Curriculum Plan - Overview

**SPHERE stands for Social, Personal, Health, Economy, Relationships and the Environment.**

SPHERE comprises:

* The statutory ‘Relationships Education, Relationships and Sex Education and Health Education (England) Regulations’, which is compulsory for all schools to deliver since September 2020.
* The Learning Opportunities identified by the PSHE Association in delivering the PSHE Curriculum.
* The Citizenship National Curriculum Requirements.

At Kingstone High School, we want to nurture and develop our students into well rounded individuals, who respect themselves, each other as well as the community and environment that they live in. We want students to believe in themselves, to acknowledge their strengths and weaknesses, so they can continue to learn from mistakes and to value everyone they meet daily, so see the good in people and to treat people with respect.

As a school, we believe our SPHERE curriculum plays an important role in helping students develop these values as well as preparing them for life beyond Kingstone when they leave.

The SPHERE curriculum is delivered across all years of the school in form groups by the students’ form tutor. These 30 minutes lessons take place on three mornings a week. Each of the modules are titled ‘… and Me’ to highlight their importance and how they affect EACH student. The modules covered have been arranged in the order they are to try and make the topics covered more ‘age specific’. They are further supported by a weekly year group assembly with regular guest speakers. Recent guest speakers have included visits from the Police, Army, local colleges and local businesses.

**Assessment Opportunities**

Assessment takes the form of both formative and summative assessment in SPHERE. There are many opportunities to check students’ understanding that are built into lessons. This could take the form of questioning to check understanding, asking for feedback on a task which students have undertaken, or reading a written response. In addition, students complete a short assessment at the end of each module that takes the form of 20 short questions. These are peer assessed and the results recorded on ‘Go4Schools’. In doing so, assessment:

* Enables students to reflect on their learning journey;
* Demonstrates progress across the lesson/s;
* Supports teacher’s future planning;
* Provides evidence of learning;
* Demonstrates the impact of the SPHERE curriculum in relation to meeting whole school outcomes.

**What does ‘progress’ look like in SPHERE?**

This can be a change or reconfirmation of Knowledge & Understanding, Skills or Attitudes. For example:

Knowledge – Before I only knew… Now I also know…

Understanding – I always knew … But now I can how it connects to…

Richer Vocabulary – Before I would have said… But now I can say…

Skills & Strategies – Before I didn’t know how to… But now I know how to… Now I know new/more effective ways to…

Confidence – Before I would/could not say or do… But now I feel I am able to say or do…

Assumptions – Before I thought that… but now I realise that was just a myth or a stereotype.

Belief – I used to feel… But now I feel…

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|  | **Year 7** | **Year 8** | **Year 9** |
| 1 | **New Beginnings & Me**Friendships, Unhealthy friendships, Understanding emotions & teenage brain, Communication skills, Bullying & Banter, Cyberbullying, Why people bully. | **Emotional Wellbeing & Me**Emotional Wellbeing, Depression, Understanding your brain, Self Esteem & improving self-esteem, Dealing with Stress, Resilience, Growth Mind Sets, Target Setting, Coping with Bereavement | **Identity & Me**Target Setting, My Identity & Multiple Identities, Prejudice & Discrimination, Gender Identity & Gender Dysphoria, Transphobia, Sexuality & Homophobia, Equality Act 2010 |
| 2 | **Growing Up & Me**Puberty – Physical and emotional changes, Periods and Wet Dreams, Personal hygiene, Independence, Coming of Age Ceremonies, Target Setting | **Sex & Me**Types of Relationship, Romantic Relationships, Sex & the Law, Sexting, Peer Pressure, Grooming, Arousal & Conception, Pregnancy, Giving Birth, Pornography | **Risk & Me**Risk & Risky situations, Peer Pressure, Why people join gangs, Gang behaviour and leaving gangs, Knife Crime, County Lines, Grooming & Radicalisation, Gambling |
| 3 | **Relationships & Me**Types of Relationship, Abusive relationships, types of families, Forced and arranged marriages, Gay marriages, Cohabitation & Divorce. | **Substances & Me**Types of Drugs, Vaccinations, Dangers of Alcohol, Smoking & Vaping, Illegal Drugs, Peer Pressure & Drugs | **Intimate Relationships & Me**Types of Relationship, Romantic Relationships, Sex & the Law, Consent & Peer Pressure, Celibacy, Intimacy without Sex, Contraception, Teen pregnancies, STIs, Self checking. |
| 4 | **Healthy Living & Me**Importance of sleep, exercise & healthy eating, Dangers of energy drinks, Importance of good oral health, Eating disorders, Self harm. | **Democracy & Me**Democracy & Dictatorships, Houses of Parliament, House of Commons, Political Parties, Types of Election, How Laws are made, Role of Police, Types of Court, Life in Prison, Tribunals | **Options & Me**Importance of Options, Planning my future, Post 16 Choices, Family & Cultural expectations, What colleges and employers look for, Reviewing Targets |
| 5 | **Rights & Me**What are Rights and UDHR? Rights within home and education, role of press, child soldiers, Breast Ironing and FGM, Do animals have rights? Role of Amnesty InternationalReview SMART Targets | **Internet & Me**History of Internet, IT in Industry, Features of Internet, Social Media, Fake News, Online Presence, Sexting, The Dark Web, Grooming & Radicalisation, AI – What’s it all about? Staying Safe on line | **Communities & Me**Types of Community inc. Online Communities. Threats to Communities – Prejudice, Discrimination, Bullying, Islamophobia, Radicalisation, Improving Kingstone Community |
| 6 | **Money & Me**The Lottery, Importance of Budgeting, Personal Budget Plans, Savings, Loans and Interest, Types of Bank Account, Online Banking, Online Scams, Advertising & Spending, Tax and Financial Exploitation | **Enterprise & Me**Reviewing Targets, What is Enterprise, Problem Solving & Creative thinking, Role of Charities, Group Enterprise Activity | **Work & Me**Why work? Types of work, Routes into work, Work & Law, Employment Rights, Types of Harassment in Workplace, My career pathway |

