



Curriculum Map

Subject: Personal, Social, Health Education (PSHE)

The PSHE curriculum at Avanti Grange is designed to cultivate well-rounded individuals by fostering intellectual, moral, and spiritual growth in alignment with The Avanti Way. Our purpose is to inspire students to become spiritually compassionate changemakers who contribute positively to society.

At Avanti Grange, we believe that social and interpersonal skills are essential, and that emotional literacy and positive mental health are crucial for young people to thrive both in school and in life. Guided by The Avanti Way, we emphasise the development of virtues such as self-discipline, respect, empathy, integrity, courage, and gratitude. These virtues empower students to be discerning, mindful, and capable of navigating the many influences in their lives. They will develop a strong sense of agency, understanding that they have a voice and can make a meaningful difference. Woven throughout the PSHE curriculum is a strong focus on developing these personal attributes in a structured, age-appropriate, and developmental way.

Our PSHE curriculum is structured as a spiral curriculum, enriched by the core purpose of The Avanti Way to ensure that students grow into well-rounded human beings. The curriculum is not only about meeting statutory requirements but also about embedding the spiritual insights, character formation, and commitment to educational excellence that are central to The Avanti Way.

Each of the six half-termly units reflects one of the Beliefs of The Avanti Way. These units are designed to be sequential and developmental, ensuring a logical progression in learning. Each unit is supported by a Big Question, which promotes a philosophical approach and encourages deep contemplation throughout the learning process. This approach not only aligns with but actively supports The Avanti Way's focus on self-discovery, character growth, and making a positive impact on the world.

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| • Autumn 1: Empowering Choice | • Spring 1: Realising Potential | • Summer 1: Nourishing Loving Relationships |
| • Autumn 2: Enriching Diversities | • Spring 2: Strengthening Interconnection | • Summer 2: Expanding Purpose |

Our approach is grounded in the belief that young people are naturally curious and eager to explore important life topics in a safe, supportive environment. The Avanti Way inspires us to take an inclusive and thoughtful approach to PSHE, addressing sensitive issues directly and ensuring that students are well-equipped to make informed choices and stay safe. Teachers are vigilant in providing pastoral support, recognising that some lessons may resonate deeply or be particularly challenging for certain students.

The content of each topic is supported through our comprehensive pastoral program, which aligns with The Avanti Way's emphasis on character formation and spiritual insight. Themes are revisited and reinforced through PHSE Insights during tutor time and assembly programmes, ensuring that the beliefs and virtues of The Avanti Way are consistently nurtured throughout the students' educational journey.

Year Group	Autumn Half Term 1	Autumn Half Term 2	Spring Half Term 1	Spring Half Term 2	Summer Half Term 1	Summer Half Term 2
Key Stage 3						
7	Empowering Choice Students will be introduced to the Avanti Way and explore their own uniqueness, the differences of others and conflict. They look at their influences, peer pressure, online safety, sexting, consequences and online legislation.	Enriching Diversities Students explore the terms bullying, prejudice and discrimination. They start to link it to the Equality Act, and explore stereotyping, challenging negative behaviour and attitudes.	Realising Potential Celebrating success, identifying goals and links to employment. Students discover the importance of learning from mistakes and overcoming challenges. They explore planning skills, safe and unsafe choices, substances, gangs, exploitation and emergency first aid.	Strengthening Interconnection Stress and anxiety, and the management of mental health. Students look further into the effects of substances, nutrition, sleep, vaccination and immunisation. They also learn about the importance of information on making health choices.	Nourishing Loving Relationships Characteristics of healthy relationships, and healthy romantic relationships. Students develop knowledge of the term consent, relationships and change. They explore emotions within friendships, being discerning, assertiveness and sexting.	Expanding Purpose Puberty changes, FGM, breast flattening/ironing. Responsibilities of parenthood, types of committed relationships, happiness and intimate relationships. A look into the terms self-esteem and self-image, and sources of help and support.
8	Empowering Choice Explore self-identity, family and identity. Students also build on their knowledge of stereotypes, personal beliefs and judgements. They learn about managing expectations, first impressions, and respect for the beliefs of others.	Enriching Diversities Students build on their knowledge of social injustice, inequality, community cohesion and support. They do this through learning about multiculturalism, race and religion, prejudice, LGBT+ and bullying.	Realising Potential Students look into their long-term goals, skills, qualifications, careers, money and happiness. They start to explore ethics and mental wellbeing, as well as the importance of budgeting and variation in income. This is linked to the positive and negative impact of money, and gambling issues.	Strengthening Interconnection Long-term physical health, responsibility for own health, dental health, stress triggers, substances and mood. This is linked to the legislation associated with substances, exploitation, medicine, vaccinations, immunisation and blood donation.	Nourishing Loving Relationships A positive relationship with self, social media and relationship with self, negative self-talk, managing a range of relationships, personal space, online etiquette, online privacy and personal safety, coercion, unhealthy balance of power in relationships.	Expanding Purpose Types of close intimate relationships, physical attraction, legal status of relationships, behaviours in healthy and unhealthy romantic relationships, pornography, sexuality, alcohol and risky behaviour.

