

PSHCE Curriculum Map 2023-24

The intent of PSHCE at Beckfoot is to empower pupils with the knowledge and skills to embrace the challenges of creating a happy and successful adult life and make informed decisions about their wellbeing.

	Date	Strand	Theme (for 8-11)	Year 7	Year 8	Year 9	Year 10	Year 11
Half term 1 (Sep-Oct) 7 weeks	04/09/2023	Living in the wider world: Careers	Future ready	Beckfoot transition	Career choices	Intro to Unifrog	Goal setting	GCSE ready
	11/09/2023		Personal qualities & Skills	Careers in English	Study skills	Personality quiz	Preparation for WEX	Unifrog refresher
	18/09/2023		Jobs & Opportunities	Careers in Maths	Pathways to your future	Unifrog treasure hunt	WEX	Online presence
	25/09/2023		Understanding the workplace	Careers in Science	Types of work	Unifrog: Roles and pathways	Rights & Responsibilities	CV writing
	02/10/2023		Career expectations	Careers in Creative Arts	Challenging stereotypes	Unifrog: Aim Higher	Contracts	Keeping safe
	09/10/2023		Personal Finance	Careers in Humanities	Factors affecting financial decisions	Budgeting and saving	Financial risk	Tax & Public spending
	16/10/2023		Financial choices	Careers in PE & Languages	Managing emotions and risk	Values and attitudes	County Lines	Influence of media
Half term 2 Oct-Dec 7 weeks	30/10/2023	Health & Wellbeing: Physical Health	Personal safety	Water	Road	Fireworks	Screen time	Recreational Drug use
	06/11/2023		Healthy v Inactive Lifestyle	Cancer	Weight	Cardiovascular disorders	Link between sleep-diet-exercise	Exam preparation
	13/11/2023		The science behind.....	Blood donation	Immunisations & Vaccinations	Organ donation	Stem cells	The stress response
	20/11/2023		Healthy Eating	Tooth decay	Healthy eating link to range of conditions	Healthy eating reduces the risk of cancer	Eating disorders	Food for the brain
	27/11/2023		Substance Misuse	Drugs	Vaping	Smoking	Alcohol	Addiction
	04/12/2023		Health Prevention	Personal hygiene	Knife crime	Cosmetic and Aesthetic procedures	Screening	Importance of sleep
	11/12/2023		Basic First Aid	Common injuries	Bone, muscle and joint	CPR/Defib/Chest pain	Impact of alcohol and drugs	Recap on all
Half term 3 (Jan-Feb) 5 weeks	07/01/2024	Health & Wellbeing: Mental Health	The importance of MH	Define	Stigma	Recognising MH concerns in others	Balance	Balance
	14/01/2024		Factors affecting MH	Change	Nutrition & Exercise	Negative thoughts	Sleep	Substance misuse
	21/01/2024		Strategies to manage MH	Diet and Exercise	Positive relationships	Resilience	Responding to setbacks	Stress management
	28/01/2024		MH Conditions	Internal & External factors affecting self-esteem and confidence	Bereavement and the strategies to cope	Stress and the strategies to cope	Depression and the strategies to cope	Anxiety and the strategies to cope
	04/02/2024		The impact of the online world on MH	Online safety	Know your selfie	Influencer marketing	Body image	Gaming & Gambling
Half term 4 (Feb-Easter) 5 weeks	19/02/2024	Relationships	Types of relationships	Marriage	Stable relationships	Healthy and Unhealthy relationships	Online relationships	Diverse relationships
	26/02/2024		Managing relationships	Safety	Strong emotions	Ending of friendships	Relationship breakdown	Online relationships
	04/03/2024		The impact of...	Family on future relationships	Roles in a family	Media	Pornography	Abuse
	11/03/2024		Sexism	Defining sexism	Sexism in the media	Benevolent sexism	Hostile sexism	Institutional sexism
	18/03/2024		Family planning	Parents	Adoption	Contraception	Intimacy & Pregnancy	Pregnancy and fertility
Half term 5 (Easter-May) 7 weeks	08/04/2024		Managing yourself	Empathy	Online: Oversharing	Conflict management & reconciliation	Drugs & Alcohol	Online data
	15/04/2024		Resisting peer pressure	Define	Online: Cybercrime	Substance misuse	Gang crime	Carrying weapons
	22/04/2024		Consent	The law	Online risks	Online safety: sexual images	Law on sexual consent	Year 7-11 recap
	29/04/2024		Respect	Define respect	Discrimination & Prejudice	Diversity	Stereotyping	Human Rights
	06/05/2024		Bullying	Types of bullying	Cyberbullying	Impact of bullying	Sexual bullying	Controlling and coercive behaviours
	13/05/2024	Digital Citizenship	Rights & Responsibilities	Upholding your rights and those of others online	Digital footprint	Online vs Physical world	Online data rules	
	20/05/2024	Reactive/Contextual or Quiz						
Half term 6 (May-Summer) 6 weeks	03/06/2024	Living in the wider world: Beckfoot, Britain & Beyond	Managing Change	Year 8 transition	Year 9 options year	Starting GCSE's	GCSE final year	Y11 on Study leave
	10/06/2024		British Values	Individual liberty	Rule of law	Mutual Respect and Tolerance	Democracy	
	17/06/2024		British Governance	June to June	Role of citizens, parliament, monarch	Political parties, voting and elections	Power of the Government	The UK's relationship with the rest of the world
	24/06/2024		SMSC: Spiritual & Moral		SMSC: Define Spiritual & Moral	SMSC: At Beckfoot Spiritual & Moral	SMSC: In Britain Spiritual & Moral	SMSC: Beckfoot & Beyond Recap on all
	01/07/2024		SMSC: Social & Cultural		SMSC: Define Social & Cultural	SMSC: At Beckfoot Social & Cultural	SMSC: In Britain Social & Cultural	SMSC: Beckfoot & Beyond Recap on all
	08/07/2024		PSHCE Reflections					