



PSHE Long Term Plan

PSHE Intent:

At Denewood Academy, we believe that PSHE is the heart of our school, alongside our wellbeing curriculum. The curriculum has been designed to ensure pupils leave with the knowledge of life topics and develop skills that enable them to deal with current issues maturely. We want the pupils to become responsible members of society who develop personally and socially to become independent young adults. To achieve this, PSHE is embedded across the school using a combination of Jigsaw resources and carefully selected external resources. These resources are always relevant and meaningful ensuring a powerful curriculum.

The topics aim to improve confidence, aspirations and resilience and support the pupils to leave school as healthy independent young adults. Some of our topics include:

- Healthy relationships including sexual health (RSE)
- British values.
- Healthy Me – Food and Exercise
- Emotional health
- Community & careers

Pupils will discuss and debate various topics as they become curious and begin to challenge other's opinions while tackling the moral, social and cultural issues in society. Overall, the topics aim to build the pupil's character and self-esteem as they progress through their years with the knowledge and understanding of important life topics. The PSHE curriculum also incorporates important life skills e.g. ironing to provide the provide the pupils with the necessary tools for life after school and living independently. The life skills lessons also look at potential careers, how the pupils can reach their goals and what that journey looks likes. Wellbeing is at the heart of all we do at Denewood Academy and focussing on emotional development and supporting pupils with skills such as resilience and confidence to enable them to live a happy, healthy life.



Autumn		Spring		Summer	
BM (Being Me in My World) 'Who am I and how do I fit?'	CD (Celebrating Difference) Respect for similarity and difference. Anti-bullying and being unique	DG (Dreams and Goals) Aspirations, how to achieve goals and understanding the emotions that go with this	HM (Healthy Me) Being and keeping safe and healthy	RL (Relationships) Building positive, healthy relationships	CM (Changing Me) Coping positively with change