amp; kindness</li> </ul>	<p><b>'British Values'</b></p> <ul style="list-style-type: none"> <li>• British Citizenship</li> <li>• Racism &amp; stereotyping</li> <li>• Researching our multiple personal identities</li> <li>• Human rights</li> <li>• Conflict</li> </ul>	<p><b>'Healthy Eating'</b></p> <ul style="list-style-type: none"> <li>• Healthy lifestyles</li> <li>• Consequences of unhealthy living</li> <li>• Activity &amp; exercise</li> <li>• Healthy diet</li> <li>• Food labels</li> <li>• Food groups, nutrients, calories</li> </ul>	<p><b>'Careers'</b></p> <ul style="list-style-type: none"> <li>• A work day</li> <li>• Working hours</li> <li>• Working patterns/types of work</li> <li>• My ideal career</li> <li>• Law/child labour</li> <li>• Budgeting</li> <li>• Historical context of child labour</li> </ul>
	<p><b>Deeper learning</b> Outside visitor - school nurse to provide information on puberty and menstruation.</p>				

## Year 8 Blossom (PSCHEE) Curriculum Overview

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<p>'Staying safe'</p> <ul style="list-style-type: none"> <li>● Recap - what is Blossom?</li> <li>● Personal safety &amp; first aid. CPR practical</li> <li>● Online safety</li> </ul>	<p>'Healthy &amp; Wellness'</p> <ul style="list-style-type: none"> <li>● Smoking</li> <li>● Vaping</li> <li>● Alcohol/binge drinking</li> <li>● Cancer</li> <li>● UV &amp; skin protection from sun</li> <li>● Drugs &amp; their effects</li> <li>● Social effect of drugs</li> </ul>	<p>'Careers'</p> <ul style="list-style-type: none"> <li>● Personal qualities</li> <li>● Skills</li> <li>● Job related skills</li> <li>● Enterprise</li> <li>● Working in C21st</li> <li>● Deciding on options for KS4</li> </ul>	<p>'Extremism'</p> <ul style="list-style-type: none"> <li>● Xenophobia</li> <li>● Racism</li> <li>● Extreme nationalism</li> <li>● Radicalisation</li> <li>● Preventing radicalisation &amp; extremism</li> <li>● Cults, religions &amp; their leaders</li> <li>● Corrupt authority figures</li> <li>● Identifying extremist groups</li> <li>● Shamima Begum (a case study)</li> </ul>	<p>'Family Relationships'</p> <ul style="list-style-type: none"> <li>● Family diversity</li> <li>● Change in family structure</li> <li>● Conflict management in families</li> <li>● Healthy family dynamics</li> </ul>	<p>'Online Safety'</p> <ul style="list-style-type: none"> <li>● Intro to online safety</li> <li>● Social media &amp; positive online engagement</li> <li>● Fake news</li> <li>● YPs1 &amp; the law</li> </ul>

## Year 9 Blossom (PSCHEE) Curriculum Overview

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>'Monies management'</b> <ul style="list-style-type: none"> <li>• Managing personal finances</li> <li>• Budgeting</li> <li>• Savings, loans, interest rates</li> <li>• Services &amp; products from banks</li> <li>• Making &amp; checking transactions</li> <li>• Making ethical financial decisions</li> </ul>	<b>'Body confidence'</b> <ul style="list-style-type: none"> <li>• Body image</li> <li>• Self esteem</li> <li>• Body positivity</li> <li>• Body image in a digital world</li> <li>• Body image across genders</li> <li>• Mental health &amp; body image</li> </ul>	<b>'Equality in society'</b> <ul style="list-style-type: none"> <li>• Prejudice</li> <li>• Stereotypes</li> <li>• Disability rights &amp; prejudice</li> <li>• LGBTQIA &amp; rights &amp; prejudice</li> <li>• Age rights &amp; prejudice</li> <li>• Gender stereotypes</li> </ul>	<b>'Harmful substances'</b> <ul style="list-style-type: none"> <li>• Illegal &amp; legal drugs</li> <li>• Types of drugs (classifications)</li> <li>• Prescription drug abuse</li> <li>• Drugs, vapes, balloons</li> </ul>	<b>'Consent'</b> <ul style="list-style-type: none"> <li>• Different relationships types</li> <li>• Giving &amp; seeking permission</li> <li>• Avoiding assumptions</li> <li>• Consent, rape &amp; sexual harassment</li> <li>• Freedom &amp; capacity to consent</li> </ul>	<b>'Careers'</b> <ul style="list-style-type: none"> <li>• Beliefs &amp; values</li> <li>• School vs work</li> <li>• Job sectors</li> <li>• Jobsearching</li> <li>• Dress code</li> <li>• Budgeting</li> <li>• Decision making</li> </ul>
				<b>Deeper learning</b> YHSH to deliver session on consent	

