



PARK HALL
ACADEMY

Arden/Park Hall Partnership



ARDEN

PSHE

KEY STAGE 3&4

- Personal Wellbeing
- Economic Wellbeing
- Financial Capability

Personal wellbeing draws together personal, social and health education, including sex education and the social and emotional aspects of learning, while economic wellbeing draws together economic understanding, careers education, enterprise, financial capability and work-related learning. The programmes of study support the statutory requirements for careers education and sex education at Key stages 3 and 4, and work-related learning at Key stage 4.

The PSHE programme of study at Par Hall Academy adopts a spiralled arrangement so that themes are addressed and consolidated across Years 7-9 & 10-11; ensuring that the content for each year is age-appropriate, yet responsive to the needs of students at that time.

Core theme 1: Health and wellbeing

1. How to manage transition
2. How to maintain physical, mental and emotional health and wellbeing including personal health
3. Parenthood and the demands of early parenthood
4. How to assess and manage risks to health and to stay, and keep others, safe
5. How to identify and access help, advice and support



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6. How to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; emotional health and wellbeing and personal health
7. How to respond in an emergency including administering First Aid
8. The role and influence of the media on lifestyle.

Core Theme 2: Relationships

1. How to develop and maintain a variety of healthy relationships within a range of social/cultural contexts and to develop parenting skills
2. How to recognise and manage emotions within a range of relationships
3. How to deal with risky or negative relationships including all forms of bullying (including the distinct challenges posed by online bullying) and forms of exploitation and vulnerability.
4. The concept of consent in a variety of contexts
5. Managing loss (including bereavement, separation and divorce)
6. How to Respect equality and be a productive member of a diverse community
7. How to identify and access appropriate advice and support.

Core Theme 3: Living in the wider world: economic wellbeing, careers and the world of work

1. Rights and responsibilities as members of diverse communities, as active citizens and participants in the local and national economy
2. How to make informed choices and be enterprising and ambitious



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3. How to develop employability, team working and leadership skills and develop flexibility and resilience
4. The economic and business environment
5. How personal financial choices can affect oneself and others, and our rights and responsibilities as consumers.