

## PSHE Programme at Reach Academy

**Our PSHE programme, widely recognised as Team Reach, is designed to develop our students into positive leaders and role models who are able to make healthy choices and build healthy relationships, become scholars in their studies and be young people who have aspirations for their future. It aims to give students the skills and confidence to enable them to enjoy lives of choice and opportunity, whilst giving them a safe and structured space to be curious and explore key topics relevant to their lives and next steps. Students will leave with the skills and confidence to navigate an increasingly complex, modern world and flourish in their next steps in life.**

Our Team Reach curriculum is driven by the whole-school vision to give students the skills, attributes and academic qualifications to go on to live lives of choice and opportunity. In selecting and sequencing knowledge for this programme, we are guided by the national curriculum and led by our whole-school curriculum design principles.

- 1. Knowledge-rich:** Our Team Reach curriculum is planned in line with statutory requirements and the specific needs for our context. Conversations are regularly had with our safeguarding and pastoral teams that help build an understanding of the 'on the ground' needs of our students as and when they arise. Our curriculum is designed to allow for one-off lessons in response to events in the world around us. We also use resources created by, and alongside, experts in their field and often invite visitors into school to deliver workshops with our students.
- 2. Backwards planned:** Team Reach is a timetabled lesson that forms a part of every student's week at Reach Academy. In addition to this weekly offer, students take part in three 'Team Reach Days' per year, with a day full of lessons and workshops. Each year, we dedicate a Team Reach Day to careers and relationships and sex education, leaving one day open to the needs of our school context, for example in 2022 we focused on 'Healthy Minds, Healthy Bodies'. The curriculum has been backwards planned from Sixth Form and is based on a mix of [statutory guidance](#), [PSHE association](#) guidelines and contextual based knowledge that we have of our students and their local environment. Similar themes, appropriate to the age of the pupils, have also been factored in, with the aim of building on their knowledge of these themes as their age increases. It has also been developed using the expertise and knowledge of the Reach Children's Hub, who champion the 'cradle to career' model and have an in-depth understanding of the local area and the families who live here.
- 3. Carefully resourced:** The curriculum is designed in a spiral format, where students deepen their knowledge and understanding of key concepts as they progress through the school. Students will leave with the ability to make positive choices independently and with an understanding of their responsibilities to their community. Our resources follow a similar format to other curriculum lessons, ensuring that we retrieve prior knowledge on a variety of topics, which in turn

allows students to commit this important knowledge to their long-term memory. Our resources are a mix of in-house resources, created by those delivering our Team Reach lessons and external resources created by experts in their field.

- 4. Aspirational, inclusive and diverse:** While the content of the Team Reach curriculum is wide-ranging, there is a specific focus on relationships and sex education at each key stage (RSE). RSE education is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity. It is concerned with lifelong learning about physical, moral and emotional development alongside the importance of loving and caring relationships. Through a combination of sharing information and exploring issues and values, we aim to ensure that children in the primary phases understand the importance of healthy relationships, consent, appropriate touch and mutual respect so they are prepared for later learning about sex, sexuality and sexual health. This is because we recognise the importance of healthy relationships and the role they play in students' capacity to live happy, healthy lives in which they can make meaningful contributions to society.

With an additional focus on building positive relationships and health and wellbeing, our Team Reach curriculum also aims to provide children with the knowledge, language and skills to live safe and healthy lives both now and in the future. The curriculum aims to foster resilience and positive approaches to wellbeing and mental health, whilst ensuring that students know who to ask for when support is needed. Importantly, our curriculum is structured to be able to engage with a wide range of current issues, events and current affairs, providing children with both the context and language to navigate an increasingly complex world.

- 5. Rigorously assessed:** In primary, each Team Reach lesson includes an independent task that provides students with the opportunity to embed and apply the key knowledge. The resources of our Team Reach curriculum at Secondary level are planned in line with our lesson structures across other curriculum subjects. Across the school, there is a balance of formative assessment via do nows, 100% quizzes and teacher questioning. In secondary specifically, at the end of each half term, there is a summative assessment that allows for class teachers to gain an insight into pupil learning over a specific topic.
- 6. Regularly evaluated and reflected upon:** We regularly ask for opinions and feedback from our students and our staff that deliver the Team Reach curriculum. We believe that it is important to ask the students what they would like to learn within a given topic. This is to ensure the content is tailored to their curiosities as well as what we feel is important for them to know if they are to become an adult that will live a life of choice and opportunity. At the end of each cycle, we ask students to detail the content that they found useful and what they did not, in order to adjust for future cohorts and ensure their Team Reach teacher is empowered to deliver future PSHE content with confidence.

The Phase 1-2 Team Reach Curriculum can be found [here](#).

**An example of a Phase 1-2 Team Reach lesson can be found [here](#).**

The Phase 3-5 Team Reach Curriculum can be found [here](#).

**[An example of a Phase 3-5 Team Reach lesson can be found here.](#)**