

Marylebone Boys' School PSHCE Scheme of Work 2023-24

Years 7-13

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Concepts that are developed through the curriculum

Concept	Detail
Identity	Personal qualities, attitudes, skills, attributes and achievements and what influences these; understanding and maintaining their personal boundaries around their personal privacy, including online.
Relationships	Different types and in different settings, including online.
A healthy, balanced lifestyle	Physically, emotionally and socially. Balance within relationships, work-life, exercise and rest, spending and saving, and lifestyle choices.
Risk and safety	Identification, assessment and management of risk, rather than avoidance. Behaviour and strategies to employ in different scenarios to maintain safety including online.
Diversity and equality	All forms, with due regard to the protected characteristics set out in the Equality Act 2010.
Rights, responsibilities and consent	Notion of universal human rights; fairness and justice; consent in different contexts
Change and resilience	The skills, strategies and 'inner resources' we can draw on when faced with challenging change or circumstance
Power	How it is used and encountered; bullying, coercion, persuasion and how power can be challenged or managed through negotiation
Career	Enterprise, employability and economic understanding

Skills and attributes delivered

Personal effectiveness	Interpersonal and social effectiveness	Managing risk and decision-making
Self-improvement (self-reflection, constructive feedback and goal-setting)	Empathy and compassion	Identifying and assessing risk to self and others
Identifying unhelpful 'thinking traps' and misconceptions	Respect for others' rights	Formulating questions
Resilience	Discernment in evaluation the arguments and opinions of others	Analysis
Self-regulation (promotion of growth mindset and managing strong emotions)	Employability skills eg. Team work, active listening, negotiation, leadership skills, presentation skills	Assessing the validity and reliability of information
Recognising and managing peer pressure/influence	Enterprise skills eg. Creation, aspiration	Identifying links between values and beliefs, decisions and actions
Self-organization	Strategies for managing influence	Making decisions
Strategies for asking for help	Valuing and respecting diversity	
Clarifying and creating own values		
Applying knowledge		
Healthy self-concept		

PSHE Rota

In the 2021-22 academic year, we increased the PSHCE lessons to be taught in form time twice a week which was based on staff feedback from the previous year. This move also brought us closer to the recommended hour of weekly PSHCE lessons, as cited by the PSHE Association.

Co-tutors are now able to spend more time on conversations during sessions, allowing for a more cohesive and effective environment to explore the issues raised in the PSHCE curriculum.

In a change to the 2022-23 curriculum, Year 7 and 8 will both be using custom made PSHCE booklets to complete their work each week. This is based on continued feedback from tutors and gives form tutors the ability to hold students to account in PSHCE lessons, while giving student a regular space to write down ideas and engage in activities. This will be trialled in the lower years, with the aim of introducing it school wide.

As the table (right) demonstrates, Y7 and 8 will have PSHCE in a Wednesday and Thursday, while Y9 will have their sessions on the same days as KS4, earlier in the week.

Year	PSHSCE Days
7	Wednesday/ Thursday
8	Wednesday/ Thursday
9	Monday/Tuesday
10	Monday/Tuesday
11	Monday/Tuesday
6th Form	Thursday

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
HT 1	Transition and organisation	Transition and kindness -change to relationships	Transition + relationships	Transition + future	Transition + future	Transition + Study skills	University life
	Mental health	Mental health	Mental health	Mental health	Mental health	Mental health	Mental health
HT2	Child-on-Child abuse (Anti-bullying)	Child-on-Child abuse (Anti-bullying)	Child-on-Child abuse (Anti-bullying)	Respectful relationships	Respectful relationships	Sexual Relationships	Elections and voting
	Being physically healthy	Being healthy (body image)	Being healthy (taking care of yourself)	Being healthy (physical + personal)	Being healthy (substance abuse)	Sex and society	Elections and voting (links to CEIAG and Politics)
HT 3	Online safety	Online Safety	Online Safety	Online - pressure (sexual)	Online - risks (gambling)	My future - options	Being healthy
	Puberty	Masculinity	Female puberty	Sexual relationships	Consent	Applications	Taking care of yourself
HT 4	Feminism	Relationships - marriage	Relationships - marriage	Families	Families	Financial literacy	Making safe choices
	LGBT	Pregnancy	Sex in society	LGBT	Financial literacy	Financial literacy (link to CEIAG?)	Sexual relationships
HT 5	British values	Diversity in society	Tolerance	Rights within the law	Managing stress	Mental health illnesses	Religion in society
	Managing stress	Managing stress	Managing stress	Financial literacy		Managing stress	
HT 6	Being safe offline	Sexual relationships	Sexual relationships	Managing stress		Personal statement	
	CEIAG	CEIAG	CEIAG	CEIAG		Personal statement	

