

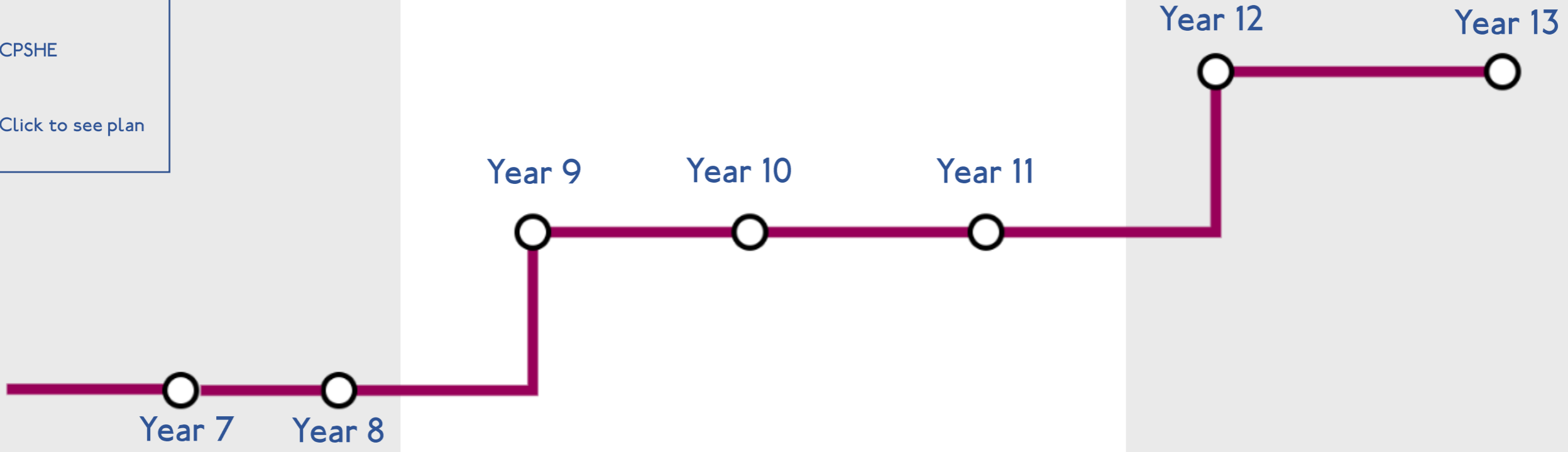


**Key**

-  CPSHE
-  Click to see plan



  
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# CPSHE Curriculum

St Thomas More High School

	Autumn Term	Spring Term	Summer Term
Topics	<p>RSE: Me, My body, My health</p> <ul style="list-style-type: none"> <li>• Changing bodies</li> <li>• Puberty involves physical, emotional, and sexual development.</li> </ul> <p>Other CPSHE topics covered:</p> <ol style="list-style-type: none"> <li>1. Relationships, positive and negative. Rumours</li> </ol> <p>RSE lesson: Emotional Well-being</p> <ul style="list-style-type: none"> <li>• Healthy inside and out</li> <li>• Self esteem</li> </ul> <p>Other CPSHE topics covered:</p> <ol style="list-style-type: none"> <li>2. Animal rights</li> </ol>	<p>RSE: Life cycles</p> <ul style="list-style-type: none"> <li>• Where we come from</li> <li>• Sexual intercourse as an expression of love for married couples and Gods plan for how babies are made.</li> </ul> <p>Other CPSHE topics covered: <i>*anything highlighted in red is the 'health' part of CPSHE curriculum</i></p> <ol style="list-style-type: none"> <li>1. <b>Bereavement, grief, and loss.</b></li> <li>• Coping and dealing with it.</li> </ol> <p>RSE lesson: Personal Relationships</p> <ul style="list-style-type: none"> <li>• Family and friends</li> <li>• Different types of friendship and family structures</li> <li>• Strategies for managing behaviour through consideration of thoughts, feelings and actions.</li> </ul> <p>Other CPSHE topics covered: <i>*anything highlighted in red is the 'health' part of CPSHE curriculum</i></p> <ol style="list-style-type: none"> <li>3. <b>Healthy Living</b></li> <li>• Nutrition</li> <li>• Being positive with our health/ exercise</li> <li>• Personal body hygiene</li> <li>• Relaxation methods</li> </ol>	<p>RSE lesson: Keeping safe</p> <ul style="list-style-type: none"> <li>• My Life on screen</li> <li>• Safeguarding when online.</li> </ul> <p>Other CPSHE topics covered: <i>*anything highlighted in red is the 'health' part of CPSHE curriculum</i></p> <ol style="list-style-type: none"> <li>2. <b>Something's not right</b></li> <li>• Abuse and knowing when something isn't right and what to do about it</li> </ol> <p>RSE lesson: Living in the wider world</p> <ul style="list-style-type: none"> <li>• Living responsibly</li> <li>• Becoming aware of the effects of actions on others helps us understand the concept of social responsibility.</li> </ul> <p>Other CPSHE topics covered: <i>*anything highlighted in red is the 'health' part of CPSHE curriculum</i></p> <ol style="list-style-type: none"> <li>4. Domestic conflict and running away</li> <li>5. Homelessness</li> <li>6. Poverty</li> </ol>
NCC Codes	We will fill this out for you once review matrix is complete	We will fill this out for you once review matrix is complete	We will fill this out for you once review matrix is complete
Assessment	In lesson assessment during topics through either written work or student input.		
E/L	Students will be set a quiz style assessment to be completed on Teams each half term.		

