

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 – Dealing with negative emotions and relationships Michaelmas 2 – Bullying Lent 1 – Understanding our bodies	Lent 2 – Avoiding negative influences on our lives Trinity 1 – Future education and vocations 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 recognise their personal strengths and how this affects their self-confidence and self-esteem To recognise that the way in which personal qualities, attitudes, skills and achievements are evaluated by others, affects confidence and self-esteem To understand that self-esteem can change with personal circumstances, such as those associated with family and friendships, 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 understand the importance of hygiene and looking after changing bodies as they progress through puberty, also exploring the variation in body image. To understand the features of a healthy and unhealthy relationship, exploring what it means to be exploited, and where 	<p>What skills will pupils develop? <i>(Including literacy and numeracy)</i></p> <ul style="list-style-type: none"> Development of Self-Esteem and self-worth. Explore positive ways to face new challenges 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, also developing an ability to identify a healthy and unhealthy relationship. Pupils should be able to work on their communication skills in this topic

	<p>to get help if someone is being exploited. – Note: Police led session with a follow-up from form teacher after the session.</p> <ul style="list-style-type: none"> • Know the features of positive and stable relationships (including trust, mutual respect, honesty, equality) and those of unhealthy relationships (including imbalance of power, coercion, control, exploitation, abuse of any kind) • Know the support services available should they feel, or believe others feel, they are being abused or in an unhealthy relationship and how to access them • The importance of and ways of taking increased responsibility for their own physical health and personal hygiene • To understand what expectations might be of having a girl/boyfriend • Understand that consent is freely given and that being pressurised, manipulated or coerced to agree to something is not consent; that the seeker of consent is responsible for ensuring that consent has been given and if consent is not given or is withdrawn, that decision should always be respected. 	
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<p>Lesson Objectives</p> <ul style="list-style-type: none"> • Pupils will learn about some of the ways in which people may choose to articulate their identity, including gender identity • Pupils will learn that an increase in hormone production during puberty leads to physical and psychological changes, including sexual attraction, and methods for managing the feelings involved with these. • To explain what is meant by FGM • To identify risks, myths and facts associated with FGM • To describe how to safely access support for themselves or others who may be at risk, or have already been subject to FGM. • Pupils will learn the meaning of terms such as ‘prejudice’, ‘discrimination’, ‘Protected Characteristics’, ‘tolerance’, ‘kindness’ and 	<p>Keywords</p> <p>Changing bodies, puberty, growing up, hygiene, body image, CSE, exploitation, FGM, Female Genital Mutilation, Abuse, self esteem, self- confidence, decision making, consent, healthy relationships, unhealthy relationships, stable.</p> <hr/> <p>Ideas of how parents can support children in this unit</p> <ul style="list-style-type: none"> • After the session about CSE, if pupils have any questions, allow pupils to ask – guidance can be available on the CEOP website. • Encourage pupils to try new things which they may enjoy or things that they are good at to boost and increase their own self-esteem and self – confidence. • Openly discuss puberty, reproduction and relationships, allowing children to feel confident to ask questions without embarrassment. <hr/> <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>
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<p>'forgiveness' and consider what this looks like in real life.</p>	<p>Virtual Curriculum and Extension ideas</p> <ul style="list-style-type: none"> • Allow children to write a shopping list/go shopping to buy their own products to aid in their own personal hygiene. • Write a letter to a sibling or somebody coming into Year 8 explaining the importance of hygiene, looking after your body and mental health and the benefits of this it can have on the individual. • Create a poster showing what a healthy relationship could look like vs an unhealthy relationship. • Create a list of the pupils talents/encourage the pupil to create the list and highlight their personal attributes and qualities. 	
<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 from Human Reproduction and Puberty which was covered at the end of Year 7. • Also links with 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." 	<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