Brookvale ACADEMY

KS4 PSHE Long Term Plan

Our KS4 PSHE curriculum supports pupils to become healthy, safe, resilient and responsible young adults who are well prepared for life beyond school. Through a carefully sequenced programme based on the **Jigsaw PSHE** framework and aligned with current statutory **Relationships, Sex and Health Education (RSHE)** requirements, pupils develop the knowledge, understanding and personal skills needed to successfully navigate adolescence and prepare for adulthood.

The curriculum places a strong emphasis on emotional wellbeing, mental health and personal development. Pupils are supported to build self-awareness, resilience, emotional regulation and self-confidence, enabling them to manage challenges, make informed decisions and seek support when required. Learning reflects the school's values of confidence, creativity, curiosity, challenge and character, helping pupils to develop the skills and attitudes needed to thrive in education, employment and the wider community.

PSHE learning covers key areas including mental and physical health, healthy relationships, consent, online safety, identity, diversity and inclusion, personal safety, careers education, financial capability, and preparation for adult life. Pupils explore topics that are relevant to their age and stage of development, helping them to understand risk, recognise healthy and unhealthy behaviours, and develop respect for themselves and others.

The curriculum is responsive to the needs of our pupils and provides opportunities to discuss current issues affecting young people today. Staff adapt learning to address emerging themes, local concerns and cohort-specific needs, ensuring that lessons remain relevant, meaningful and engaging. Particular emphasis is placed on preparing pupils for their next steps, including further education, employment, training and independent living.

By the end of KS4, pupils will have developed the knowledge, skills and personal qualities needed to make positive life choices, maintain healthy relationships, manage their wellbeing, stay safe in an increasingly complex world and move confidently into adulthood.

Brookvale ACADEMY

Pathway ONE

Priorities: Increased attendance, develop positive relationships, Develop simple learning behaviours

Pathway 1 focuses on re-engagement with learning through a nurturing, structured approach. Lessons are practical, highly scaffolded and designed to build confidence, resilience and independence. The PSHE curriculum prioritises emotional wellbeing, healthy relationships, personal safety and preparation for adulthood, helping pupils develop the knowledge and skills needed for everyday life. Activities are relevant and accessible, focusing on areas such as managing emotions, making safe choices, communication and essential life skills, enabling pupils to participate positively and prepare for their next steps.

Pathway TWO

Priorities: Increased attendance, improved engagement and participation in lessons, develop wider relationships, progress in literacy/numeracy

Pathway 2 builds on these foundations by promoting greater independence, engagement and active participation in learning. Lessons encourage discussion, reflection and critical thinking as pupils explore topics such as healthy relationships, mental wellbeing, diversity, online safety and preparation for adulthood. Learning is linked to real-life situations through collaborative activities, practical tasks and meaningful discussion, helping pupils develop confidence, resilience and decision-making skills. Pupils are supported to set personal goals, overcome barriers and strengthen the knowledge and skills needed for their future education, employment and adult life.

Pathway THREE

Priorities: consistently high attendance, consistently positive engagement and participation in lessons, appropriate positive social interactions, Academic progress.

Pathway 3 provides a rich and challenging PSHE experience for pupils who demonstrate high levels of engagement and independence. Lessons encourage critical thinking, informed discussion and reflection as pupils explore complex topics such as healthy relationships, consent, identity, diversity, citizenship, financial capability and preparation for adulthood. Pupils take increasing ownership of their learning through debate, leadership opportunities and real-world problem-solving activities that develop confidence, resilience and decision-making skills. Wellbeing remains central, with pupils learning strategies to manage stress, maintain positive relationships and make informed choices, ensuring they are well prepared for further education, employment and adult life.

Brookvale ACADEMY

Autumn		Spring		Summer	
BM (Being Me in My World) Is managing my online and offline world within my control?	**CD** (Celebrating Difference) Does difference result in inequality?	**DG** (Dreams and Goals) Is success only possible when physical and emotional needs are in balance?	**HM (**Healthy Me) When it comes to health, to what extent am I in control?	**RL** (Relationships) Is love all you need?	**CM** (Changing Me) Can all change be positive in some way?
YEAR 10					
Pupils will be able to: 1. Explain their rights, freedoms and responsibilities in society. 2. Recognise the impact of loss and relationship changes and access appropriate support. 3. Evaluate how social media can influence identity, culture and behaviour. 4. Make safe and responsible	**Pupils will be able to:** 1. Explain how rights and equality help create a fair society. 2. Value diversity and respect different backgrounds, beliefs and identities. 3. Recognise the impact of discrimination and inequality on individuals. 4. Challenge unfair treatment and promote inclusion and respect.	**Pupils will be able to:** **1.** Build resilience by using strategies to manage setbacks, adapt to challenges and work towards personal goals. **2.** Recognise how positive relationships, physical health and mental wellbeing support success and future aspirations. **3.** Make responsible choices online that protect their wellbeing, reputation and	**Pupils will be able to:** **1.** Understand the factors that influence physical and mental health and make informed choices to support their wellbeing. **2.** Recognise health risks, including cancer and substance misuse, and identify actions that promote	**Pupils will be able to:** **1.** Recognise the characteristics of healthy long-term relationships and understand the importance of self-respect, trust and commitment. **2.** Identify unhealthy, abusive or unsafe relationship behaviours and know how to seek help and support. **3.** Build and maintain positive relationships through empathy, communication,	**Pupils will be able to:** 1. Identify and explain at least three ways that personal, social or societal change can affect wellbeing, and describe strategies for managing change positively. 2. Assess risks in a range of real-life situations and justify safe choices that protect their health, safety and wellbeing.

