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.

The SPHERE curriculum continues in Key Stage 4, despite there being no external GCSE assessment. As in Key Stage 3, SPHERE is taught in form groups by the students’ form tutor. They are taught in a one hour lesson each week and are further supported by a weekly year group assembly with regular guest speakers and two or three ‘drop down’ days a year.

As with Key Stage 3, each of the modules are titled ‘… and Me’ to highlight their importance and how they affect EACH student. This is because, 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.

**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 10** | **Year 11** |
| 1 | **Mental Health & Me**Emotional Wellbeing, Depression, Self Esteem & improving self-esteem, Assertiveness, Dealing with Stress, Resilience, Growth Mind Sets, Target Setting, Coping with Bereavement, Supporting people with Mental Health issues | **Lifestyles & Me**Importance of Sleep & Diet, Social Media, Digital Footprints, Fake News, Dangers of the Internet, Dark Web, Selfies & Internet Safety, Body Image & the Media, Fake Tans, Tattoos, Cosmetic Procedures, Eating Disorders, Self-Harm, Blood Donation |
| 2 | **Sexual Health & Me**Types of Relationship, Sex & Law, Sexual Relationships, Masturbation, Sexual Arousal, Orgasms, Pornography, Revenge Porn, Consent, Assault and Rape, Unsafe Sex – Alcohol & Chem Sex, Contraception, STIs, Religious Beliefs towards Sexual Activity | **Next Steps & Me**Curriculum Vitaes, Personal Profiles, CV Writing, References, Interview Techniques |
| 3 | **Family & Me**Marriage, Types of family, Forced marriages, Arranged marriages, Domestic Abuse, Divorce, Development of the Fetus, Fertility, Infertility Treatments, Miscarriages, Teen Pregnancies, Adoption, Fostering, Abortion, Religious Views towards Abortion, Parenting Skills,  | **Politics & Me**Democracy & Dictatorships, Houses of Parliament, House of Commons, Political Parties, Elections, Making Laws, Taxes & Public Services, Local Council, Young people & Politics |
| 4 | **Prejudice & Me**Prejudice & Discrimination, Rights & Responsibilities, Equality Act, Sexuality, Islamophobia, Role of Press & Reliability of Information | **Money Matters & 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 |
| 5 | **Peer Pressure & Me**Peer Pressure, Manipulation, Persuasion & Coercion, Knife Crime, County Lines, Grooming & Radicalisation, Gambling, Violent Crime, Gangs, Substance Use/Misuse inc. Alcohol, Vaping & Drugs | **Revision & GCSE Exams** |
| 6 | **Work Experience & Me**Types of Employment, Opportunities, Career Choices & Employability, Personal Strengths, Goal Setting, Challenging Stereotypes, Online Presence, Safety in Workplace, H&S, Confidentiality & Harassment in the Workplace |

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|  | **Term** | **Duration** | **Topic** | **Lesson Content** | **Key Knowledge** | **Summative Assessment** | **Links** |
| **Year 10** | **Aut. 1** | **6 lessons** | **Mental Health & 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 can 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?
* 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?
* How does bereavement affect people?
* What can be done to support those who are grieving?
 | End of Module Assessment | RSE/PSHE Association:Citizenship: |

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|  | **Term** | **Duration** | **Topic** | **Lesson Content** | **Key Knowledge** | **Summative Assessment** | **Links** |
| **Year 10** | **Aut.2** | **8 lessons** | **Sexual Health & Me**  | 1. When is the ‘right time’ to start a sexual relationship?
2. What are the laws about sex?
3. What happens when a person becomes aroused?
4. What are the issues with pornography?
5. When does sex become unsafe?
6. What contraceptive methods are there?
7. What are STIs?
8. End of Module Assessment
 | * What is meant by a sexual relationship?
* When is the ‘right time’ to start a sexual relationship?
* What can be done to challenge peer pressure?
* What can we recall about the meaning of ‘consent’?
* What does the law say about sexual abuse, sexual assault and rape?
* Where can you go for further support, advice and help?
* What is meant by sexual arousal?
* How does sexual arousal affect the hormones in our bodies?
* What is meant by Masturbation?
* What are the myths and facts surrounding Masturbation?
* How does alcohol affect sex?
* What exactly is Chem Sex?
* What methods of contraception are available?
* What are the advantages and disadvantages of each method?
* What are the most common STIs?
* What are the symptoms of the most common STIs and how can I protect myself from ever getting these infections?
* Where can I go for more advice and information?
 | End of Module Assessment | RSE/PSHE Association:H26, H27, H28, H29, H35, H36R1, R2, R3, R 6, R7, R8, R9, R10, R11, R12, R16, R17, R18, R21, R22, R23, R24, R25, R26, R29, R30, R31Citizenship: |

