



'World Ready'

PSHE Curriculum



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.



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.



KS3 World Ready Plan –

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
7	Growing up health and body changes • Puberty • Health conditions	Families and healthy relationships • Your impact on others • Communication in relationships	Growing up health and body changes • Healthy eating and physical health and fitness • Personal hygiene, sleep and dental health • First aid	Personal identity and wellbeing • Self awareness • Happiness • Self-esteem and resilience	Respect, equality and online behaviour • Rights, responsibilities and opportunities online • Sexting • Online bullying • Online risks • Body image • Time spent online	Personal safety and safe relationships • Alcohol • Tobacco and vaping • Rail and water safety
8	Respect, equality and online behaviour • Social media • Online content • Information and data • Misinformation and disinformation • Harmful online behaviours	Career aspirations • Self-awareness and careers • Labour market information	Respect, equality and online behaviour • Democracy in the UK • Tolerance and respect • The Equality Act • Prejudice • Discrimination	Families and healthy relationships • Consent • Positive relationships • Boundaries in relationships • Ending relationships or friendships	Personal identity and wellbeing • Mental health • Gambling • Drug and alcohol use and mental health	Personal safety and safe relationships • Drugs • Water safety
9	Growing up health and body changes • Pregnancy • Vaccinations and immunisations • Self examination	Personal identity and wellbeing • Mental health • Change, loss and grief	Career aspirations • Values and career choices • Routes to employment • Employability • Preparing for interview	Respect, equality and online behaviour • Deep fakes • Fraud and online scams • Online gambling • AI chatbots	Personal safety and safe relationships • Consent • Contraception and STIs • Domestic abuse • FGM, virginity testing and hymenoplasty • Skills to increase safety from involvement in conflict	Personal safety and safe relationships • Safety in public spaces • Grooming and exploitation • Knife crime and violence • Water safety

KS4 World Ready Plan –

10	Families and healthy relationships • Marriage and long term commitments • Parenting	Growing up health and body changes • Health care • Gillick competence	Career aspirations • Goals • Future careers • Post-16 • Employability	Personal identity and wellbeing • Mental health • Coping strategies • Reframing negative thinking	Personal safety and safe relationships • Sexual harassment and violence • Pornography • Substance use	Personal safety and safe relationships • Incels • Stalking • Abusive behaviour • Water safety
11	Growing up health and body changes • Gynaecological health • Reproductive health • Sexual health • Blood, organ and stem cell donation • Skin cancer	Families and healthy relationships • Unsafe relationships • Subcultures and sexual ethics	Citizenship • Income and expenditure • Credit and debit • Insurance • Savings and pensions • Financial products and services • Public money	Respect, equality and online behaviour • Inequalities of power • Technology as part of abusive or illegal behaviour • Gambling, fraud and cybercrime • Misogyny and the internet	Career aspirations • Online reputation • The labour market • Career opportunities online	

KS5 World Ready Plan –

Year 12	<u>Study Skills –</u> Developing Study Skills and Independent Working • Notetaking, skimming and scanning. • Independent working • Time management • Boosting memory	<u>Sexual Health –</u> Developing empathy and compassion to access supportive strategies. • Consent • Contraception • Pregnancy • STI's • Fertility	<u>Lifestyle Choices –</u> Developing analytical skills to identify bias and manage influence. • Resilience and motivation • Stress and self-care • Alcohol consumption and drug use • Sleep • Dental hygiene	<u>Careers and Next Steps –</u> Developing goalsetting, motivation, and self-awareness to identify next steps. Employability skills • Writing a CV • Employment Law • Social responsibility and careers	<u>UCAS and Employability –</u> Developing goal setting adaptability, decision- making and presentation skills. • Apprenticeships • Employment and Self-employment • UCAS information and personal statements	<u>Revision & UCAS –</u> Developing motivation, organisation, study skills and independent working • UCAS Personal Statement writing. • Revision skills • Time management • Preparing for work experience
Year 13	<u>Future Choices –</u> Developing goal setting and presentation skills • Personal Statements • Choosing a university • Life as a student • Critical thinking	<u>Healthy Relationships –</u> Developing life skills and self-awareness • Sexual health • STI's • Relationship Abuse • Relationships and consent	<u>Health and Wellbeing –</u> Developing analytical skills to identify bias and manage influence. • Diet and exercise. • Sleep • Wellbeing • Emotional Wellbeing	<u>Money Matters –</u> Developing numeracy skills, self-discipline, and money management to support future finances. • Budgeting • Tax and pay slips. • Personal Finances • Student finance applications and debt	<u>Revision and Next Steps –</u> Developing Study Skills and Independent Working • Revision skills • Time management • Managing stress and anxiety	

Sex education

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