

Wave Trust

PSHE Curriculum

Including Citizenship at KS3

Intent

At Wave Multi Academy Trust, we recognize the vital importance of Personal, Social, Health, and Economic Education (PSHE) in supporting the holistic development and well-being of our students.

Our intent is to provide a comprehensive and impactful PSHE curriculum that empowers our students with the necessary knowledge, skills, and attitudes to navigate the complexities of their personal lives, relationships, and the wider society.

To achieve this aim, we have developed a structured and inclusive approach to PSHE implementation. Our curriculum covers a wide range of topics relevant to our students' needs and experiences, including mental health and emotional well-being, relationships and sex education, personal finance, health and lifestyle choices, and online safety.

The implementation of our PSHE curriculum is grounded in the principles of inclusivity, differentiation, and student participation. We recognize that our students come from diverse backgrounds and have unique circumstances, so we tailor our

This implementation can be summarised by the following areas:

Curriculum Design: Develop a well-structured and engaging PSHE curriculum that aligns with national guidelines and addresses the specific needs of our students in the alternative provision setting. This curriculum will encompass relevant topics such as mental health, emotional resilience, self-esteem, healthy lifestyles, relationships, citizenship, employability, and financial management. In line with the PSHE Association, the 3 themes of RELATIONSHIPS; LIVING IN THE WIDER WORLD; HEALTH and WELLBEING are revisited throughout the terms as laid out below.

Tailored Approaches: Recognize the diverse backgrounds, experiences, and learning styles of our students. Implement varied teaching strategies, resources, and activities that cater to their individual needs and facilitate active participation and learning. This may include role-plays, discussions, group work, guest speakers, multimedia materials, and real-life scenarios.

Wellbeing Support: Foster a nurturing and inclusive environment where students feel safe, valued, and supported. Provide access to mental health and wellbeing support services, such as counselling or mentoring, to address individual challenges and build resilience. Collaborate with external agencies and professionals to ensure a holistic approach to student well-being.

Cross-Curricular Integration: Embed PSHE principles throughout the wider curriculum to reinforce learning and encourage the application of skills in various contexts. Foster links between PSHE and other subjects, such as citizenship, physical education, and careers education, to provide students with a well-rounded education that connects theoretical knowledge with practical skills.

Partnerships and Engagement: Collaborate with parents, carers, and the wider community to ensure a coordinated approach to students' PSHE development. Engage external organizations, such as local charities, health professionals, and employers, to provide meaningful experiences, workshops, and industry insights. Promote active involvement of students in decision-making processes and encourage peer-to-peer learning and support networks.

The impact, and intent, should be evident within:

Improved Well-being: Students will develop emotional resilience, self-awareness, and positive mental health strategies, leading to increased overall well-being and the ability to cope with life's challenges effectively.

Enhanced Social and Communication Skills: Students will develop effective communication, collaboration, and conflict resolution skills, enabling them to build positive relationships, work effectively in teams, and contribute to their communities.

Healthy Lifestyles: Students will acquire knowledge about healthy eating, physical activity, and substance abuse prevention, empowering them to make informed decisions and adopt a balanced lifestyle.

Positive Relationships: Students will understand the importance of healthy relationships, consent, and respect, enabling them to form and maintain positive friendships, romantic partnerships, and family dynamics.

Financial Literacy: Students will gain essential financial management skills, understanding concepts such as budgeting, savings, debt management, and employability skills, preparing them for future financial independence and success.

Responsible Citizenship: Students will develop an understanding of their rights, responsibilities, and roles within society, nurturing their sense of social justice, equality, and active participation in democratic processes.

Through ongoing assessment and evaluation, we will monitor the impact of our PSHE curriculum, making necessary adjustments and improvements to ensure its effectiveness. By nurturing the well-being and personal development of our students, we believe that our PSHE provision will have a lasting and transformative impact on their lives, enabling them to thrive academically, socially, and emotionally, both during their time with Wave Multi Academy Trust and beyond.

Relationships, Health and Sex Education

[RSE Guide for Parents](#) and relevant pages on Wave Mat website for parents: [RSE Info in Wave MAT website](#)

Parents are consulted regularly in terms of content, and rights of withdrawal, via Academies usual channels of communication, and importantly, on induction, where details of the RSE curriculum are shared. Details can be found in the RSE policy.

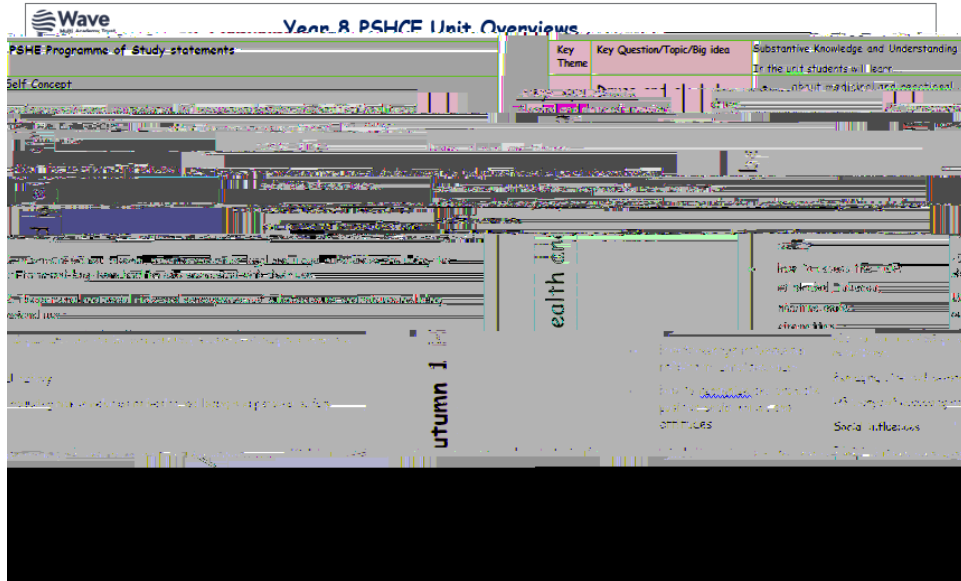
Secondary PSHE (including Citizenship at KS3)

PSHCE Long Term Overview (Rolling YA/YB **KS3**)

Key
Theme

Autumn 1
Health & wellbeing

Autumn 2



Assessment in PSHE

Pupils' knowledge and understanding of the topic is assessed at the start of the unit and ongoing formatively, in line with our Assessment policy.

Teachers keep a track of how well pupils are progressing through the course using an Assessment Tracker. This informs their planning, and transition.



PSHE Leads in each setting will plan based on the above Long-Term