Year group	HT1 – Character development (CEIAG link) and mental health	HT 2 – Anti-bullying and being healthy	HT 3 – E Safety and Puberty	HT 4 – Gender diversity (women) and Sexuality	HT5 – British values (immigration/diversity) and being a good student	HT6 – Being safe offline and wider world/careers	Other
Year 7	<ol style="list-style-type: none"> 1. Transition to secondary school 2. Organisation (how) 3. Organisation (why) 4. Organisation (leadership and summary) 5. Mental Health (what and impact) 6. Mental Health (different types) 7. - Mental Health (attitudes to survey and misconceptions) 	<ol style="list-style-type: none"> 1. Child-on-Child Abuse (Anti-bullying) 2. Child-on-Child abuse (bullying) 3. Child-on-Child abuse (kindness) 4. Being Healthy (healthy eating) 5. Being Healthy (Sugar) 6. Being healthy (exercise) 	<ol style="list-style-type: none"> 1. - Online safety (what) 2. Being safe online 3. Digital footprint 4. Puberty (what and why) 5. Puberty (everyone) 6. Puberty (difference between boys and girls) 	<ol style="list-style-type: none"> 1. Feminism (what) 2. IWD slides 3. Feminists (women's rights) 4. LGBT (What?) 5. LGBT (Pride) 6. LGBT (diverse rights/prejudice?) 	<ol style="list-style-type: none"> 1. What are British values 2. Importance of diversity 3. Tolerance in society 4. Self-esteem 5. Managing emotions 6. Preparing for exams 	<ol style="list-style-type: none"> 1. Road safety 2. Alcohol and drugs (intro) 3. Emergency services 4. Careers – introduction 5. State vs Private 6. Where to find out more 	<p>Political Literacy (British Political system)</p> <p>Critical Thinking (Morality)</p> <p>Science</p> <p>English</p> <p>PE</p>
Assemblies/key events	<ul style="list-style-type: none"> - Mental Health Awareness week - Harvest/autumn - Black History Month (Oct) 	<ul style="list-style-type: none"> - Halloween - Anti-bullying week - Remembrance (Nov) - Christmas - Life Coach Assemblies 	<ul style="list-style-type: none"> - Valentine's day 	<ul style="list-style-type: none"> - International Women's Day - STEAM week 	<ul style="list-style-type: none"> - Earth Day 	<p>EOY exams</p>	

Year group	HT1 – Character development and mental health	HT 2 – Anti-bullying and body well being	HT 3 – E-Safety And Gender (being a man)	HT 4 – Relationships and Pregnancy	HT5 – Third sector careers and being a good student	HT6 – Relationships and Careers	Other
Year 8	<ol style="list-style-type: none"> 1. Welcome to Y8 – transition/expectations 2. Kindness (what and how) 3. Kindness (positive reinforcement) 4. Kindness (praise) 5. Mental Health (same as Y7 – what?) 6. Mental health (stigma) 7. Mental health (survey and attitudes – same as Y7) 	<ol style="list-style-type: none"> 1. Child-on-Child abuse (friendships) 2. Child-on-Child abuse (banter or bullying) 3. Child-on-Child abuse (friends in classroom) 4. Wellbeing (body image) 5. Wellbeing (eating disorders) 6. Wellbeing (obesity/body positivity) 7. Vaccinations 8. Cancer and ill-health 	<ol style="list-style-type: none"> 1. E-Safety (Cyber bullying) 2. Online behaviour 3. Impact of being online 4. Male role models 5. Toxic Masculinity 6. Incels 	<ol style="list-style-type: none"> 1. Families 2. Marriage 3. IWD 4. Divorce 5. Pregnancy (what and how) 6. Abortion 7. Contraception 	<ol style="list-style-type: none"> 1. Careers and personality 2. Private vs Public (same as Y7) 3. Charities? 4. Options for Year 9 - careers 5. Managing emotions 6. Preparing for exams 	<ol style="list-style-type: none"> 1. Sexual harassment 2. Attitudes to women - misogyny 3. Diversity 4. Career pathways and strengths 5. Things to do this summer 	<p>Political Literacy (Justice system; international bodies)</p> <p>Critical Thinking (Rites of Passage; Prejudice and discrimination;)</p> <p>Science</p> <p>English</p> <p>PE</p>
Assemblies/key events	<ul style="list-style-type: none"> - Mental Health Awareness week - Harvest/autumn - Black History Month (Oct) 	<ul style="list-style-type: none"> - Halloween - Anti-bullying week - Remembrance (Nov) - Christmas - Life Coach Assemblies 	- Valentine's day	<ul style="list-style-type: none"> - International Women's Day - STEAM week 	- Earth day	EOY exams	