	Autumn Term	Spring Term	Summer Term
Topics	<p>RSE lesson: Me, My Body, My Health</p> <ol style="list-style-type: none"> <li>1. Appreciating difference                             <ul style="list-style-type: none"> <li>• appreciating male/female differences and learning to accept the invitation from God to root our identity in who he created us to be</li> </ul> </li> </ol> <p>Other CPSHE topics covered: <i>*anything highlighted in red is the 'health' part of CPSHE curriculum</i></p> <ol style="list-style-type: none"> <li>2. Bullying V Banter                             <ul style="list-style-type: none"> <li>• Anti bullying, in person and online and the difference between banter and bullying.</li> </ul> </li> <li>3. <b>Self confidence</b>, achievement and behaviour</li> </ol> <p>RSE lesson: Emotional Well-being</p> <ol style="list-style-type: none"> <li>4. Feelings                             <ul style="list-style-type: none"> <li>• Managing sexual feeling and self control.</li> </ul> </li> </ol> <p>Other CPSHE topics covered:</p> <ol style="list-style-type: none"> <li>5. Co-existence                             <ul style="list-style-type: none"> <li>• Need for tolerance in society, understanding equality, racism, discrimination, prejudice and stereotype</li> <li>• Minority groups</li> <li>• Examining your own beliefs</li> </ul> </li> </ol>	<p>RSE lesson: Life Cycles</p> <ol style="list-style-type: none"> <li>1. Before I was born.                             <ul style="list-style-type: none"> <li>• Contemplating life in the womb.</li> </ul> </li> </ol> <p>Other CPSHE topics covered: <i>*anything highlighted in red is the 'health' part of CPSHE curriculum</i></p> <ol style="list-style-type: none"> <li>2. <b>Substance misuse</b> <ul style="list-style-type: none"> <li>• Drugs and addiction</li> <li>• Cannabis and spice use</li> </ul> </li> </ol> <p>RSE lesson: Personal Relationships</p> <ol style="list-style-type: none"> <li>3. Tough relationships                             <ul style="list-style-type: none"> <li>• Tolerance, kindness and forgiveness</li> </ul> </li> </ol> <p>Other CPSHE topics covered:</p> <ol style="list-style-type: none"> <li>4. Diversity                             <ul style="list-style-type: none"> <li>• Prejudice</li> <li>• Discrimination</li> <li>• Stereotypes</li> </ul> </li> </ol>	<p>RSE lesson: Keeping Safe</p> <ol style="list-style-type: none"> <li>1. Think before you share                             <ul style="list-style-type: none"> <li>• Image sharing online</li> </ul> </li> </ol> <p>Other CPSHE topics covered: <i>*anything highlighted in red is the 'health' part of CPSHE curriculum</i></p> <ol style="list-style-type: none"> <li>2. <b>Male body image and self esteem</b> <ul style="list-style-type: none"> <li>• Confidence in ourselves</li> </ul> </li> </ol> <p>RSE lesson: Living in the Wider World</p> <ol style="list-style-type: none"> <li>3. Wider world                             <ul style="list-style-type: none"> <li>• Recognising the sin of unjust discrimination in our world helps us to challenge and change our own behaviour in school and in our everyday life.</li> </ul> </li> </ol> <p>Other CPSHE topics covered:</p> <ol style="list-style-type: none"> <li>4. Smartphone and screen addiction                             <ul style="list-style-type: none"> <li>• Screen time and screen use</li> <li>• Mindfulness</li> </ul> </li> </ol>
NCC Codes w/link	N/A	N/A	N/A
Assessment	In lesson assessment during topics through either written work or student input.		
E/L	Students will be set a quiz style assessment to be completed on Teams each half term.		