choices when communicating and sharing online. 5. Assess risks in online and offline situations and take action to keep themselves safe.	5. Identify power imbalances in relationships and know how to seek support.	future opportunities. **4.** Describe how helping others and contributing to a community can positively impact individuals' lives and goals. **5.** Maintain a healthy balance between different aspects of life, supporting positive relationships, wellbeing and personal development.	long-term health. **3.** Explain the impact of substances on mental health and know how and when to seek support. **4.** Explain how to protect their sexual health, including understanding STIs, testing and the consequences of unprotected sex. **5.** Make informed and responsible decisions about relationships, contraception and sexual health, knowing where to access advice and support.	respect and healthy boundaries. **4.** Critically evaluate how relationships are portrayed in social media and the media, recognising unrealistic and potentially harmful influences. **5.** Describe issues such as coercion, harassment, stalking and exploitation, and make informed choices to keep themselves and others safe.	3. Demonstrate increased independence by explaining how personal decisions can impact their own safety, wellbeing and future outcomes. 4. Recognise and challenge stereotypes, prejudice and discrimination, using appropriate examples to promote equality and respect. 5. Explain how human rights, legislation and support services help protect individuals facing exploitation, harmful practices or discrimination, and identify where support can be accessed.

Brookvale ACADEMY

YEAR 11					
BM (Being Me in My World) Are we in the adult world at 16?	**DG** (Dreams and Goals) Can I rely on myself to achieve my goals or do I need luck or destiny?	**HM (**Healthy Me) Should relationships, sex and sexual health be discussed more openly?	**RL** (Relationships) Is it possible to stay true to yourself and be in healthy relationships?		
Pupils will be able to 1. Explain key rights, responsibilities and laws that affect them as young adults. 2. Recognise healthy and unhealthy relationship behaviours and know how to access support. 3. Identify the risks of exploitation, substance misuse and coercive control, and know how to stay safe.	**Pupils will be able to** **1.** Use strategies to manage anxiety and maintain positive physical and mental wellbeing. **2.** Set realistic financial goals, manage a budget and understand the risks of debt and gambling. **3.** Identify personal strengths, skills and aspirations, and understand how these can support future careers. **4.** Understand the skills and responsibilities needed for	**Pupils will be able to** 1. Understand the importance of consent, self-worth and informed decision-making in sexual relationships. 2. Explain contraception choices and how to protect sexual and reproductive health. 3. Understand factors that affect fertility, reproductive health and personal wellbeing. 4. Recognise the physical, emotional and practical responsibilities associated with	**Pupils will be able to** **1.** Explain how to build and maintain healthy intimate relationships and access support when needed. **2.** Use and understand key terms relating to gender, sexuality and identity. **3.** Show respect and empathy towards people with different identities and experiences.		

4. Recognise the risks associated with gambling, gaming and online influences, and make informed choices. **5.** Demonstrate the key steps to take in an emergency and access appropriate help when needed.	healthy relationships, family life and future independence. **5.** Develop resilience by planning for challenges, adapting to setbacks and working towards long-term goals.	pregnancy and parenthood. 5. Respect different views about pregnancy and relationships while making informed choices and accessing appropriate support.	**4.** Recognise abuse, coercion and power imbalances in relationships and know how to report concerns. **5.** Explain why harmful cultural practices are illegal and know how to access support or report concerns.		

PSHE Core Key stage end points.
(based on the 5 pillars of PSHE)

KS4 (Years 10–11)
Pupils will be able to:

1. Make informed decisions about their physical health, lifestyle choices and future wellbeing.
2. Recognise how to maintain positive mental health, build resilience and access appropriate support when needed.
3. Develop and maintain healthy, respectful and consensual relationships, understanding their rights and responsibilities.
4. Manage personal safety and assess risk effectively in a range of situations, including online, within relationships and in the wider community.
5. Demonstrate the knowledge, skills and confidence needed to participate positively in society and successfully transition to further education, employment, training and adult life.

Brookvale
ACADEMY