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|  | **Term** | **Duration** | **Topic** | **Lesson Content** | **Key Knowledge** | **Summative Assessment** | **Links** |
| **Year 7** | **Aut. 1** | **6 lessons** | **New Beginnings & Me** | 1. How is Year 7 different?
2. What makes a good friend?
3. How can I cope with my changing emotions?
4. What exactly is Bullying?
5. What to do about bullies?
6. End of Module Assessment
 | * What is SPHERE?
* What is meant by Self Regulation?
* How is high school different from primary school?
* What makes a healthy/unhealthy friendship?
* Understanding emotions
* Types of communication – Aggressive/Assertive/Passive
* What is Bullying & types of bullying – physical, verbal, social, cyber & Banter?
* What is Cyber Bullying & what to do to stop Cyber Bullying?
* Why do people bully others & what are the effects of Bullying?
* What can people do if they are being bullied?
 | End of Module Assessment | RSE/PSHE Association:H1, H2, H4, H5, H6, H7, H10, H30, H31R2, R9, R10, R13, R14, R16, R18, R19, R21, R23, R38, R42, R43, R44Citizenship:* the ways in which citizens work together to improve their communities, including opportunities to participate in school-based activities.
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|  | **Term** | **Duration** | **Topic** | **Lesson Content** | **Key Knowledge** | **Summative Assessment** | **Links** |
| **Year 7** | **Aut. 1-2** | **7 lessons** | **Growing Up & Me**  | 1. What is Puberty?
2. How do boys change during Puberty?
3. How do girls change during Puberty?
4. Why is Personal Hygiene important?
5. What does Independence mean?

