



THE AVANTI WAY		
EDUCATIONAL EXCELLENCE	CHARACTER FORMATION	SPIRITUAL INSIGHT
<p>The overarching aim for PHSE/Citizenship education is to provide students with accurate, meaningful and relevant knowledge.</p> <p>Opportunities to turn that knowledge into personal understanding and academic excellence.</p> <p>Opportunities to explore, clarify, develop and when appropriate challenge their own and others' values, attitudes, beliefs, rights and responsibilities.</p> <p>The educational and personal standards, skills, language and strategies they need in order to thrive educationally and in their wider lives.</p>	<p>PHSE/Citizenship education is fundamental to character formation. It supports and encourages the development of confidence and self-esteem and is rooted in the notion of how character formation through PHSE can provide students with the knowledge and tools they need to live healthy, fulfilling, responsible, kind and balanced lives.</p> <p>By reflecting on our own thoughts, values, attitudes and beliefs, we also reflect on our character and how it may develop and change.</p> <p>PHSE encourages students to think about, celebrate and if necessary, challenge the makeup of their character.</p> <p>A focus on character enables students to develop ideas and principles around belief, relationships, values and how we act and inter-act in the world. The development of open thought, respecting individual opinion and different belief systems, will allow for meaningful engagement with key character elements such as empathy, tolerance, responsibility and kindness.</p>	<p>PHSE/Citizenship will use a range of moral and ethical issues to cultivate an exploration of how spiritual insight is important in cultivating ourselves as spiritual human beings. This will help cultivate a deeper and more meaningful connection to ourselves, the world and to God. In many varied ways PHSE will encourage our students to reflect on how they view themselves in relation to matters spiritual and how that insight can be used in terms of relationships and our place in the world.</p>
PROGRAMME OF STUDY		

The three overlapping and linked "Core Themes" (Health and Well-being, Relationships, Living in the Wider World) are expressed as areas of core knowledge, understanding, language skills and strategies, and are taught in accordance with student readiness, are appropriate to the key stage and taught across key stages. They build upon Early Years Foundation Learning and take account of prior learning and experience. This



<p>SPRING 1</p>	<p>Resilience 3: Gremlin Beliefs and Resilience</p> <p>Online Wellbeing and Safety 3: Online Stress Celebrating Differences 3: Nature vs Nurture</p> <p>Being Healthy 3: Body Healthy Part 1 Careers 3: Enterprise</p> <p>RSHE: Respect & Relationships</p>	<p>Physical Health & Mental Wellbeing 3: Positive Body Image</p> <p>Dangers Online & Offline 3: Substance Misuse British Values (Law, Crime & Society) 3: Making Decisions</p> <p>Online Wellbeing 3: TBC</p> <p>Careers 3: Career Interests and Job ideas RSHE: Sexual Orientation</p>	<p>Essential Life Skills 3: What is Anger?</p> <p>Mental Health 3: Promoting Emotional Wellbeing Combatting Extremism & Terrorism 3: What is Terrorism Drugs & Alcohol 3: Drugs - Cannabis Products Careers 3: TBC: RPA</p> <p>RSHE: FGM & the Law</p>
<p>SPRING 2</p>	<p>Resilience 4: Optimism</p> <p>Online Wellbeing and Safety 4: Sharing Information Safely Online Celebrating Differences 4: The Equality Act 2010</p> <p>Being Healthy 4: Body Healthy Part 2 Careers 4: Communication & Teamwork Part 1</p> <p>RSHE: Friendships & Managing them</p>	<p>Physical Health & Mental Wellbeing 4: Types of Bullying</p> <p>Dangers Online & Offline 4: Online Safety: Cyber Bullying</p> <p>British Values (Law, Crime & Society) 4: Criminals, Law & Society</p> <p>Online Wellbeing 4: TBC</p> <p>Careers 4: Self Esteem and the Media RSHE: Gender Identity</p>	<p>Essential Life Skills 4: Saving and Managing Money</p> <p>Mental Health 4: Unhealthy Coping Habits Self-harm and Eating Disorders) Combatting Extremism & Terrorism 4: Proud to be British Drugs & Alcohol 4: Drug Classifications Careers 4: TBC: RPA</p> <p>RSHE: Relationships & Partners</p>
<p>SUMMER 1</p>	<p>Resilience 5: Emotions & Calming Techniques</p> <p>Online Wellbeing and Safety 5: Bullying & Cyberbullying Celebrating Differences 5: Breaking Down Stereotypes in Society</p> <p>Being Healthy 5: Nutrition Introduction Careers 5: Communication & Teamwork Part 2</p> <p>RSHE: Pressure & Influence</p>	<p>Physical Health & Mental Wellbeing 5: Healthy Eating and Cholesterol</p> <p>Dangers Online & Offline 1: Alcohol Safety British Values (Law, Crime & Society) 5: Law Making in the UK</p> <p>Online Wellbeing 5: TBC</p> <p>Careers 5: Labour Market Information RSHE: Introduction to Contraception</p>	<p>Essential Life Skills 5: Employment and Financial Management</p> <p>Mental Health 5: Healthy Coping Strategies Combatting Extremism & Terrorism 5: Counter Terrorism Drugs & Alcohol 5: Party Drugs Careers 5: TBC: RPA</p> <p>RSHE: What are STIs?</p>
<p>SUMMER 2</p>	<p>Resilience 6: Resilience Review</p> <p>Online Wellbeing and Safety 6: Online Wellbeing Review</p> <p>Celebrating Differences 1: (Prejudice & Discrimination)</p>	<p>Physical Health & Mental Wellbeing 6: Stress Management</p> <p>Dangers online & offline 6: Child exploitation – online protection</p> <p>British Values (Law, Crime & Society) 6: Prison, Reform & Punishment</p>	<p>Essential Life Skills 6: Social Media & Online Stress</p> <p>Mental Health 6: TBC</p> <p>Combatting Extremism & Terrorism 6: Anti Semitism</p>

