



# PSHE CURRICULUM AND TRAINING

Cornwall and the Isles of Scilly

2020-2021



# CONTENTS

- Page 3: Welcome
- Page 4: About the curriculum
- Pages 5-6: Curriculum structure
- Pages 7-8: Accessing the curriculum
- Page 9: Introduction to the training
- Pages 10-12: Accessing the training modules
- Page 13: Q&A sessions
- Pages 14-16: Useful links



# WELCOME

Welcome to the Cornwall and Isles of Scilly PSHE curriculum and training.

This project has been commissioned by Cornwall Council, with contributions from the Headstart Kernow team funded by The National Lottery Community Fund.

The content has been produced by experts within Brook who have a range of professional qualifications including primary and secondary teaching, youth work and social work, SEND and counselling. The team's specialisms include sexual health, mental health, physical education, SEND and youth work.

This guide provides all the information you need to:

- Access the training to support the delivery of PSHE
- Access and download the curriculum and resources
- Provide feedback on your experiences

We do hope this guide and the associated resources will support you in delivering consistent, high-quality PSHE education for all children and young people.

Rachel Smith  
Head of Quality, Brook

Meredith Teasdale  
Strategic Director, Together for Families

# ABOUT THE CURRICULUM

The aim of the Cornwall and Isle of Scilly PSHE curriculum is to provide a consistent, high quality PSHE education for all young people across the region.

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

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.

# CURRICULUM STRUCTURE

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

## **Health and Wellbeing**

Includes lessons on mental health, lessons on puberty and the changing body, dental health, benefits of keeping active and healthy eating.

## **Relationships**

Includes lessons on respectful and healthy relationships both on and offline, kindness and sex education.

## **Living in the Wider World**

Includes lessons on career planning, financial literacy and 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 adapt the curriculum to meet the needs of their school.



All lessons have a Cover Sheet which links to either a quality assured, curated resource (from a trusted organisation) or to a Brook lesson plan and/or activity. This format ensures the facilitator has all the key messages that need to be communicated to the young people on this topic whilst also allowing them the flexibility to use the complimentary resources or to develop their own activities based on the needs of the group e.g. to adapt for 1-1 work.

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 guide 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 classroom, implementing a trauma-informed approach.



# ACCESSING THE CURRICULUM

The curriculum is housed on Brook Learn, Brook's own e-learning platform.

In order to access the curriculum, you will first need to register with Brook Learn:

- 1. Visit [learn.brook.org.uk](https://learn.brook.org.uk)**
- 2. Register to the site by “creating a new account”**
- 3. Activate your account via the automatic email (check your spam folder if nothing appears in your inbox)**

You do not need to register for a new Brook Learn account if you have one already. Don't worry if you've forgotten your password: you can reset it by visiting [learn.brook.org.uk/login/forgot\\_password.php](https://learn.brook.org.uk/login/forgot_password.php)

If you have any issues registering, please contact the online helpdesk at [helpdesk.onclick.co.uk](https://helpdesk.onclick.co.uk)

Once you have registered, to access the curriculum:

1. Login to [learn.brook.org.uk](https://learn.brook.org.uk) using the details set up at registration
2. Select the Cornwall button from the homepage or visit [learn.brook.org.uk/cornwall](https://learn.brook.org.uk/cornwall)
3. Select the year group you will be working with.
4. Enter your school enrolment key
5. Select your term to access lesson plans and accompanying resources

## Evaluation

Once you have had the opportunity to explore and use the curriculum, please complete our [short evaluation questionnaire](#) to help us identify what is working and what could be improved.

## Feedback

To feedback on specific areas of the curriculum content or report any broken links, please contact Brook on [cornwall.pshe@brook.org.uk](mailto:cornwall.pshe@brook.org.uk)



# INTRODUCTION TO THE TRAINING

The training modules are designed to support you with implementing the CIOS PSHE Curriculum in your school.

Securing the best health outcomes and providing high quality PSHE education are at the heart of both the curriculum and the training. Implementing an effective PSHE curriculum is a whole school endeavour, with good PSHE teaching at its core.

The training modules include relevant guidance and best practice for implementing the CIOS PSHE Curriculum and ensuring all statutory requirements are met within the context of the whole school. They are informed by DFE and PSHE Association best practice guidelines to provide you with a robust framework to implement the Curriculum in the real life context of your school and community.

There are nine modules in total, some of which are in two parts. Each module is no longer than 20 minutes and the majority last 10-15mins. You are advised to watch the modules in order. You can watch them as many times as you find helpful.

The accompanying training log contains an initial reflection on how your school currently delivers PSHE, plus space for you to record key points and any actions you want to make a note of as you go through the modules.

[Download  
the training  
log](#)

# ACCESSING THE TRAINING MODULES

To access each training module, please click the Launch module link below the description.

This will open a new window asking you to enter a password.

**The password is: [ciosbrook2021!](#)**

Once you have entered the password, click "Access recording" and then the play icon ► at the bottom left of the video player to begin.

You can pause at any time using the pause icon || at the bottom left of the video player.

## Evaluation

Once you have finished the modules, please complete our [short evaluation questionnaire](#) to help us identify what is working and what could be improved.



## **Module 1: Introduction to the Modules**

An overview of the rest of the modules, along with a reflective activity to support you to take stock of where PSHE delivery is currently in your school.

[Launch module 1](#)

## **Module 2a: Overview of the Statutory Requirements**

A summary of the Statutory Requirements to deliver relationships, sex and health education.