## Year 10 Blossom (PSCHEE) Curriculum Overview

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>'Criminal Justice System'</b> <ul style="list-style-type: none"> <li>• How does CJS work?</li> <li>• Anti-social behaviour</li> <li>• County Lines</li> <li>• Money laundering &amp; fraud</li> <li>• Terrorism</li> <li>• Hate crime</li> </ul>	<b>'Healthy Relationships'</b> <ul style="list-style-type: none"> <li>• Positivity happiness &amp; mental health</li> <li>• Types of relationships</li> <li>• Sexism &amp; gender prejudice</li> <li>• Conflict management</li> </ul>	<b>'Toxic Relationships'</b> <ul style="list-style-type: none"> <li>• Healthy relationships</li> <li>• Sexual harassment</li> <li>• Domestic abuse</li> <li>• Gender differences &amp; domestic abuse</li> <li>• Revenge porn</li> </ul>	<b>'Environment &amp; Sustainability'</b> <ul style="list-style-type: none"> <li>• Dangers of plastic</li> <li>• The environment</li> <li>• Animal rights</li> <li>• Recycling</li> <li>• Pollution</li> </ul>	<b>'RSE &amp; Sexual Health'</b> <ul style="list-style-type: none"> <li>• STIs</li> <li>• Bacterial</li> <li>• Parasitic</li> <li>• Viral</li> <li>• Contraception</li> </ul>	<b>'Careers'</b> <ul style="list-style-type: none"> <li>• Types of qualification</li> <li>• Professional development</li> <li>• Interview techniques</li> <li>• Thinking about next steps</li> <li>• Goal planning</li> <li>• Mock interview</li> </ul>
			<b>Deeper Learning</b> Watch conspiracy	<b>Deeper Learning</b> Watch conspiracy	<b>Deeper Learning</b> Mock interviews from outside professionals

## Year 11 Blossom (PSCHEE) Curriculum Overview

Term 1	Term 2	Term 3	Term 4
<p><b>'Mental Health'</b></p> <ul style="list-style-type: none"> <li>• Stress</li> <li>• Anxiety</li> <li>• Ways to cope</li> <li>• Depression</li> <li>• Mental health &amp; body image</li> </ul>	<p><b>'Goal Setting'</b></p> <ul style="list-style-type: none"> <li>• Post 16</li> <li>• Planning final year at KS4</li> <li>• Teacher uni experiences</li> <li>• Consortium</li> <li>• College</li> <li>• 6th form</li> <li>• Benefits of staying at Brentford</li> </ul>	<p><b>'My Life My Choice'</b></p> <ul style="list-style-type: none"> <li>• Recap STIs/sexual health</li> <li>• Managing life's phases</li> <li>• Body image, pressure to conform</li> <li>• Appearance vs reality</li> <li>• Body modification</li> <li>• Pregnancy &amp; choices</li> <li>• Miscarriage</li> <li>• Menopause</li> <li>• Female health</li> </ul>	<p><b>'Study Skills &amp; Revision'</b></p> <ul style="list-style-type: none"> <li>• Blossom lesson drop down to become independent study sessions</li> </ul>
	<p><b>Deeper Learning</b> 6th formers visit lessons to talk about their experience</p>		