



# PSHE Programme of Study – Albany Academy

## Engage Springboard Pathway

### Year 10 Programme of Study

Term	Subject Content	Core Knowledge	Key Skills
Autumn 1	Relationships (families, respectful relationships and online safety and awareness)	<ul style="list-style-type: none"> <li>• Expectations within PSHE lessons</li> <li>• Respect in relationships</li> <li>• Online influences</li> <li>• Forced marriage</li> <li>• Inequalities in relationships</li> <li>• How harmful online content affects wellbeing</li> <li>• AI chatbots</li> </ul>	
Autumn 2	Relationships (online safety and awareness) Health and wellbeing (Health protection and prevention and personal safety)	<ul style="list-style-type: none"> <li>• pornography</li> <li>• Extreme and exaggerated online viewpoints</li> <li>• Personal data online</li> <li>• Online credibility</li> <li>• Self-examination and health screening</li> <li>• Knife crime</li> <li>• Strategies to stay safe</li> </ul>	
Spring 1	Life Skills (Careers) Relationships (being safe) Health and Wellbeing (mental wellbeing)	<ul style="list-style-type: none"> <li>• What a career is</li> <li>• Identify short-term and long-term goals</li> <li>• Pathways after KS4</li> </ul>	<ul style="list-style-type: none"> <li>• Relationship skills</li> <li>• Social awareness</li> <li>• Responsible decision-making</li> <li>• Self-awareness</li> </ul>



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		<ul style="list-style-type: none"> <li>• Labour Market Information</li> <li>• Exploitation</li> <li>• Stalking</li> <li>• Self-esteem</li> </ul>	<ul style="list-style-type: none"> <li>• Self-management</li> </ul>
Spring 2	Health and Wellbeing (mental wellbeing and wellbeing online) Life Skills (financial literacy)	<ul style="list-style-type: none"> <li>• How constructive feedback helps to improve</li> <li>• Gambling</li> <li>• Different types of employment</li> <li>• The purpose of tax and examining a payslip</li> <li>• Social media influence on body image</li> <li>• The risks of buying drugs online</li> </ul>	
Summer 1	Relationships (intimate and sexual relationships) Health and wellbeing (developing bodies and contraception and parenthood)	<ul style="list-style-type: none"> <li>• Hormones</li> <li>• Choices related to pregnancy</li> <li>• STIs and HIV/AIDs</li> <li>• Safe sex</li> <li>• The impact of alcohol and drugs on judgement</li> <li>• Contraception including hormonal contraception</li> <li>• boundaries</li> </ul>	
Summer 2	Relationships (being safe	<ul style="list-style-type: none"> <li>• Financial risks</li> </ul>	



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	Health and Wellbeing (drugs, alcohol, tobacco and vaping, physical health and fitness and healthy eating) Life Skills (Financial literacy)	<ul style="list-style-type: none"> <li>• Consumer rights</li> <li>• Legal and illegal drugs</li> <li>• Physical and physiological consequences of addiction</li> <li>• Blood, organ and stem cell donation</li> <li>• How alcohol affects the body</li> </ul>	
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#### Year 11 Programme of Study

Term	Subject Content	Core Knowledge	SEL Skills
Autumn 1	Relationships (families and respectful relationships) Health and Wellbeing (mental wellbeing)	<ul style="list-style-type: none"> <li>• Family issues</li> <li>• Inequalities in relationships</li> <li>• Respecting and tolerating different beliefs</li> <li>• Self-esteem</li> <li>• Give and receive feedback</li> <li>• Co-occurrence of alcohol / drug use and poor mental health</li> </ul>	
Autumn 2	Relationships (online safety and awareness)	<ul style="list-style-type: none"> <li>• Legal consequences of harmful and illegal online material</li> </ul>	

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	Health and wellbeing (wellbeing online)	<ul style="list-style-type: none"> <li>• Misinformation and data misuse</li> <li>• AI</li> <li>• Pornography reinforcing unhealthy stereotypes</li> <li>• Unrealistic portrayals of sex</li> <li>• Online radicalisation</li> <li>• Body image</li> <li>• Harmful online content, specifically depictions of self-harm, suicide or violence and the impact on mental health and wellbeing</li> </ul>	
Spring 1	<p>Relationships (online safety and awareness and being safe)</p> <p>Life Skills (Careers)</p> <p>Health and Wellbeing (mental wellbeing)</p>	<ul style="list-style-type: none"> <li>• Addressing harmful or extreme viewpoints</li> <li>• Personal goals</li> <li>• Personal statements</li> <li>• Influences on the labour market</li> <li>• Legal consequences of stalking</li> <li>• Abusive behaviour</li> </ul>	<ul style="list-style-type: none"> <li>• Relationship skills</li> <li>• Social awareness</li> <li>• Responsible decision-making</li> <li>• Self-awareness</li> <li>• Self-management</li> </ul>
Spring 2	Relationships (respectful relationships)	<ul style="list-style-type: none"> <li>• Incels</li> <li>• Risks of an inactive lifestyle</li> </ul>	



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	<p>Health and Wellbeing (physical health and fitness, healthy eating and drugs, alcohol, tobacco and vaping)</p> <p>Life Skills (financial literacy)</p>	<ul style="list-style-type: none"> <li>• How to maintain a healthy, balanced diet</li> <li>• Link between drug and alcohol use and mental health</li> <li>• Harmful side effects of drugs</li> <li>• Long-term physical and psychological consequences of addiction</li> <li>• How employment contracts affect income, rights and financial security</li> </ul>	
Summer 1	<p>Relationships (respectful relationships)</p> <p>Health and wellbeing (personal safety, developing bodies and contraception and parenthood)</p>	<ul style="list-style-type: none"> <li>• Knife-related linked to peer pressure</li> <li>• Communication, stability and shared decision-making in healthy relationships</li> <li>• Stages of the menstrual cycle</li> <li>• Difference between contraceptive methods</li> <li>• Available options and support pathways for unplanned pregnancy</li> </ul>	



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		<ul style="list-style-type: none"> <li>• Responsibilities of parenthood</li> </ul>	
Summer 2	<p>Relationships (intimate and sexual relationships)</p> <p>Health and Wellbeing (personal safety and health protection and prevention)</p> <p>Life Skills (Financial literacy)</p>	<ul style="list-style-type: none"> <li>• Legal framework of pregnancy options</li> <li>• How HIV is transmitted and the role of PrEp and PEP</li> <li>• Knife-crime in the community</li> <li>• Financial obligations</li> <li>• Safe and unsafe borrowing</li> <li>• Financial exploitation</li> <li>• Common early signs of physical illness</li> </ul>	