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|  | **Term** | **Duration** | **Topic** | **Lesson Content** | **Key Knowledge** | **Summative Assessment** | **Links** |
| **Year 10** |  **Spr 1** | **8 lessons** | **Family & Me**  | 1. What types of Marriage and families are there?
2. What are forced and arranged marriages?
3. How does a foetus develop?
4. What problems can couples face when trying to start a family?
5. What is the difference between fostering and adoption?
6. Why is abortion an emotive subject?
7. What parenting styles are there?
8. End of Module Test
 | * What types of marriage are there?
* Why do some people get married?
* What ‘types’ of family are there?
* How have roles within a family changed?
* What is a forced marriage?
* What is an arranged marriage?
* Why do these types of marriage take place?
* How long is a human pregnancy?
* How does a foetus develop in the mother’s womb?
* When does life actually begin?
* What does fertility and infertility mean?
* What factors can affect fertility?
* What are the options to couples who are infertile?
* What are the arguments for and against the use of IVF?
* What is the difference between adoption and fostering?
* Why do some people choose to adopt or foster?
* What is abortion?
* What does the law in the UK say about abortion?
* Should abortion be allowed?
* What are the issues do young parents face with a teenage pregnancy?
* What is meant by parenting styles?
* What different types of parenting styles are there?
* What is ‘good’ and ‘bad’ about each parenting style?
 | End of Module Assessment | RSE/PSHE Association:H30, H31R1, R4, R7, R10, R11, R13, R17, R16, R18, R19, R22, R23Citizenship: |

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|  | **Term** | **Duration** | **Topic** | **Lesson Content** | **Key Knowledge** | **Summative Assessment** | **Links** |
| **Year 10** | **Spr 2** | **7 lessons** | **Prejudice & Me**  | 1. What is the difference between prejudice and discrimination?
2. What are our Rights and Responsibilities?
3. What is the Universal Declaration of Human Rights?
4. What is the Equality Act?
5. What is Islamophobia?
6. What role does the Media play in Discrimination?
7. End of Module Test
 | * What is the difference between Prejudice and Discrimination?
* What types of discrimination are there?
* Why do some people discriminate against other people?
* What are our basic human rights?
* What does Responsibility mean?
* What is the Universal Declaration of Human Rights?
* What can we remember about the 2010 Equality Act?
* How many different types of discrimination are there?
* How can I be more assertive?
* What is meant by sexuality?
* What does LGBTQIAAP2S stand for?
* How can we prevent gender and sexuality discrimination?
* What is Islamophobia?
* Why are some people Islamophobic?
* What can be done to challenge Islamophobia?
* What role does the media play in how news stories are portrayed?
* What is Fake News?
* How can you spot Fake News
 | End of Module Assessment | RSE/PSHE Association:R5Citizenship:- human rights and international law- the legal system in the UK, different sources of law and how the law helps society deal with complex problems- diverse national, regional, religious and ethnic identities in the United Kingdom and the need for mutual respect and understanding |

