

St Bede's Catholic Middle School

"We are God's children working together to be our best in love, learning, service and worship."

Departmental Scheme of Work

Curriculum Intent in SMSVC: SMSVC enables our pupils to become healthy, independent and responsible members of our school but also of society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up which they will likely face.

Sequencing of the Curriculum	Michaelmas 1 – Standing against discrimination Michaelmas 2 – Bullying Lent 1 – Looking after our body	Lent 2 – Outside influences on our lives Trinity 1 – Our skill set and aspirations Trinity 2 - Mental health awareness
Progression Model	<p>What knowledge will pupils develop? <i>(Including Key Terminology)</i></p> <ul style="list-style-type: none"> • To understand that self-esteem can change with personal circumstances, such as those associated with family, friendships and relationships, achievements and employment. • To manage growth and change as normal parts of growing up (including consolidation and reinforcement of Key Stage 2 learning on puberty, human reproduction, pregnancy and the physical and emotional changes of adolescence). • To have an understanding of human reproduction, including fertility and menstruation. • The importance of and ways of taking increased responsibility for their own physical health and personal hygiene • The benefits of physical activity and exercise and the importance of sleep • To recognise and manage what influences their choices about exercise 	<p>What skills will pupils develop? <i>(Including literacy and numeracy)</i></p> <ul style="list-style-type: none"> • Development of self-esteem • They can identify positive ways to face new challenges • They can discuss some of the bodily and emotional changes at puberty and can demonstrate some ways of dealing with these in a positive way. • Ability to make judgements and decisions about relationships and their body. Developing Empathy and sensitivity to others

	<ul style="list-style-type: none"> • The qualities and behaviours they should expect and exhibit in a wide variety of positive relationships (including teams, class, friendships etc.) • To explore the range of positive qualities people bring to relationships • That relationships can cause strong feelings and emotions (including sexual attraction) • The features of positive and stable relationships (including trust, mutual respect, honesty, equality) and those of unhealthy relationships (including imbalance of power, control, exploitation, abuse of any kind) – Note: Police to lead a session on abuse. • To know different types of relationships, including those within families, friendships, romantic or intimate relationships and the factors that can affect these (including age, gender, power and interests) • To understand the importance of friendship and to begin to consider love and sexual relationships in this context • To understand what expectations might be of having a girl/boyfriend • To acknowledge and respect the right not to have intimate relationships until ready." 	
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<p>Learning Objectives</p> <ul style="list-style-type: none"> • Pupils will learn that puberty involves physical, emotional and sexual development. Whilst this might feel daunting, they will learn that puberty is God’s plan for them, and He is with them throughout it all. • Pupils will learn about self-esteem: what contributes to it, how it can affect their lives and how to increase it. • Pupils will engage with the films and take an active part in classroom discussions and personal activities, all the time demonstrating respect for the views of others 	<p>Keywords</p> <p>Health, body, mental health, consequences, family, friends, relationships, healthy, hygiene, self-respect, self-care, sleep, mental health, physical exercise, abuse, reproduction, menstruation, conflict</p> <hr/> <p>Ideas of how parents can support children in this unit</p> <ul style="list-style-type: none"> • Model healthy relationships at home and discuss what a healthy relationship should look like. Remember that relationships include family and friends, not just intimate relationships. • Openly discuss human reproduction, menstruation and physical changes at home – allow children to ask questions. • Discuss importance of hygiene and keeping our bodies clean – create a shopping list or take children shopping for these products to support their hygiene
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<ul style="list-style-type: none"> • I can name different types of relationships and why they are important. • I can also consider what makes a healthy relationship. • I can even suggest aspects of an unhealthy relationship. • To know the rates of local crime • To know consequences involved with certain crimes and methods of reporting. • Pupils will learn about sexual intercourse as more than just a physical act, but a gift from God for married couples as His plan for how babies are made 	<p>Marking/ Assessment of this unit</p> <p>The lessons for SMSVC are not formally assessed as learning outcomes are subjective and personal to each individual pupil. Pupils’ work will regularly be read by teachers and followed up accordingly.</p>	
	<p>Virtual Curriculum and Extension ideas</p> <ul style="list-style-type: none"> • Pupils could create a guidance/advice sheet for somebody who is facing challenges with a friend or family conflict. Include guidance for looking after themselves. • Pupils could write down any questions they have about reproduction, menstruation, puberty or fertility to ask an adult. • Create a shopping list for items required for their personal hygiene and go to the shops with family to explore different products. • Pupils could create a poster about true friendship qualities/ qualities of a healthy and stable relationship. 	
<p>Catholic Ethos</p> <p>Pupils will be compassionate and loving towards their own bodies when learning about looking after themselves and loving and compassionate towards others when discussing personal relationships.</p>	<p>SMSVC/ Personal Development</p> <p>The SMSVC outcomes are met through the learning objectives stated above.</p>	
<p>Cross Curricular Links</p> <ul style="list-style-type: none"> • Science - Biology - This leads on to Human Reproduction and Puberty in the Summer Term, Y7. • RE: understanding the Catholic teachings around Relationships and Sex Education. Understanding that the body is a gift from God and that we are all created in the image of God. • Geography- learn about birth rates and infant mortality rates in the African culture and reasons behind this. 	<p>British Values</p> <p>During this term pupils will be provided with accurate and relevant knowledge towards the changing of their body. With the changes happening, we will enable pupils to develop their self-knowledge, self-esteem and self-confidence. They will look at skills, language and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives. They will explore opportunities, clarify and if necessary challenge, their own and others’ values, attitudes, beliefs, rights and responsibilities.</p>	<p>Careers</p> <ul style="list-style-type: none"> • Doctor • Scientist • Nurse • Paramedic • Police officer • Teacher • Social worker • Carer • Dentist • Counsellor • Midwife • Youth Worker