North Herts Education Support Centre

Course Title
PSHCE, KS3 and KS4
Overview
Personal, Social, Health and Citizenship education is known as PSHCE. It consists of four pillars of which the principal threads are: Personal, Health, Citizenship and Social. PSHCE will be a 2-year programme for KS3 and KS4 and incremental as students' progress. The programme will retain a strong focus on contextual safeguarding and issues that our students encounter.
Outline of the Course
This course is designed to provide students with practical knowledge, skills, and understanding that can be applied to everyday life. Through a range of engaging and contextualised lessons, students will explore topics that support their personal development, health and wellbeing, citizenship awareness, and social understanding. The course will encourage students to develop confidence, resilience, positive relationships, decision-making skills, and an awareness of their role within the wider community. Learning will be delivered through discussions, practical activities, group work, and real-life scenarios to ensure students can make meaningful connections between the classroom and the world around them.
Assessment details
Students are assessed on their engagement, participation and contribution.
Staff Roles
Lead Teacher Mr Smith
Equipment/Health and Safety
Students are questioned to ascertain mental wellbeing prior to lessons with outside speakers and agencies. All outside visitors are expected to be able to produce valid ID and photo card when signing in at reception.
How will it be examined
N/A
Appeals process
N/A

Curriculum Plan
This table sets out the intended curriculum plan for PSHCE at NHESC. The plan for each upcoming half term is reviewed in advance based on the progress that has been made, while also taking into account the contrasting needs of individuals within each cohort and the impact of external factors on their learning.
KS3 & KS4
<u>Autumn Term</u> Lessons will be contextualised to meet the needs and interests of students, ensuring learning is engaging, relevant, and linked to real-life situations. The curriculum will focus on key topics within the Personal, Health, Citizenship and Social pillars, helping students to develop their understanding of personal wellbeing, healthy lifestyles, relationships, rights and responsibilities, community awareness, and social skills. Through a range of practical activities, discussions, and reflective tasks, students will build the knowledge, confidence, and behaviours needed to make informed decisions and become positive, active members of society.
<u>Spring Term</u> Lessons will be contextualised to reflect students' everyday experiences and the wider world around them, making learning meaningful, relevant, and engaging. The programme will focus on topics within the Citizenship and Social pillars, helping students develop an understanding of their rights and responsibilities, respect for others, community involvement, diversity and inclusion, and positive social interactions. Through discussions, practical activities, and real-life scenarios, students will build the knowledge, confidence, and skills needed to participate responsibly in society and develop positive relationships with others.
<u>Summer Term</u> Lessons will be contextualised to students' individual needs, experiences, and future aspirations, ensuring learning is relevant and meaningful. The programme will focus on topics within the Personal and Health pillars, supporting students to develop their understanding of physical and mental wellbeing, healthy lifestyles, emotional resilience, self-awareness, personal safety, and making positive choices. Through engaging discussions, practical activities, and real-life scenarios, students will build the knowledge, confidence, and skills needed to look after their health, manage everyday challenges, and make informed decisions that support their personal development and wellbeing.