The Programme of Study

RSHE and PSHE education at St Mary's is a planned, developmental programme of learning through which children and young people acquire the knowledge, understanding and skills they need to manage their lives now and in the future. Our pupils will know how to be safe and healthy and how to manage their academic, personal and social lives in a positive way.

Our curriculum does not simply teach pupils about issues. It gives them opportunities to explore attitudes, values and beliefs and to develop the knowledge, language, skills and strategies needed to manage these issues confidently and safely when they encounter them in life.

Across Inspire, the programme is organised through three core themes:

- Health and Wellbeing
- Relationships
- Living in the Wider World

RSHE/PSHEis embedded within our Inspire programme. This gives pupils a coherent learning journey rather than a collection of stand-alone lessons and allows key concepts to be revisited with increasing depth as pupils mature.

Concepts developed through Inspire and the wider curriculum

1. Identity: personal qualities, attitudes, skills, attributes and achievements; influences on identity; privacy and personal boundaries, including online.

2. Relationships: different types of relationships and relationships in different settings, including online.

3. Healthy lifestyles: physical, emotional and social wellbeing; relationships; exercise and rest; healthy choices and balanced lifestyles.

4. Risk and safety: identifying, assessing and managing risk for self and others, including online and in an increasingly connected world.

5. Diversity and equality: respect for difference and equality, with due regard to protected characteristics.

6. Rights, responsibilities and consent: fairness, justice, rights, responsibilities, boundaries and consent in different contexts.

7. Change and resilience: managing change and developing strategies and inner resources to respond to challenge.

8. Power: how power can operate through bullying, persuasion, exploitation, coercion and controlling behaviour, including online.

9. Careers and economic wellbeing: enterprise, employability, financial capability and preparation for future pathways.

10. Citizenship: democracy, law, rights and responsibilities, community, participation and understanding life in modern Britain.

Progression across the school

Key Stage 3 – Pupils build on prior learning and develop the knowledge, vocabulary, attitudes and practical skills needed to navigate adolescence, relationships, health, online life, safety and increasing independence.

Key Stage 4 – Pupils deepen and apply their learning to increasingly complex and age-appropriate issues, taking greater responsibility for themselves and others and preparing for adult life, further education, training and employment.

Post-16 – Personal development continues through a bespoke pastoral provision, careers and enrichment, reflecting pupils' increasing independence and responsibility in adult life.

The RSHE/PSHEcurriculum is supported and enriched by drop down days such as:

- Healthy lifestyles Days
- Enterprise days
- Oracy conference days
- Careers fair
- Citizenship Days

We also have a number of strong relationships with outside agencies:

1. Merseyside Fire and Rescue
2. Merseyside Police
3. Wirral Road Safety Officer and Environmental Service
4. Kooth
5. ADHD foundation
6. Youth Support Service
7. Wirral young chambers
8. DWE Wirral
9. Chester Zoo
10. Class Training - first aid

What RSHE/PSHE at St Mary's provides

- Accurate, balanced, relevant and age-appropriate knowledge;
- Opportunities to turn knowledge into personal understanding and informed decision-making;
- Opportunities to explore and clarify values, attitudes, beliefs, rights and responsibilities;
- The language, skills and strategies needed to live healthy, safe, fulfilling and responsible lives;
- Opportunities to develop resilience, self-confidence, self-esteem, empathy and respectful relationships;
- Opportunities to develop reading, reflection, discussion and oracy through Inspire lessons.

Lessons and teaching approaches

- Inspire sessions use a range of strategies, including:
- Clear links to St Mary's Catholic ethos, College vision and values;
- Clear links to behaviour expectations and the ground rules Ready, Respectful, Safe;
- Retrieval and prior-learning activities;
- Reading and oracy strategies;

- Paired and group discussion;
- Case studies, scenarios and distancing techniques;
- Film and video resources where appropriate;
- Challenging, age-appropriate tasks and reflection;
- Assessment for learning and endpoint reflection.

All Inspire resources are carefully prepared and quality assured using a range of trusted and recognised providers, including Pol-Ed, the PSHE Association, EC Publishing and Ten Ten Resources. This enables us to draw on high-quality, age-appropriate materials while adapting and sequencing learning to meet the specific needs of pupils at St Mary's and the context of our Catholic school.

Who teaches it

Responsibility RSHE/PSHE lies with the leadership and the staff who deliver Inspire, supported by relevant curriculum areas including Science and Religious Education and by pastoral and safeguarding teams. All staff contribute to the wider personal development of pupils through the school's ethos, relationships, modelling of respectful behaviour and pastoral support.

SEND and inclusive provision

Our curriculum is mapped and spiralled so that pupils with SEND can access and revisit essential knowledge and skills. Teaching is adapted to pupils' developmental needs, communication needs and lived experience while maintaining high expectations and safeguarding.