Year group	HT1 – Character development and RSE	HT 2 – Anti-bullying and body well being and RSE	HT 3 – E-Safety And Puberty (being a woman)	HT 4 – Relationships and Sex in society	HT5 – Tolerance and being professional	HT6 – RSE and being a citizen of the world	Other
Year 9	<ol style="list-style-type: none"> 1. Welcome to Y9 (start of GCSE, options etc) 2. What is a healthy relationship? 3. Giving and receiving feedback 4. Power of feedback 5. Mental health (what?) 6. Mental health (poor MH vs mental illness) 7. Mental health (men + feelings) 	<ol style="list-style-type: none"> 1. Respect 2. Respect and tolerance 3. Causing offence 4. Personal hygiene 5. Washing your face 6. Brushing your teeth 7. Changing body (recap of puberty) 8. Importance of sleep 	<ol style="list-style-type: none"> 1. E-Safety (use of internet) 2. Appropriate online behavior 3. Online wellbeing 4. Becoming a woman 5. Periods 6. Period poverty 	<ol style="list-style-type: none"> 1. Marriage (same as Y8) 2. IWD 3. Arranged marriage 4. Sexting/ nudes 5. Pornography 6. Sexualised language 	<ol style="list-style-type: none"> 1. Tolerance in society 2. Tolerance (race and religion) 3. Tolerance (gender and sexuality) 4. Careers 5. Maintaining professionalism (emotions/attire/respect) 6. Preparing for exams 	<ol style="list-style-type: none"> 1. Consent (body autonomy) 2. Sexual consent 3. Relationships/feelings 4. Financial literacy 5. Careers 6. Citizen of the world 	<p>Political Literacy (Forms of government; Media literacy)</p> <p>Critical Thinking (Problem of Evil; Crime and Punishment; Gang culture)</p> <p>Science</p> <p>English</p> <p>PE</p>
Assemblies/key events	<ul style="list-style-type: none"> - Mental Health Awareness week - Harvest/autumn - Black History Month (Oct) 	<ul style="list-style-type: none"> - Halloween - Anti-bullying week - Remembrance (Nov) - Christmas 	- Valentine's day	<ul style="list-style-type: none"> - International Women's Day - STEAM week - Careers interviews 	- Earth day	<ul style="list-style-type: none"> - EOY exams - Good Lad Initiative workshop 	

Year group	HT1 – Character development and mental health	HT 2 – Respectful relationships and Physical Health	HT 3 – E-Safety And Sexual relationships	HT 4 – Family relationships and Sex in society	HT5 – The Law and being professional	HT6 – RSE and being a citizen of the world	Other
Year 10	<ol style="list-style-type: none"> 1. Welcome to Y10 (start of GCSE, options etc) 2. How to be a good student 3. Managing workload 4. Thinking about your career 5. Mental health (what?) 6. Mental health (men + feelings) 7. Mental health (managing + strategies) 	<ol style="list-style-type: none"> 1. Healthy and unhealthy relationships 2. Respectful sexual relationships 3. Consent 4. Personal hygiene (reminder) 5. Checking your body 6. Maintaining good health – 7. Basic first aid 8. Importance of sleep and exercise 	<ol style="list-style-type: none"> 1. Risks of being online 2. Online dating 3. Online wellbeing/pressure 4. Sexual harassment 5. Safe sex 6. Sexual pleasure 	<ol style="list-style-type: none"> 1. Families + young parents 2. Domestic abuse 3. Strong relationships 4. Identity and diversity 5. Homosexuality/homophobia 6. Transgender 	<ol style="list-style-type: none"> 1. Young offenders 2. Rights within the law 3. Careers in the law 4. Financial literacy - tax 5. Financial literacy – wages etc. 6. Saving – credit etc 	<ol style="list-style-type: none"> 1. Preparing for exams 2. Study skills 3. Managing stress 4. Thinking about the future (uni etc) 5. Cultural capital 6. What to do this summer? 	<p>Critical Thinking (Abortion, war, human rights, sanctity of life)</p> <p>RE (Peace and conflict)</p> <p>Science</p> <p>English</p> <p>PE</p> <p>Business Comp Sci</p>
Assemblies/key events	<ul style="list-style-type: none"> - Mental Health Awareness week - Harvest/autumn - Black History Month (Oct) 	<ul style="list-style-type: none"> - Halloween - Anti-bullying week - Remembrance (Nov) - Christmas 	<ul style="list-style-type: none"> - Valentine’s day - Careers interviews 	<ul style="list-style-type: none"> - International Women’s Day - STEAM week - WEX 	<ul style="list-style-type: none"> - Earth day 	<ul style="list-style-type: none"> - Mock exams - 	