6. What are Coming of Age Ceremonies?7. End of Module Assessment | - What is puberty – When and why does it occur?- What are the names given to the different parts of the male and female reproductive organs?- What are the physical and emotional changes that take place during puberty?- What are erections and wet dreams?- What is the Menstrual Cycle?- What are some of the myths and facts about puberty and sex?- What is BO and why is personal hygiene important?- What does good personal hygiene involve?- In what ways are students becoming more independent and how can they can manage situations with parents better- How to work effectively within a Team- How do different religions and cultures celebrate puberty through ‘Coming of Age’ Ceremonies? | End of Module Assessment | RSE/PSHE Association:H1, H5, H6, H20, H21, H34R14, R15, R16, R18, R19, R21L1, L2, L3, L9Citizenship:* the roles played by public institutions and voluntary groups in society, and the ways in which citizens work together to improve their communities.
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|  | **Term** | **Duration** | **Topic** | **Lesson Content** | **Key Knowledge** | **Summative Assessment** | **Links** |
| **Year 7** | **Spr 1** | **6 lessons** | **Relationships & Me**  | 1. What types of Relationship are there?
2. Why do some people marry?
3. What is meant by arranged and forced marriages?
4. What types of family are there?
5. Why do some relationships end?
6. End of Module Test
 | - What is meant by a relationship and who do students have relationships with?- What different types of relationship are there? (Family, Friendships, Acquaintances, Romantic, Work/School)- What are the different types of abusive relationship? (Physical, Emotional, Sexual, Coercion, Economic, Neglect)-Why do some people choose to marry and what types of romantic relationships are there?- What types of family groups are there (eg Nuclear, Extended, Step/Blended, Adopted, Foster)- What is meant by a forced marriage and why do they occur?- What is meant by arranged marriages?- What are people’s views towards Gay Marriage and how have attitudes changed?- What is cohabitation and why do some people choose to cohabit?- Why do some people divorce?- How and why have attitudes towards divorce changed? | End of Module Assessment | RSE/PSHE Association:H1, H2, H6, H10R1, R2, R3, R6, R7, R9, R10, R11, R13, R14, R16, R18, R19, R21, R22, R23, R35, R36, R38Citizenship:* the precious liberties enjoyed by the citizens of the United Kingdom
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|  | **Term** | **Duration** | **Topic** | **Lesson Content** | **Key Knowledge** | **Summative Assessment** | **Links** |
| **Year 7** | **Spr 2** | **6 lessons** | **Healthy Living & Me**  | 1. How can I keep myself healthy?
2. Why is eating healthily important?
3. Why is good oral health important?
4. Why do some people suffer with eating disorders and self harm?

5. My Life Balance – What can I do?6. End of Module Test  | * Why is sleep important and what can be done to improve sleep patterns?
* Why is exercise and physical activity important?
* What constitutes a healthy diet?
* What are the effects and dangers of Energy Drinks?
* Why is good oral health important and how can you maintain good oral health?
* What are Eating Disorders and why do some people have them?
* What is meant by Self Harm and why do some people self harm?
* The importance of maintaining a positive life balance
 | End of Module Assessment | RSE/PSHE Association:H1, H2, H4, H5, H6, H7, H10, H11, H12, H13, H14, H15, H16, H17, H18, H20, H21, H30, H31 R15, R16L1 |

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|  | **Term** | **Duration** | **Topic** | **Lesson Content** | **Key Knowledge** | **Summative Assessment** | **Links** |
| **Year 8** | **Aut. 1** | **6 lessons** | **Emotional Wellbeing & Me** | 1. What is Emotional Wellbeing?
2. What is Self Esteem?
3. How can I deal with stress and low self esteem?
4. What is meant by a growth mind set?
5. How do people deal with bereavement?
6. End of Module Assessment
 | * What is Emotional Wellbeing and what are the main mental health issues?
* What causes Anxiety and Depression
* What are the 3 main parts of the brain (Primitive, Limbic System & Neo Cortex) and what are they responsible for?
* Why do teenagers sometimes struggle with their emotions?
* What is self esteem?
* Why do people often have low self esteem?
* What is a SADMAP?
* Self labelling
* All or Nothing
* Dwelling on the past
* Mind Mapping
* Approval at all costs
* Positives don’t count
* Ways to improve self esteem
* What are the physical and emotional symptoms of stress?
* How can people deal with stress?
* How can people be more resilient?
* What is meant by a growth mind set?
* What are SMART targets?
* How does bereavement affect people?
* What can be done to support those who are grieving?
 | End of Module Assessment | RSE/PSHE Association:H1, H2, H3, H4, H5, H6, H7, H8, H9, H10, H12, H30, H31 R14, R16, R19, R21, R22, R23, R38, R42, R43, R44L2, L3, L9 |

