



'World Ready'

PSHE Curriculum



World Ready PSHE Curriculum –

The Academy's personal development programme (**World Ready**) is designed to promote the emotional, social and health development of our young people and is sequenced progressively over 7 years. It covers the breadth of all statutory RSHE requirements (**including Relationships Education, RSE and Health Education**) to economic wellbeing and careers. Learning opportunities are spread across **three core themes**:

Independence and aspirations Autonomy and advocacy Choices and influences

RSHE learning opportunities identified in the below curriculum map, separated into **two core themes**:

Relationship education

Sex education

Parents have the right to withdraw their child from anything highlighted in school if you would like to discuss this further. Please contact:
enquiries@hermitageacademy.co.uk

***Stop the Clock** – When important issues in our local community/global affairs arise or you bring something important to our attention, we will interrupt the usual World Ready/assembly programme and deliver one-off Stop the Clock assemblies/World to address the issues. One session per half term is allocated to deal responsively to changing emerging issues.

Why World Ready?

Our PSHE World Ready programme helps children develop their character, including mental wellbeing, sense of purpose, and independence, allowing them to become strong adults. It is a very thorough course and is delivered over the full 7 years that pupils spend with us.

It is our hope that by teaching children to develop strength, understand their vulnerability (and that of others) and by taking ownership over their thoughts and actions, the better they will cope with life later on.

Personal development allows us to look at ourselves objectively and gain an awareness of how our internal programming might be hindering us or affecting how we behave.

When our pupils leave our care, it is our hope, and our aim, that they are ready to meet the world and do well within it.



Hermitage Academy – #WorldReady: 7 Year Plan

KS3 World Ready Plan -

	Autumn 1- Independence and aspirations	Autumn 2- Autonomy and advocacy	Spring 1 Choices and influences	Spring 2 Independence and aspirations	Summer 1 Autonomy and advocacy	Summer 2 Choices and influences
Year 7	<p>Puberty - Developing self-confidence, self-worth, and self-awareness:</p> <ul style="list-style-type: none"> Puberty and managing change. Body confidence and self-awareness 	<p>Developing empathy, compassion, and communication:</p> <ul style="list-style-type: none"> Making and maintaining friendships Identifying and challenging bullying Communicating online 	<p>Physical and Mental Wellbeing - Developing agency, strategies to manage influence and decision making:</p> <ul style="list-style-type: none"> Regulating emotions Diet and exercise Hygiene and dental health Sleep 	<p>Self-Awareness and Resilience: Developing goal setting, organization skills and self-awareness:</p> <ul style="list-style-type: none"> Personal identity and values Body confidence and self-awareness Building resilience 	<p>Healthy Relationships - Developing assertive communication, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> Rights in the community Communication and boundaries in relationships Consent 	<p>Health and Wellbeing - Developing agency and decision-making skills:</p> <ul style="list-style-type: none"> Cyberbullying and online safety Drugs, alcohol, vaping, and tobacco Safety and first aid
Year 8	<p>Managing Online Presence - Developing risk management skills, analytical skills, and strategies to identify bias:</p> <ul style="list-style-type: none"> Managing online presence Digital and media literacy 	<p>Equality and Diversity - Developing respect for beliefs, values and opinions and advocacy skills:</p> <ul style="list-style-type: none"> Stereotypes, prejudice, and discrimination Promoting diversity and equality 	<p>Equality and Diversity – (2) Developing agency and strategies to manage influence and access support:</p> <ul style="list-style-type: none"> Respect and kindness Online choices and influences 	<p>Careers - Developing goal setting, motivation, and self-awareness:</p> <ul style="list-style-type: none"> Aspirations for the future Identity and the world of work Inclusivity 	<p>Healthy Relationships - Developing communication and negotiation skills, clarifying values and strategies to manage influence:</p> <ul style="list-style-type: none"> Healthy relationships Relationship boundaries Consent Managing requests for intimate images 	<p>Physical and Mental Wellbeing - Developing agency and strategies to manage influence and access support:</p> <ul style="list-style-type: none"> Maintaining positive mental health Importance of physical activity
Year 9	<p>Careers - Developing goal setting, analytical skills and decision making:</p> <ul style="list-style-type: none"> Career choices Sources of careers advice Employability 	<p>Friendship - Developing self-confidence, risk management and strategies to manage influence:</p> <ul style="list-style-type: none"> Friendship challenges Assertive communication 	<p>Mental Wellbeing - Developing empathy, compassion, and strategies to access support:</p> <ul style="list-style-type: none"> Mental health (including self-harm and eating disorders) Change, loss and bereavement Healthy coping strategies Honour based violence and FGM 	<p>Drugs, Alcohol and Gambling - Developing analytical skills and strategies to identify bias and manage influence:</p> <ul style="list-style-type: none"> Financial decisions Gambling, financial choices and debt Drugs and alcohol 	<p>Romantic Relationships - Developing assertive communication, clarifying values and strategies to manage influence:</p> <ul style="list-style-type: none"> Healthy relationships Consent 	<p>Healthy Relationships - Developing decision making, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> Sexually transmitted infections Contraception Cancer awareness