[Launch module 2a](#)

## **Module 2b: Overview of the CIOS PSHE Curriculum – What to Teach When**

A detailed guide to the structure and content of the CIOS PSHE Curriculum.

[Launch module 2b](#)

## **Module 3: Ensuring PSHE is Inclusive**

Two part module providing information on the needs and life experiences of children and young people, highlighting the importance of PSHE and the needs of the children and young people you teach.

[Launch module 3a](#)

[Launch module 3b](#)

## **Module 4: Exploring Professional Values for Teaching PSHE**

An outline of the professional values relevant for the teaching of PSHE and highlights some of the potential value conflicts which can arise.

[Launch module 4](#)

## Module 5: Teaching PSHE

Two part module providing a structure and framework to implement the CIOs PSHE Curriculum in your school including adding content, assessing learning, involving children and young people, creating a safe learning environment and reflections on behaviour expectations and management.

[Launch module 5a](#)

[Launch module 5b](#)

## Module 6: Teaching Sensitive and Challenging Subjects

Explore why some PSHE issues can be sensitive and challenging, how they can be identified to help find ways forward and signpost to additional training on specific PSHE topics.

[Launch module 6](#)

## Module 7: Working with Parents and Carers

A summary of the statutory requirements for working with parents and carers, including the right to withdraw and how schools can engage and build partnerships with parents in relation to PSHE.

[Launch module 7](#)

## Module 8: SEND

A summary of law and policy in relation to SEND and practical guidance on differentiation in the delivery of PSHE to meet the needs of SEND pupils.

[Launch module 8](#)

## Module 9: Safeguarding

A summary of safeguarding considerations when teaching PSHE.

[Launch module 9](#)

Finished?  
Don't forget to  
[complete the  
evaluation](#)

# Q&A SESSIONS

Once you have watched the training modules, you can access a series of live Q&A sessions hosted by Brook and Healthy Schools.

These sessions will allow you to further explore any questions or concerns you might have.

The Q&A sessions will be hosted on the following dates:

- **Tuesday, 11 August / 11:00-12:00**
- **Wednesday, 19 August / 15:00-16:00**
- **Thursday, 3 September / 09:00-10:00**
- **Friday, 11 September / 12:00-13:00**
- **Monday, 5 October / 10:00-11:00**
- **Wednesday, 4 November / 13:00-14:00**

Please submit your questions one week before the date of the session you will be attending to [cornwall.pshe@brook.org.uk](mailto:cornwall.pshe@brook.org.uk). This will enable us to provide detailed answers to your questions.



# USEFUL LINKS AND RESOURCES

## Curriculum guidance documents

- [Guide to using the curriculum](#)
- [Guidance on creating a safe learning environment](#)
- [Differentiation guide](#)
- [Instructional planner](#)
- [Overview of lessons KS1-2](#)
- [Overview of lessons KS3-5](#)

## Useful links

Cornwall Healthy Schools: [www.healthycornwall.org.uk/healthy-schools](http://www.healthycornwall.org.uk/healthy-schools)

Headstart Kernow: [www.headstartkernow.org.uk](http://www.headstartkernow.org.uk)

Brook: [www.brook.org.uk](http://www.brook.org.uk)

## From the training modules

### Module 2a

- [Statutory Guidance](#)
- PSHE Association: [Whole School Approach to PSHE](#)
- PSHE Association: [Roadmap to RSE](#)
- Anna Freud Centre: [Whole School Approach to Mental Health](#)

## Module 2b

- PSHE Association: [Programme of study key stages 1-5](#)
- [Action for Happiness](#)
- Values in Action: [Bringing Character Strengths to Life](#)
- [Living life to the full](#)

## Module 3

- [Equality Act Guidance for Schools](#)
- [Schools Equality Duty Human Rights Commission](#)
- [Schools and students health education unit](#)
- [Cornwall JSNA](#)
- [Cornwall One Vision Partnership Plan](#)
- AYPH: [Key data on young people's health](#)

## Module 4

- PSHE Association - [PSHE Framework for Professional Development NQTs](#)
- [Teaching Standards](#)
- [Teachers' Standards overview](#)
- [How to use the standards](#)
- PSHE Association: [10 Principles of Effective PSHE](#)

## Module 5a

- [Early Career Framework](#)
- Sex Education Forum: [Monitoring and Evaluating RSE: the basics](#)
- PSHE Association: [PSHE education and Young People's Voices](#)



## Module 5b

- [Trauma Informed Schools](#)
- [Emotion Coaching](#)
- Coram Life: [Creating a Safe Learning Environment](#)

## Module 6

- PSHE Association: [The LGBT Consortium Factsheets](#)
- PSHE Association: [Stonewall and PSHE Association Best Practice Guidance](#)
- The Proud Trust: [LGBT+ Training and Resources](#)

## Module 7

- PSHE Association: [PSHE Guide for parents educating at home](#)
- NCB: [Guidance on involving parents](#)
- Anna Freud Centre: [Parent/Carer Engagement](#)
- [Understanding RSHE: Parents Guide Primary](#)
- [Understanding RSHE: Parents Guide Secondary](#)

## Module 8

- [Mencap](#)
- Support in Cornwall: [Local Offer for SEND support directory](#)
- [SEND Information, Advice and Support Service](#)
- Brook: [Free RSE resources](#)

## Module 9

- [Keeping Children Safe in Education](#)
- [Working Together](#)
- [What to do if you are worried a child is being abused](#)