	Autumn Term	Spring Term	Summer Term
Topics	<p>RSE lesson: Me, My Body, My Health</p> <ol style="list-style-type: none"> <li>Love people, use things.                             <ul style="list-style-type: none"> <li>Objectification in casual sex, pornography, or masturbation.</li> </ul> </li> </ol> <p>Other CPSHE topics covered: <i>*anything highlighted in red is the 'health' part of CPSHE curriculum</i></p> <ol style="list-style-type: none"> <li><b>First Aid</b> <ul style="list-style-type: none"> <li>How to do the basics in first aid</li> </ul> </li> </ol> <p>RSE lesson: Emotional Well-Being</p> <ol style="list-style-type: none"> <li>In control of my choices                             <ul style="list-style-type: none"> <li>Love and lust, shame and regret- keys issues when thinking about or choosing to delay sexual intimacy.</li> </ul> </li> </ol> <p>Other CPSHE topics covered: <i>*anything highlighted in red is the 'health' part of CPSHE curriculum</i></p> <ol style="list-style-type: none"> <li><b>Mental Health</b> <ul style="list-style-type: none"> <li>Social anxiety</li> <li>Suicide</li> <li>Self-harm</li> <li>Self esteem</li> <li>Happiness and positivity</li> </ul> </li> </ol>	<p>RSE lesson: Life Cycles</p> <ol style="list-style-type: none"> <li>In control of my choices                             <ul style="list-style-type: none"> <li>Love and lust, shame and regret- keys issues when thinking about or choosing to delay sexual intimacy.</li> </ul> </li> </ol> <p>Other CPSHE topics covered: <i>*anything highlighted in red is the 'health' part of CPSHE curriculum</i></p> <ol style="list-style-type: none"> <li><b>Mental Health</b> <ul style="list-style-type: none"> <li>Social anxiety</li> <li>Suicide</li> <li>Self-harm</li> <li>Self esteem</li> <li>Happiness and positivity</li> </ul> </li> </ol> <p>RSE lesson: Personal Relationships</p> <ol style="list-style-type: none"> <li>Marriage                             <ul style="list-style-type: none"> <li>Learning about different types of committed relationships leads to consideration of what relationships are desired in the future.</li> </ul> </li> </ol> <p>Other CPSHE topics covered: <i>*anything highlighted in red is the 'health' part of CPSHE curriculum</i></p> <ol style="list-style-type: none"> <li>County lines and gangs                             <ul style="list-style-type: none"> <li>Young offenders and what happens to one</li> <li>Drugs</li> <li>Knife crime</li> <li>How gangs recruit and operate</li> </ul> </li> </ol>	<p>RSE lesson: Keeping Safe</p> <ol style="list-style-type: none"> <li>Consent                             <ul style="list-style-type: none"> <li>Consent is not just gaining permission for something but involves choosing to honour and respect one another as persons with innate dignity.</li> </ul> </li> </ol> <p>Other CPSHE topics covered: <i>*anything highlighted in red is the 'health' part of CPSHE curriculum</i></p> <ol style="list-style-type: none"> <li><b>Substance abuse</b> <ul style="list-style-type: none"> <li>Alcohol and parties</li> <li>Class B drugs and substance abuse</li> </ul> </li> </ol> <p>RSE lesson: Living in the Wider World</p> <ol style="list-style-type: none"> <li>Knowing my rights and responsibilities                             <ul style="list-style-type: none"> <li>Becoming aware of the effects of actions on others helps us understand the concept of social responsibility.</li> </ul> </li> </ol> <p>Other CPSHE topics covered: <i>*anything highlighted in red is the 'health' part of CPSHE curriculum</i></p> <ol style="list-style-type: none"> <li><b>Social Media</b> <ul style="list-style-type: none"> <li>Effects on relationships</li> <li>Your reputation</li> <li>Staying safe online</li> </ul> </li> </ol>
Exam Spec w/link	N/A	N/A	N/A
Assessment	In lesson assessment during topics through either written work or student input.		
E/L	Students will be set a quiz style assessment to be completed on Teams each term.		

