

Holmer Green Senior School

PSHCE – KS4

2025-26



Curriculum Intent

Work Hard, Be Kind, Have Passion

PSHE, Citizenship and RSE is taught by subject specialists to Years 10 and 11 in weekly timetabled lessons. A spiral approach to the curriculum is used whereby students revisit our curriculum content throughout their time at HGSS.

Participation and progress is monitored closely so that all students gain their entitlement to PSHCE provision. Personal, social, health, and economic education provision is coordinated by the Head of PSHCE and taught by a specialist team.

At HGSS we aim to provide a balanced Sex and Relationships education programme, which combines the emotional, physical, moral, legal and social aspects of sex and relationships. We encourage the students to explore their own attitudes and values providing them with the skills to manage their relationships in a responsible and healthy manner. As we seek to prepare our students for the opportunities, responsibilities and experiences of adult life, we regard sex and relationships education as an important part of their learning.

HGSS Curriculum Map

Year 10 PSHCE



Exam Board: N/A		Careers:			Co-Curricular:			
	Autumn 1	Autumn 2	Spring 1	AP1	Spring 2	Summer 1	Summer 2	AP2
Area of study	Health & Wellbeing 1	Relationships 1	Citizenship	Assessment based on Autumn term topics in PSHCE.	Careers	Health & Wellbeing 2	Relationships 2	Assessment based on learning in Spring and Summer PSHCE topics.
Content:	<ul style="list-style-type: none"> Bullying New Challenges Reframing Negative Thinking Mental Health First Aid 	<ul style="list-style-type: none"> Negative Relationships Relationship Abuse Consent Sexting Sharing Sexual Images Sexual Harassment 	<ul style="list-style-type: none"> UK Government Local Government Syrian Conflict Born in Syria 		<ul style="list-style-type: none"> Employability Enterprise and Entrepreneurs Dragons Den project and presentation Interview skills 	<ul style="list-style-type: none"> Drugs and the Law Bereavement Blood/Organ Donations NHS & Seeking Help STIs & Sexual Health 	<ul style="list-style-type: none"> Safe Sex Sexual Exploitation Pregnancy Abortion Adoption 	

HGSS Curriculum Map

Year 11 PSHCE



Exam Board: N/A		Careers:			Co-Curricular:			
	Autumn 1	Autumn 2	Spring 1	AP1	Spring 2	Summer 1	Summer 2	AP2
Area of study	Health and Wellbeing 1	Relationships 1	Wider World 1	Assessment based on learning so far in PSHCE.	Health and Wellbeing 2	Pre-Exam	N/A	N/A
Content	<ul style="list-style-type: none"> • Self-Esteem • Revision Techniques • Exam Stress • Fast Food lesson and research project 	<ul style="list-style-type: none"> • Advertising & Harmful behaviours • Violence Against Women • Discrimination • Sexual Harassment • Human Rights • Divorce & Single parenting • STIs & Sexual Health 	<ul style="list-style-type: none"> • Credit and Debit • Budgeting • Income Tax and NI • Managing Debt • Mortgages • Gambling 		<ul style="list-style-type: none"> • Personal Hygiene • Personal Safety • Miscarriage • Health Screening • First Aid 	Revision techniques and strategies for dealing with exam stress.		