

## Using the Cornwall and Isles of Scilly PSHE curriculum – a short guide

The aim of the Cornwall and Isles of Scilly PSHE curriculum is to provide a consistent, high quality PSHE education for all young people across the region. It will mean that key messages will be introduced, reinforced and built upon year on year at developmentally appropriate stages, through a spiral curriculum. The curriculum has been designed to allow facilitators flexibility in how they choose to deliver the lessons to meet the needs of their children and young people and the practicalities of their settings. All resources are available through the same online portal to download and print or save.

By using the Cornwall and Isles of Scilly PSHE curriculum you will be meeting all statutory government guidance for mandatory relationship and sex education and all PSHE Association principals and outcomes.

### Structure of the Curriculum

The curriculum is divided into three core themes, which run throughout the key stages

1. **Health and Wellbeing** – including lessons on mental health, lessons on puberty and the changing body, dental health, benefits of keeping active and healthy eating
2. **Relationships** – including lessons on respectful and healthy relationships – on and offline, kindness and sex education
3. **Living in the Wider World** – including lessons on career planning, financial literacy and lessons exploring our rights and responsibilities

In each academic year the curriculum has been programmed into half terms with two suggested PSHE lessons to teach within that half term (one lesson in the final summer term). The lessons have been sequenced to reinforce learning and build on knowledge, however, facilitators should use the curriculum to meet the needs of their school, adapting it as required.

- **All lesson** have a **Cover Sheet** – this will give the facilitator all the key messages that need to be communicated to the young people on this topic. They allow facilitators the flexibility to use the complimentary resources **OR** develop their own activities based on the needs of the group e.g. to adapt for 1-1 work
- This **Cover Sheet** will link to either a quality assured, **curated resource** (from a trusted organisation) **OR** to a **Brook lesson plan and/or activity**
- All **primary lessons** have a **cover sheet, lesson plan** and associated resources
- All **secondary and sixth form lessons** have a **cover sheet and at least one activity plan or full lesson plan.**

### Differentiation

The curriculum includes a differentiation manual to support you in adapting the lessons to meet the needs of your young people or setting. Each resource (Cover Sheet, Lesson Plan) also includes specific suggestions of how you might consolidate learning for those who need more support and extension activities for young people who need further challenge.

### Points to consider and whole school approach

Each cover sheet has things to be aware of for facilitators to support learning and ideas of ways to implement a whole school approach to PSHE delivery of this topic. Some examples might be highlighting key awareness days and events you may want to link learning to or considerations to limit the challenging nature of some of the topics discussed in PSHE for the young people in your class room, implementing a trauma informed approach.