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|  | **Term** | **Duration** | **Topic** | **Lesson Content** | **Key Knowledge** | **Summative Assessment** | **Links** |
| **Year 11** | **Aut. 1-2**  | **10 lessons** | **Lifestyles & Me** | 1. What helps make a healthy lifestyle?
2. Can Social Media affect our health?
3. What are the dangers of the Internet?
4. Is the Internet a reliable source of information?
5. How can we be safe using the Web?
6. What is meant by body image?
7. Why do some people change the way they look?
8. Why do some people want to harm their bodies?
9. How can we help other people?
10. End of Module Test
 | * Why is sleep important?
* What does a healthy diet look like?
* How can I create a healthier lifestyle?
* How do we use social media?
* What are the disadvantages of the Internet / Social Media?
* How and why does screen time affect my health?
* What are some of the dangers of the Internet?
* What does the law say about some of these dangers?
* What is Fake News?
* Why do people create Fake News?
* How can we spot Fake News?
* What is the Dark Web and what do we need to know about it?
* What are the dangers of selfies?
* How can I be safer when using Social Media?
* What is a digital footprint?
* How can I manage the adverts I see?
* What does Self Esteem and Body Image mean?
* What factors can affect Self Esteem and Body Image?
* Why do people use sunbeds and are they dangerous?
* Why do some people want/have tattoos and cosmetic surgery?
* What are the dangers of tattoos and cosmetic surgery?
* What are eating disorders and their possible causes?
* What are some of the identifiable symptoms of the most common eating disorders?
* Where can you go for help on the prevention and treatment of eating disorders ?
* Who needs Blood, Stem Cell and Organ Donations?
* What is involved in donating Blood, Stem Cells and Organs?
* What does the law in England say about organ donation?
 | End of Module Assessment | RSE/PSHE Association:R29Citizenship: |

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|  | **Term** | **Duration** | **Topic** | **Lesson Content** | **Key Knowledge** | **Summative Assessment** | **Links** |
| **Year 11** | **Aut. 2 – Spr 1**  | **7 lessons** | **Next Steps & Me** | 1. What is a CV?

2-3 CV Writing4. What does a reference include?5. How can I prepare for an interview?6. Practise Interviews7. End of Module Tests | * What is a CV?
* What should a CV include?
* What makes a good (and bad) CV?
* What is a Personal Profile?
* What should a Personal Profile include?
* What makes a good (and bad) Personal Profile?
* What is a Reference?
* What type of information does a reference include?
* What is a Common Reference Form?
* What is an Interview?
* How can I prepare for an interview?
 | End of Module Assessment | RSE/PSHE Association:Citizenship: |

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|  | **Term** | **Duration** | **Topic** | **Lesson Content** | **Key Knowledge** | **Summative Assessment** | **Links** |
| **Year 11** | **Spr 2** | **7 lessons** | **Politics & Me**  | 1. What is a Democracy?
2. What are the Houses of Parliament?
3. What do MPs do?
4. How are laws made?
5. Why do we pay taxes?
6. What do local councils do?
7. End of Module Test
 | * What is the difference between a Democracy and a Dictatorship?
* What are the advantages and disadvantages of each political system?
* What is a manifesto?
* What are some of the biggest differences in opinions between the main political parties?
* What is the 3 parts that make up the Houses of Parliament?
* What do each of the 3 parts do?
* Who makes up the House of Commons?
* Where do the different people tend to sit?
* What do MPs do?
* What is the difference between a General Election and a By Election?
* What different voting systems are there?
* What is the difference between a Bill and an Act?
* How are new laws made?
* What role does the monarch have in new laws being made?
* What is the difference between Public Sector and Private Sector?
* How are public taxes raised and spent by government?
* What is ‘The Budget’ and what does the ‘Chancellor of the Exchequer’ do?
* What are local councils responsible for?
* What are the different levels within local council?
* How old do you have to be to become an MP or local councillor?
* What are the advantages and disadvantages of having young people in politics?
* Why aren’t more young people involved in politics?
 | End of Module Assessment | RSE/PSHE Association:Citizenship:- parliamentary democracy and the key elements of the constitution of the United Kingdom, including the power of government, the role of citizens and Parliament in holding those in power to account, and the different roles of the executive, legislature and judiciary and a free press- the different electoral systems used in and beyond the United Kingdom and actions citizens can take in democratic and electoral processes to influence decisions locally, nationally and beyond- other systems and forms of government, both democratic and non-democratic, beyond the United Kingdom- local, regional and international governance and the United Kingdom’s relations with the rest of Europe, the Commonwealth, the United Nations and the wider world |