KS4 World Ready Plan –

Year 10	<p>Wellbeing – Developing self-awareness, goal setting, adaptability, and organisation skills:</p> <ul style="list-style-type: none"> Organisational and learning skills. Managing mental health concerns 	<p>Relationships – Developing empathy and compassion, strategies to manage influence and assertive communication:</p> <ul style="list-style-type: none"> Relationship expectations Identifying and responding to abuse and harassment 	<p>Substance and Sexualisation – Developing agency and decision making, strategies to manage influence and access support:</p> <ul style="list-style-type: none"> First aid and lifesaving Personal safety Sexualisation of the media Impact of pornography 	<p>Preparing for Employment – Developing goal setting, leadership, and presentation skills:</p> <ul style="list-style-type: none"> Skills for employment Applying for employment 	<p>Committed Relationships – Developing respect for diversity, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> Nature of committed relationships Forced marriage. Extremism 	<p>Careers – Developing motivation, organisation, leadership, and presentation skills:</p> <ul style="list-style-type: none"> Preparation for, and reflection on, work experience
Year 11	<p>Money Skills – Developing resilience and risk management skills:</p> <ul style="list-style-type: none"> Money management Fraud and cybercrime Preparing for adult life 	<p>Sexual Health – Developing communication and negotiation skills, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> Relationship values Maintaining sexual health Sexual health services Maintaining relationships, challenges and relationships ending 	<p>Lifestyle Choices and Health – Developing confidence, agency, and support-seeking skills:</p> <ul style="list-style-type: none"> Making safe and healthy lifestyle choices Health promotion and self-examination Blood, organ and stem cell donation 	<p>Parenthood and Fertility – Developing empathy and compassion, clarifying values and support-seeking skills:</p> <ul style="list-style-type: none"> Families and parenting Fertility, adoption, abortion Pregnancy and miscarriage Menstrual and gynecological health Managing grief and loss 	<p>Post 16 – Developing confidence, self-worth, adaptability, and decision-making skills:</p> <ul style="list-style-type: none"> Recognising and celebrating successes Transition and new opportunities Aligning actions with goals 	

KS5 World Ready Plan –

Year 12	<p>Study Skills – Developing Study Skills and Independent Working</p> <ul style="list-style-type: none"> • Notetaking, skimming and scanning. • Independent working • Time management • Boosting memory 	<p>Sexual Health – Developing empathy and compassion to access supportive strategies.</p> <ul style="list-style-type: none"> • Consent • Contraception • Pregnancy • STI's • Fertility 	<p>Lifestyle Choices – Developing analytical skills to identify bias and manage influence.</p> <ul style="list-style-type: none"> • Resilience and motivation • Stress and self-care • Alcohol consumption and drug use • Sleep • Dental hygiene 	<p>Careers and Next Steps – Developing goalsetting, motivation, and self-awareness to identify next steps.</p> <p>Employability skills</p> <ul style="list-style-type: none"> • Writing a CV • Employment Law • Social responsibility and careers 	<p>UCAS and Employability – Developing goal setting adaptability, decision-making and presentation skills.</p> <ul style="list-style-type: none"> • Apprenticeships • Employment and Self-employment • UCAS information and personal statements 	<p>Revision & UCAS – Developing motivation, organisation, study skills and independent working</p> <ul style="list-style-type: none"> • UCAS Personal Statement writing. • Revision skills • Time management • Preparing for work experience
Year 13	<p>Future Choices – Developing goal setting and presentation skills</p> <ul style="list-style-type: none"> • Personal Statements • Choosing a university • Life as a student • Critical thinking 	<p>Healthy Relationships – Developing life skills and self-awareness</p> <ul style="list-style-type: none"> • Sexual health • STI's • Relationship Abuse • Relationships and consent 	<p>Health and Wellbeing – Developing analytical skills to identify bias and manage influence.</p> <ul style="list-style-type: none"> • Diet and exercise. • Sleep • Wellbeing • Emotional Wellbeing 	<p>Money Matters – Developing numeracy skills, self-discipline, and money management to support future finances.</p> <ul style="list-style-type: none"> • Budgeting • Tax and pay slips. • Personal Finances • Student finance applications and debt 	<p>Revision and Next Steps – Developing Study Skills and Independent Working</p> <ul style="list-style-type: none"> • Revision skills • Time management • Managing stress and anxiety 	