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|  | **Term** | **Duration** | **Topic** | **Lesson Content** | **Key Knowledge** | **Summative Assessment** | **Links** |
| **Year 8** | **Aut 2** | **7 lessons** | **Sex & Me** | 1. What types of relationship are there?
2. What are the laws about Sex?
3. Why are some people pressured into having sex?
4. What hgappens during sex and then pregnancy?
5. What happens when a baby is born?
6. What is pornography?
7. End of Module Assessment
 | * What is meant by a relationship and who do students have relationships with?
* What is meant by a romantic relationship and why might some people want a romantic relationship?
* What does Consent actually mean and what is the ‘Age of Consent’?
* What is Sexting – including risks and consequences
* What is Peer Pressure and when is the ‘right’ time to start having sex?
* What is Grooming and the stages a predator uses to groom someone
* Where to go for advice about grooming and issues to do with sex?
* What are the signs of sexual arousal?
* What is conception, where and how does it occur?
* How long is a human pregnancy and how does the fetus develop?
* What are the signs of labour and how are babies born inc. C Sections
* What is Pornography and how does it differ from real sex?
 | End of Module Assessment | RSE/PSHE Association:H1, H2, H5, H6, H30, H31R1, R2, R5, R7, R8, R9, R10, R11, R13, R14, R16, R17, R18, R21, R23, R24, R25, R26, R27, R28, R29, R30, R31, R37, R38, R42 |

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|  | **Term** | **Duration** | **Topic** | **Lesson Content** | **Key Knowledge** | **Summative Assessment** | **Links** |
| **Year 8** | **Spr 1** | **8 lessons** | **Substances & Me**  | 1. What are drugs?
2. What are Vaccinations?
3. What are the dangers of alcohol?
4. What are the dangers of smoking and vaping?

5-6. What are the dangers of illegal drugs?7. How to deal with peer pressure and get advice?1. End of Module Test
 | * What exactly are drugs – Legal and illegal types?
* Why are vaccinations important?
* What are the short and long-term consequences of excess alcohol drinking?
* The dangers of cigarettes and passive smoking
* What is vaping and is this as bad as smoking?
* What are drugs? Why are they dangerous?
* Types of illegal drugs (class A, B and C) including effects
* Dealing with Peer Pressure and substance abuse
* Where to get help and support for substance abuse?
 | End of Module Assessment | RSE/PSHE Association:H5, H6, H19, H23, H24,H25, H26, H27, H28, H29, H30, H31, H32R15, R16, R20, R42, R43, R44L1 |

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|  | **Term** | **Duration** | **Topic** | **Lesson Content** | **Key Knowledge** | **Summative Assessment** | **Links** |
| **Year 8** | **Spr 2** | **8 lessons** | **Democracy & Me**  | 1. How are countries run?
2. What happens in the Houses of Parliament
3. How are MPs elected?
4. How are Laws made?
5. What is the role of the police and courts?
6. What is it like in prison?
7. What is a tribunal?
8. End of Module Test
 | * What is the difference between a democracy and a dictatorship?
* What makes up the Houses of Parliament?
* Who makes up the House of Commons and what do MPs do?
* What are political parties and what are the main differences?
* What types of elections are there and how are they organised – FPTP & PR
* How are our laws made?
* What is the role of the police and what powers do they have?
* What types of court are there and how are they different?
* What types of prison are there and what is life like in prison?
* What is a tribunal and what are the main types?
 | End of Module Assessment | RSE/PSHE Association:R14, R16, Citizenship:* the development of the political system of democratic government in the United Kingdom, including the roles of citizens, Parliament and the monarch
* the operation of Parliament, including voting and elections, and the role of political parties
* the nature of rules and laws and the justice system, including the role of the police and the operation of courts and tribunals
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|  | **Term** | **Duration** | **Topic** | **Lesson Content** | **Key Knowledge** | **Summative Assessment** | **Links** |
| **Year 9** | **Aut. 1** | **7 lessons** | **Identity & Me**  | 1. What is meant by Identity?
2. What is the difference between Prejudice and Discrimination?
3. What is meant by Gender Identity?
4. How is my sexuality different to my Gender Identity?
5. Why are some people homophobic?
6. Why is the 2010 Equality Act important?
7. End of Module Assessment
 | * What is meant by Identity and what gives people their identity?
* Can people have multiple identities?
* What theories are used to support both one personal identity and multiple identity?
* What does Prejudice and discrimination mean?
* What types of discrimination are there and why do some people discriminate?
* What is meant by Gender Identity and what genders are there?
* What is Gender Dysphoria and what options are available?
* Why are pronouns important?
* What is Transphobia and what does the law say?
* Where is support available?
* What is the difference between gender and sexuality?
* What types of sexuality are there?
* What is homophobia and why are some people homophobic?
* What can be done to tackle homophobia?
* What does the Equality Act 2010 say and why is it important?
* What is Homosexuality viewed around the world?
 | End of Module Assessment | RSE/PSHE Association:H1, H2, H5, H6R3, R4, R5, R7, R9, R10, R11, R13, R14, R16, R18, R19, R21, R23, R37, R38, R39, R40, R41, R42, R43, R44L2, L3, L9, L10Citizenship:* the precious liberties enjoyed by the citizens of the United Kingdom
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|  | **Term** | **Duration** | **Topic** | **Lesson Content** | **Key Knowledge** | **Summative Assessment** | **Links** |
| **Year 9** | **Aut 2** | **12 lessons** | **Risk & Me**  | 1. What is a Risk?
2. Why do some people join gangs?
3. What are the risks and consequences of different gang behaviours?
4. Why is knife crime on the increase?
5. What is meant by Grooming and Radicalisation?
6. What is the difference between responsible and irresponsible gambling?
7. End of Module Test
 | * What is the difference between a risk & hazard?
* Why take risks and can risk taking be positive?
* What is meant by a risky situation and what are the possible positive and negative outcomes?
* What is Peer Pressure and what types of Peer Pressure are there?
* What can be done to overcome Peer Pressure?
* Why do some people join gangs?
* What are the risks and consequences of Gang behaviour?
* What exit strategies are there to enable someone to leave a gang safely?
* Why do some people choose to carry a knife?
* What is the impact of knife crime?
* What is meant by County Lines and how does it work?
* What is meant by Grooming and Radicalisation?
* How and why do extremists exploit young people?
* Why do some people gamble?
* Types of Gambling
* Differences between Responsible and Irresponsible Gambling
* Where to get help and support with Gambling?
 | End of Module Assessment | RSE/PSHE Association:H5, H6, H30, H31R1, R2, R10,R13, R14, R16, R18, R19, R21, R23, R37, R42, R43, R44, R45, R46, R47 |