	Autumn Term	Spring Term	Summer Term
Topics	<p>RSE lesson: Me, My Body, My Health</p> <ol style="list-style-type: none"> <li>Self image                             <ul style="list-style-type: none"> <li>Understanding our dignity to help us appreciate our bodies in the right way.</li> </ul> </li> </ol> <p>Other CPSHE topics covered:</p> <ol style="list-style-type: none"> <li>Financial education                             <ul style="list-style-type: none"> <li>Saving and investing</li> <li>Bank accounts, savings and loans</li> <li>Tax and payslips</li> <li>Money management</li> <li>Credit cards</li> <li>Income and outgoings</li> <li>Budgeting</li> </ul> </li> </ol> <p>RSE lesson: Emotional Well-Being</p> <ol style="list-style-type: none"> <li>Values, attitudes, and beliefs                             <ul style="list-style-type: none"> <li>Making good moral choices and integrity.</li> </ul> </li> </ol> <p>Other CPSHE topics covered: <i>*anything highlighted in red is the 'health' part of CPSHE curriculum</i></p> <ol style="list-style-type: none"> <li><b>Addiction</b> <ul style="list-style-type: none"> <li>Online gambling and gaming</li> <li>Vaping e-cigarettes and smoking</li> </ul> </li> </ol> <p>Drugs- Class C prescription drugs</p>	<p>RSE lesson: Life Cycles</p> <ol style="list-style-type: none"> <li>Parenthood                             <ul style="list-style-type: none"> <li>Responsibility of a lifetime!</li> </ul> </li> </ol> <p>Other CPSHE topics covered: <i>*anything highlighted in red is the 'health' part of CPSHE curriculum</i></p> <ol style="list-style-type: none"> <li>Mindset                             <ul style="list-style-type: none"> <li>Fixed traits and growth mindsets</li> <li>How the brain works</li> <li>Understanding mistakes and failures</li> <li>Grit and determination</li> </ul> </li> </ol> <p>RSE lesson: Personal Relationships</p> <ol style="list-style-type: none"> <li>Pregnancy and abortion                             <ul style="list-style-type: none"> <li>Pregnancy is an invitation to discover the challenge of responding with love to the gift of life.</li> </ul> </li> </ol> <p>Other CPSHE topics covered: <i>*anything highlighted in red is the 'health' part of CPSHE curriculum</i></p> <ol style="list-style-type: none"> <li><b>FGM</b> <ul style="list-style-type: none"> <li>What it is</li> <li>Speaking out about if its happening to someone you know</li> </ul> </li> </ol>	<p>RSE lesson: Keeping Safe</p> <ol style="list-style-type: none"> <li>Abuse                             <ul style="list-style-type: none"> <li>Abuse in relationships is incompatible with our dignity and calls for vigilance and compassion.</li> </ul> </li> </ol> <p>Other CPSHE topics covered: <i>*anything highlighted in red is the 'health' part of CPSHE curriculum</i></p> <ol style="list-style-type: none"> <li><b>Resilience</b></li> </ol> <p>RSE lesson: Living in the Wider World</p> <ol style="list-style-type: none"> <li>Solidarity                             <ul style="list-style-type: none"> <li>Love means building peace and living in solidarity with all of God's creation, in particular the poor, marginalised and oppressed.</li> </ul> </li> </ol> <p>Other CPSHE topics covered: <i>*anything highlighted in red is the 'health' part of CPSHE curriculum</i></p> <ol style="list-style-type: none"> <li>Crime and punishment</li> </ol>
Exam Spec w/link	N/A	N/A	N/A
Assessment	In lesson assessment during topics through either written work or student input.		
E/L	Students will be set a quiz style assessment to be completed on Teams each term.		

	Autumn Term	Spring Term	Summer Term
Topics	<p>RSE lessons : Created and love by God &amp; Created and loved by others</p> <ol style="list-style-type: none"> <li>1. Addiction</li> <li>2. Eating disorders and self care</li> <li>3. Managing fertility</li> <li>4. Pornography</li> <li>5. STI's</li> <li>6. Coercive control</li> </ol> <p>Workplace skills</p> <ul style="list-style-type: none"> <li>• Time management</li> <li>• Work skills</li> <li>• Job interviews</li> <li>• CV's</li> <li>• Employability</li> <li>• Interpersonal skills</li> <li>• Careers and enterprise</li> <li>• Conflict management</li> </ul>	<p><b>Mental health.</b> *anything highlighted in red is the 'health' part of CPSHE curriculum</p> <ul style="list-style-type: none"> <li>• Growth mindset</li> <li>• Stress</li> <li>• Emotional wellbeing especially in the run up to exams</li> <li>• Anxiety</li> <li>• depression</li> </ul> <p>Students from February half term onwards until exams will use this time to prepare for examinations. They will do study skills and silent revision in these lessons.</p>	<p>Students from February half term onwards until exams will use this time to prepare for examinations. They will do study skills and silent revision in these lessons.</p>
Exam Spec w/link	N/A	N/A	N/A
Assessment	In lesson assessment during topics through either written work or student input.		
E/L	Students will be set a quiz style assessment to be completed on Teams each term.		

