Holmer Green Senior School

PSHCE – KS4

2026-27

Curriculum Intent

Work Hard, Be Kind, Have Passion

PSHCE (Personal Social, Health and Citizenship Education) includes Relationships, Health and Sex education, Citizenship, Careers and Economic Well-Being, is taught in weekly timetabled lessons, meeting the statutory requirements set out. A spiral approach to the curriculum is used whereby students revisit curriculum content throughout their time at HGSS, so issues that were introduced at KS3 may be developed further at KS4 to a more age-appropriate level.

At HGSS we provide a balanced Relationships and Sex Education programme, which combines the emotional, physical, moral, legal and social aspects of relationships and sex. 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 way. We seek to prepare our students for the opportunities, responsibilities and experiences of adult life, and we regard Relationships and Sex Education as an important part of their learning.

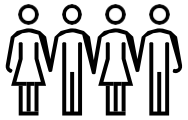
HGSS Curriculum Map

Year 10 PSHC E

Exam Board: N/A

	Autumn 1	Autumn 2	Spring 1	AP1	Spring 2	Summer 1	Summer 2	AP2
Area of study	**RHSE: Health & Well-Being 1**	**RHSE: Relationships, health and sex**	**Citizenship**	Assessment based on Autumn term topics in PSHCE (end of Autumn 2)	**Careers**	**RHSE: Health & Wellbeing 2**	**RHSE: Relationships, health and sex**	Assessment based on learning in Spring and Summer PSHCE topics (end of Summer 1)
Content:	• Bullying B • Mental Health • Vaping • Risk-taking • First Aid • Family and Parenting	• Relationships • Relationship Abuse • Consent and Intimacy* • Impact of Pornography* • Coercion* • Sexual Harassment • (assessment)	• UK Government • Local Government • Human Rights • Equality • Refugees		• Enterprise and Entrepreneurs • Dragon's Den Project and presentations	• Drugs and the Law • NHS Seeking Help • Blood & Organ Donations • Bereavement • (assessment)	• STIs & Sexual Health • Safer Sex* • Sexual Exploitation • Pregnancy and Baby Loss* • Abortion* • Adoption • Teen Parents	

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	**Citizenship**	**RHSE: Health & Wellbeing**	**Economic Well-Being**	Assessment based on learning so far in PSHCE (start Spring 2)	**RHSE: Relationships and Sex**	**Pre-Exam**	N/A	N/A
Content	• Prejudice and Stereotyping • Discrimination and Equality • Research project and presentation • Violence Against Women and Girls	• Self-Esteem • Revision Techniques • Managing Exam Stress • Sexual Harassment	• Credit and Debit • Budgeting • Taxes • Managing Debt • Mortgages • Gambling		• STIs, Sexual Health and Contraception* • Health Screening • Personal Hygiene and Safety • First Aid	Revision techniques and strategies for dealing with exam stress		

HGSS Curriculum Map:
Year 11 Rotations: Students complete each at different times

Exam Board: N/A			Careers:		Co-Curricular:			
	Autumn 1	**Autumn 2**	**Spring 1**	**AP1**	**Spring 2**	**Summer 1**	**Summer 2**	**AP2**
Area of study	Area of Study: ENGLISH Or MATHS/ Exam Prep 1?	Computing: Online safety	Careers: Career paths, post-16 and creating a CV	Non-Assessed Subject	Exam Prep 2	Study session	N/A	Non-Assessed Subject
Content	ENGLISH- revision for GCSE English Language. MATHS- Purposeful practise of basic GCSE Skills. Ratio and percentages, and graphs.	Safety concerns and reflection of online activity. Online reputation. Big Data. Data Analytics. Legal rights to privacy within the UK. The value of online data. Disinformation spread online and fake news. UK laws governing online content.	Unifrog Platform: exploring career and subject paths and considering suitability and personal skills Post-16 options: researching A Levels, vocational courses and apprenticeships Creating a CV and personal statement. Interview practice.			Traditional and modern team working. Technology tools. Effective online communication. Essential skills for the modern workplace. Cloud computing. Ad hoc networks. Impact of mental and physical well-being on individuals. Creating a positive working environment		