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|  | **Term** | **Duration** | **Topic** | **Lesson Content** | **Key Knowledge** | **Summative Assessment** | **Links** |
| **Year 9** | **Spr 1 –** **Spr 2** | **6 lessons** | **Options & Me** | 1. Options – Why are they important?
2. What options are there Post 16?
3. How can Family & Cultural Expectations influence my choices?
4. What are employers & colleges looking for?
5. What is meant by my online presence?
6. End of Module Test
 | * Why do we have options and what to consider when choosing your options?
* Where can I get information, advice and support about Options
* What are the benefits of setting ambitious goals?
* What possible careers are there and what type of qualifications do they require?
* Challenging stereotypes and how to deal with possible family and cultural expectations
* What else can I do to increase my future opportunities – eg extra-curricular activities
* Have SMART targets been achieved? If so, how or they need to be modified or changed?
* What does my online presence say about me?
 | End of Module Assessment | RSE/PSHE Association:R16, R17L6, L7, L8, L9, L10, L12 |

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|  | **Term** | **Duration** | **Topic** | **Lesson Content** | **Key Knowledge** | **Summative Assessment** | **Links** |
| **Year 9** | **Spr 2** | **8 lessons** | **Intimate Relationships & Me**  | 1. What is meant by an intimate relationship?
2. What are the laws about Sex and Consent?
3. How to deal with peer pressure surrounding sex?
4. Can you be intimate without having sex?
5. What methods of Contraception are there?
6. What are the Consequences of Teen Pregnancies?
7. What are STIs?
8. End of Module Test
 | * Recap the different types of Relationship
* What is meant by a romantic relationship including why some people want romantic relationships and the qualities of a romantic relationship?
* Recap of the laws surrounding Sex including Consent
* How to deal with Peer Pressure about Sex?
* What is meant by Celibacy and what is the Silver Ring Thing?
* Is it possible to be intimate without having sex – Masturbation
* What methods of contraception are there? – The advantages and disadvantages are each
* The effects of Teen Pregnancies
* What types of STI are there? Symptoms and Treatment
* The importance of Self Checking including Breast and Testicular Awareness
 | End of Module Assessment | RSE/PSHE Association:H1, H2, H5, H6, H10, H19, H20, H21, H30, H31, H35, H36R1, R2, R3, R9, R10, R11, R12, R13, R14, R15, R16, R18, R21, R23, R24, R25, R26, R27, R28, R29, R30, R31, R32, R33, R34, R42, R43, R44L1 |