	Autumn Term	Spring Term	Summer Term
Topics	<p>Enrichment:</p> <ul style="list-style-type: none"> <li>• VESPA</li> <li>• Unifrog</li> <li>• Mental Health</li> <li>• Understanding &amp; respecting others</li> <li>• Consent/ on-line</li> <li>• Body image/ politics</li> <li>• Apprenticeships</li> <li>• Work Experience/ University</li> </ul> <p>RSE: <u>Creation to Covenant</u></p> <ul style="list-style-type: none"> <li>• The search for Happiness</li> <li>• The Existence of God</li> <li>• Humanism</li> <li>• Human Trafficking</li> <li>• CST on Dignity of Workers</li> <li>• CST on Creation</li> <li>• Indigenous peoples and creation</li> <li>• <u>Prophecy and Promise</u></li> <li>• A God who speaks</li> <li>• Science and the Catholic Faith</li> <li>• Ex nihilo</li> <li>• Evolution and the Image of God</li> <li>• The Existence of the Universe</li> <li>• Awe and Wonder</li> </ul>	<p>Enrichment:</p> <ul style="list-style-type: none"> <li>• MOOC</li> <li>• Learning to drive</li> <li>• First Aid/ drugs</li> <li>• Revision</li> <li>• Employability</li> <li>• Sports</li> <li>• Finance</li> </ul> <p>RSE: <u>Galilee to Jerusalem</u></p> <ul style="list-style-type: none"> <li>• Who is Jesus?</li> <li>• The Historical Jesus</li> <li>• Miracles – The Resurrection</li> <li>• How does Jesus continue to be with us today?</li> <li>• What is persecution?</li> <li>• How does the Church respond to persecution?</li> <li>• Jesus and other faiths cultures</li> <li>• <u>Desert to Garden</u></li> <li>• Creation, Fall, Salvation</li> <li>• The Problem of Evil</li> <li>• Called to Holiness</li> <li>• Dilemmas, choices and responses to the holocaust</li> <li>• Jewish responses to the holocaust</li> <li>• Holocaust Education Trust speakers</li> </ul>	<p>Enrichment:</p> <ul style="list-style-type: none"> <li>• UCAS</li> <li>• Motivation &amp; resilience</li> <li>• Work Experience</li> </ul> <p>RSE: <u>To the ends of the earth</u></p> <ul style="list-style-type: none"> <li>• The Community of the Church</li> <li>• Human Trafficking in the light of CST on Community and Participation</li> <li>• Christian Vocations</li> <li>• Brentwood Diocese speaker on vocations</li> </ul>
Exam Spec w/link	N/A	N/A	N/A
Assessment	In lessons or through session input and feedback		
E/L	N/A		

	Autumn Term	Spring Term	Summer Term
Topics	<p>Enrichment:</p> <ul style="list-style-type: none"> <li>• UCAS</li> <li>• CVs</li> <li>• Apprenticeships</li> <li>• Revision</li> </ul> <p>RSE: <u>Creation and Covenant</u></p> <ul style="list-style-type: none"> <li>• Finding true freedom</li> <li>• Are animals persons?</li> <li>• Could machines be persons?</li> <li>• <u>Prophecy And promise</u></li> </ul>	<p>Enrichment:</p> <ul style="list-style-type: none"> <li>• University</li> <li>• What next?</li> <li>• Decisions</li> <li>• Finances</li> <li>• Mock results session</li> <li>• Revision techniques</li> <li>• Timetable planning</li> <li>• Motivation</li> <li>• Resilience</li> </ul> <p>RSE: <u>Galilee to Jerusalem</u></p> <ul style="list-style-type: none"> <li>• <u>Desert to Garden</u></li> <li>• Forgiveness, Healing and Mission</li> <li>• The impact of Forgiveness</li> <li>• Can compassion for an offender influence your decision to forgive?</li> <li>• Speakers: Barry &amp; Margaret Mizzen</li> <li>• The Holy Land: Shifting Perspectives</li> </ul>	<p>Enrichment:</p> <ul style="list-style-type: none"> <li>• Revision</li> <li>• Study leave</li> </ul> <p>RSE: <u>To the ends of the earth</u></p> <ul style="list-style-type: none"> <li>• The Power of Prayer</li> <li>• Guided Meditation</li> <li>• Yoga</li> <li>• Mindfulness</li> <li>• Leavers Mass Preparation</li> </ul>
Exam Spec w/link	N/A	N/A	N/A
Assessment	In lessons or through session input and feedback		
E/L	N/A		