

PSHE

Curriculum Intent

Here at Cornwallis academy, the PSHE curriculum is designed to equip pupils with the knowledge, skills, and attributes they need to thrive as healthy, safe, responsible, and active members of society. Through a progressive and inclusive programme of learning, we aim to support pupils' personal development, wellbeing, and preparation for life in modern Britain and the wider world.

Our PSHE curriculum enables pupils to:

- Develop confidence, resilience, and self-esteem.
- Build positive, respectful, and healthy relationships.
- Understand how to keep themselves physically and mentally healthy.
- Recognise and manage risks, making informed and responsible decisions.
- Appreciate diversity, equality, and the importance of mutual respect.
- Develop financial awareness and economic understanding appropriate to their age.
- Become responsible citizens who contribute positively to their communities.
- Understand their rights, responsibilities, and role within a democratic society.
- Prepare for future transitions, careers, and lifelong learning.

Our curriculum is carefully sequenced to build knowledge and skills over time, ensuring learning is age-appropriate, relevant, and responsive to the needs of our pupils. We provide a safe and supportive environment where sensitive issues can be explored openly and respectfully, encouraging pupils to develop critical thinking, empathy, and emotional literacy.

By the time pupils leave our, they will be equipped with the confidence, understanding, and values needed to navigate life's opportunities and challenges successfully, enabling them to make positive choices and achieve their full potential.

Extracurricular and Enrichment Opportunities

Add information about:

- *Throughout the year we have external speakers come to deliver assemblies on fire safety, online grooming, online dangers and racism.*
- *In addition to assemblies, we also have external groups and speakers come and run sessions around racism, discrimination and consent.*
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Interested to know more?

To visit:

The following websites help support students and families with topics covered in PSHE lessons.

- <https://www.cornwallisacademy.com/Support-Directory/>
- <https://www.childline.org.uk/info-advice/>
- [Support & advice for families | NSPCC](#)
- [YoungMinds | Mental Health Charity For Children And Young People | Young Minds](#)
- [Coping with exam pressure - a guide for students - GOV.UK](#)
- [Exam stress | Barnardo's](#)