9	Empowering Choice Students' perceptions about intimate relationships. Building on knowledge of consent, sexual exploitation, peer approval, grooming, radicalisation, county lines, risky experimentation, positive and negative self-identity, abuse and coercion, coercive control.	Enriching Diversities Students will revisit and develop their knowledge of protected characteristics. They will explore phobic and racist language, legal consequences of bullying and hate crime, sexism, ageism, positive and negative language, banter, bullying in the workplace, direct and indirect discrimination, harassment, victimisation.	Realising Potential Exploring of personal strengths, health goals, SMART planning, links between body image and mental health, nonfinancial dreams and goals, mental health and ill health, media manipulation, self-harm, anxiety disorders, eating disorders, depression.	Strengthening Interconnection Students will reflect on misperceptions about young peoples' health choices, the physical and psychological effects of alcohol, alcohol and the law, alcohol dependency, drug classification, supply and possession legislation, emergency situations, first aid, CPR, substances and safety, sources of advice and support.	Nourishing Loving Relationships Students start to develop a greater understanding of power and control in intimate relationships, risk in intimate relationships, importance of sexual consent, assertiveness skills, sex and the law, pornography, contraception choices, family planning, STIs, support and advice services.	Expanding Purpose Mental health stigma, triggers, support strategies, managing emotional changes, resilience and how to improve it, reflection on importance of sleep in relation to mental health, reflection on body and brain changes, stereotypes.
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Key Stage 4

10	Empowering Choice Students start to link learning more explicitly to human rights, societal freedom, understanding safety in UK and beyond, safely, stages of grief, social media and culture, use of online data, threats to online safety, online identity, assessing and managing risk.	Enriching Diversities Students generate a great depth of knowledge about equality including in the workplace, in society, in relationships. Equality and vulnerable groups. Power and control.	Realising Potential Impact of physical health in reaching goals, relationships and reaching goals, work/life balance, connections and impact on mental health, benefits of helping others, online profile and impact on future goals.	Strengthening Interconnection Improving health, sexual health, blood-borne infections, self-examination, diet and long-term health, misuse of prescription drugs, common mental health disorders, positive impact of volunteering, common threats to health.	Nourishing Loving Relationships Sustaining long-term relationships, relationship choices, ending relationships safely, consequences of relationships ending e.g. bullying, revenge porn, grief-cycle. Divorce and separation, impact of family breakup, understanding love, abuse in teenage relationships.	Expanding Purpose Impact of societal change on young people, role of media on societal change, reflection on change so far and how to manage it successfully, decision making, spectrum of sexuality, stereotypes in romantic relationships, sexual identity and risk, family change.
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11	Empowering Choice Equality in relation to disability including hidden, consequences of not adhering to Equality Act, employers' responsibilities, benefits of multicultural societies, impact of unfair treatment on mental health, misuse of power, campaigning for equality.	Examination Prep	Realising Potential Aspiration on; career, finances, relationships, health. Skills identification, realistic goals, gambling, financial pressure, debt, dream jobs, skill set, education and training options, long term relationship dreams and goals, parenting skills and challenges, resilience, what to do when things go wrong.	Strengthening Interconnection Managing anxiety and stress, exam pressure, concentration strategies, work life balance, sexual health, hygiene, self examination, STIs, sexual pressure, fertility, contraception, pregnancy facts and myths, identifying a range of health risks and strategies for staying safe.	Nourishing Loving Relationships Stages of intimate relationships, positive and negative connotations of sex, protecting sexual and reproductive health, safely ending relationships, spectrum of gender and sexuality, LGBT+ rights, power, control and sexual experimentation, forced marriage, honour-based violence, FGM and other abuses.	Public Examinations
Key Stage 5						
12	Empowering Choice	Enriching Diversities	Realising Potential	Strengthening Interconnection	Nourishing Loving Relationships	Expanding Purpose
13	Empowering Choice	Enriching Diversities	Realising Potential	Strengthening Interconnection	Nourishing Loving Relationships	Expanding Purpose