Year group	HT1 – Character development and mental health	HT 2 – Respectful relationships and Health	HT 3 – E-Safety And Puberty (being a woman)	HT 4 – Relationships and Sex in society	HT5 – REVISION	HT6 – EXAMS	Other
Year 11	<ol style="list-style-type: none"> 1. Welcome to Y11 2. Thinking about the future – values and goals 3. Managing workload/stress 4. Thinking about next year 5. Mental health (what?) 6. Mental health (men + feelings) 7. Mental health (managing + strategies) 	<ol style="list-style-type: none"> 1. Relationships (abuse, manipulation) 2. Respectful sexual relationships 3. Consent 4. Drugs and alcohol 5. Impact of substance abuse include chem sex 6. Maintaining good health – 7. Basic first aid (building on y10) 8. Importance of sleep and exercise 	<ol style="list-style-type: none"> 1. Risks of gambling online 2. Secure details etc 3. Online wellbeing 4. Safe sex (recap) 5. Pornography 6. LGBT 	<ol style="list-style-type: none"> 1. Parenting 2. Unwanted pregnancy 3. Responsibility 4. Financial Literacy 5. Housing 6. Taxes 7. Budgeting 			<p>Critical Thinking (Career identity?)</p> <p>RE (families and crime)</p> <p>Science</p> <p>English</p> <p>PE</p> <p>Business Comp Sci</p>
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Year group	HT1 - Character development and mental health	HT 2 - Respectful relationships and Sex in society	HT 3 - Future - TWW	HT 4 - Financial literacy	HT5 - Mental health	HT6 - Writing personal statement	Other
Year 12	<ol style="list-style-type: none"> 1. Intro to sixth form 2. Study skills - note taking 3. Independent study 4. Revision techniques 5. Mental health 6. Managing your mental health 7. Where to go for support 	<ol style="list-style-type: none"> 1. Relationships and intimacy 2. Peer pressure 3. Sex and the law 4. Consent 5. Pornography 6. Body positivity 7. Any of these can be double sessions 	<ol style="list-style-type: none"> 1. Apprenticeships 2. Types of uni 3. Choosing a degree 4. Application process 5. Personal Statement 6. Applying for jobs 	<ol style="list-style-type: none"> 1. Payslips 2. Tax 3. Paying bills 4. Student finance 5. Saving accounts 6. Jobs in finance? 	<ol style="list-style-type: none"> 1. Mental health illnesses 2. Eating disorders 3. Self harm 4. Helping friends + external support 5. Importance of physical health 6. Managing stress pre exams 		
Assemblies/key events	<ul style="list-style-type: none"> - Mental Health Awareness week - Harvest/autumn - Black History Month (Oct) 	<ul style="list-style-type: none"> - Halloween - Anti-bullying week - My Big Career interviews - Remembrance (Nov) - Christmas 	<ul style="list-style-type: none"> - Valentine's day 	<ul style="list-style-type: none"> - International Women's Day - STEAM week - WEX 	GCSEs		

Year group	HT1 – University life and mental health	HT 2 – Elections and voting	HT 3 – Being healthy and taking care of yourself	HT 4 – Making safe choices and sexual relationships	HT5 – Religion in society	HT6 –	Other
Year 13	<ol style="list-style-type: none"> 1. Ensuring a good application 2. Types of accommodation, living with others 3. What will I be responsible for? 4. Budgeting and prioritising 5. Mental health 6. Managing your mental health 7. Where to go for support 	<ol style="list-style-type: none"> 1. British political system 2. Different types of voting systems 3. Political parties 4. Campaigns 5. How to vote 6. Voting at university and abroad 7. Careers in politics 8. Writing to your MP 	<ol style="list-style-type: none"> 1. Registering at a GP/student doctor 2. Recognising illnesses + Fresher’s flu 3. Maintaining a healthy diet on a budget 4. Checking breasts and testicles 5. Alcohol (staying safe) 	<ol style="list-style-type: none"> 1. Drugs (pressure + impact – decisions) 2. Drugs (being safe + long term impact) 3. Having sex + feeling confident (body pressure/peer pressure) 4. STDs 5. Contraception 6. Pregnancy (unwanted) 	<ol style="list-style-type: none"> 1. Why is it important to understand different religions 2. Islam 3. Christianity 4. Hinduism 5. Buddhism 6. Judaism/Sikhism? 		
Assemblies/key events	<ul style="list-style-type: none"> - Mental Health Awareness week - Harvest/autumn - Black History Month (Oct) 	<ul style="list-style-type: none"> - Halloween - Anti-bullying week - My Big Career interviews - Remembrance (Nov) - Christmas 	<ul style="list-style-type: none"> - Valentine’s day 	<ul style="list-style-type: none"> - International Women’s Day - STEAM week - WEX 			