- Taking and sharing responsibility;
- Feeling positive about themselves and others;
- Reflecting on perceptions and experiences;
- Developing language, communication and strategies for personal autonomy;
- Making real decisions with support where necessary;
- Participating in group activities and making contributions;
- Developing and maintaining positive relationships;
- Recognising and celebrating achievements and successes.

Assessment

Assessment inRSHE/ PSHE focuses on what pupils know, understand and can apply rather than judging personal beliefs or experiences. Baseline activities identify starting points; questioning, discussion, scenarios, written reflection and retrieval activities allow pupils to demonstrate developing knowledge and understanding; and endpoint reflection helps pupils identify progress. Assessment information is used to identify misconceptions and inform future teaching.

Ten Ten – Life to the Full: 2026 programme

The programme is rooted in a Catholic understanding of the dignity of the human person and provides age-appropriate learning about relationships, sex and health. Ten Ten content is taught through structured units using video, teacher-led explanation, discussion, activities, reflection and assessment. At St Mary's, staff contextualise the resources for our pupils and teach them within our three Inspire themes: Health and Wellbeing, Relationships, and Living in the Wider World.

Ten Ten Resources' updated Life to the Full programme is the principal resource used for the RSHE element of Inspire in Years 7–11. It sits within, rather than replaces, St Mary's wider PSHE/personal development curriculum.

Ten Ten curriculum overview – Years 7–11

Year group	2026 Ten Ten themes taught within Inspire
Year 7	7.1 Who Am I?; 7.2 Changing Bodies; 7.3A Healthy Inside & Out; 7.3B Keeping Well (Part 1); 7.4 Where We Come From; 7.5 Family and Friends; 7.6 My Life on Screen; 7.7 Living Responsibly; 7.8 Basic First Aid (Part 1)
Year 8	8.1 Created and Chosen; 8.2 Appreciating Differences; 8.3A Feelings; 8.3B Keeping Well (Part 2); 8.4 Before I Was Born; 8.5 Tough Relationships; 8.6 Think Before You Share; 8.7 Wider World; 8.8 Basic First Aid (Part 2)
Year 9	9.1 The Search for Love; 9.2 Love People, Use Things; 9.3A In Control of My Choices; 9.3B Drug & Smoking Awareness; 9.4 Fertility and Contraception; 9.5A Commitment and Marriage; 9.5B Understanding Consent; 9.6 Safe and Smart Online; 9.7 Human Rights – And Wrongs; 9.8A Out and About; 9.8B Lifesaving Skills
Year 10	10.1 Authentic Freedom; 10.2 Self-Image; 10.3 Beliefs, Values, Attitudes; 10.4 Parenthood; 10.5A Pregnancy and Abortion; 10.5B Abuse; 10.6 Online Influences; 10.7 Solidarity; 10.8 Out in Public
Year 11	11.1 Self-Worth; 11.2 Alcohol, Drugs & Dependency; 11.3A Mental Wellbeing; 11.3B Eating Disorders; 11.3C Health & Fitness; 11.4 Family Planning and Fertility; 11.5A Sexual Health; 11.5B Pornography; 11.5C Coercive Control

How the new Ten Ten programme strengthens our RSHE provision

- More explicit progression in physical and mental health, including keeping well, mental wellbeing, eating disorders and health and fitness;
- Stronger teaching about consent, healthy and unhealthy relationships, abuse and coercive control;
- Expanded online learning, including image sharing, online consent and safety, data and privacy, scams, online harms, influencers and discernment;
- Age-appropriate learning about drugs, smoking and vaping, addiction and dependency;
- Greater emphasis on practical safety, including road and water safety, first aid, CPR and AEDs;
- Continued learning about fertility, contraception, marriage, parenthood, sexual health and pornography within the school's Catholic context;
- Learning about dignity, discrimination, human rights, responsibility, solidarity and living well in community.

Safeguarding and sensitive content

RSHE/PSHE is taught within St Mary's safeguarding framework. Staff establish clear ground rules and pupils know how and where to seek help. Teachers do not promise confidentiality. Questions are answered in an age-appropriate, factual and sensitive way, and any disclosure or concern is managed in line with safeguarding procedures.

Parents and Carers

St Mary's recognises parents and carers as the primary educators of their children and works in partnership with families. Parents are provided with information about the RSHE curriculum and the Ten Ten resources

used. Consultation and communication enable parents to understand what will be taught and to raise questions or concerns. Requests relating to withdrawal from sex education are managed in accordance with Trust policy and statutory requirements.

Monitoring and Review

The Inspire Time RSHE and PSHE lead monitors curriculum sequencing, resources, delivery and pupil experience through curriculum review, staff and pupil voice, lesson materials, assessment information and samples of pupils' work. The programme is reviewed in response to statutory requirements, safeguarding priorities, the needs of St Mary's pupils and feedback from staff, pupils and parents.