



ARRK



Curriculum Vision

Social, Health and Economic (PSHE) Education focuses on strengthening the knowledge, skills and connections to keep young people healthy and safe and to prepare them for life and work. Our goal is to equip our learners with the knowledge, understanding, attitudes and practical skills to live healthily, safely, productively and responsibly.

In ARRK (PSHE), we want our students to be curious, empathetic, self-aware and opinionated. We therefore strive to provide an enriching, engaging and empowering curriculum using a variety of resources and materials to explore a range of issues and ideas. Our ARRK (PSHE) curriculum covers careers, healthy relationships, physical and mental health, money management, online and offline safety, British Values, substances, study skills, and current affairs. The Holderness Academy curriculum for PSHE aims to ensure that all learners:

- Develop empathy and understanding of how the world around us works
- Develop transferable skills such as analytical thinking, problem solving, teamwork and communication strategies.
- Are equipped with the appropriate knowledge, tools, strategies and skills they need for life beyond school.

Curriculum Principles	Curriculum Vision
Being Aspirational.	We want our learners to be curious, empathetic, self-aware and opinionated to aspire to live as healthy, productive and responsible members of society.
Being Resilient.	We want our learners to develop resilience in the face of life's challenges and an understanding of the strategies and support that can be accessed and employed.
Being Respectful.	We want our learners to be respectful of themselves and others; this includes British Values and protected characteristics. We expect that our students look for the good in others and to be honest and trustworthy.
Being Kind.	We want our students to always be kind to themselves and others; developing empathy and understanding. We want to make sure every learner is a happy, confident individual who feels valued so they can make a positive contribution to the academy.



Curriculum Implementation

ARRK Knowledge Rich Curriculum Structure

At Holderness Academy, the key principles of effective teaching focus on promoting active engagement and fostering long-term understanding. These principles include.

- **reviewing prior learning** to build on what students already know and **connect new concepts**
- **assessing comprehension** through questioning and feedback to **check understanding** throughout the lesson
- **scaffolding and modelling** by providing support, clear examples as students develop new skills & knowledge offering opportunities for both **guided and independent practice** to reinforce learning.

Domain Knowledge Threads

Domain Concepts

Health and Wellbeing

A positive state of mind and body, underpinned by social & psychological wellbeing. Key aspects include:

- Physical and mental health
- Growing up and puberty
- Body image
- Diseases

Relationship and Sex Education (RSE)

Learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. Key aspects include:

- Consent and boundaries
- Respectful relationships
- Physical development changes
- Contraception
- Sexual health

Life Beyond School

The 'Life Beyond School' curriculum gives our learners the knowledge, skills, experience and self-advocacy needed to be as successful and fulfilled as possible in their life beyond school. Key aspects include:

- Progression and careers
- Financial education
- Employability and enterprise
- Exams stress and anxiety

Celebrating Difference

Learning about recognising and appreciating the differences among themselves and others by understanding this is what makes us special and unique. Key aspects include:

- Identity and equality
- Prejudice and discrimination
- Multicultural Britain
- Stereotypes

Rights and British Values

Learning about the fundamental British Values underpin what it is to be a citizen in a modern and diverse Great Britain valuing our community and celebrating diversity of the UK. Key aspects include:

- Rights and responsibilities
- Politics
- Democracy and parliament
- Radicalisation
- Extremism and terrorism
- Mutual respect
- Tolerance
- Individual liberty

Staying Safe Online and Offline

staying safe online and being aware of any potential risks we might face, which include malware, scams, and cyberbullying. Key aspects include:

- Online behaviours – safely and dangers
- Online grooming and cyber bullying

Resilience

When dealing with critical issues and challenges.

Making informed decisions

Taking into consideration different viewpoints and opinions.

Respect for themselves & others

considering what they learn.

Critical Enquiry Skills

By expressing ideas and insights.

Literacy Skills

Preparation for life in the wider world.

Building on prior learning – What can learners do by the end of Key Stage 2?

The KS3 lessons build on the knowledge acquired at primary schools, based around six core themes - Health and Wellbeing, Relationships and Sex Education (RSE), Life Beyond School, Rights and British Values, Celebrating Differences and Staying Safe Online and Offline.

At Key Stage 3, learners build on the knowledge and understanding, skills, attributes and values they have acquired and developed during the primary phase. PSHE education acknowledges and addresses the changes that young people experience, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the knowledge and skills that will equip them for the opportunities and challenges of life. Students learn to manage relationships, their online lives, and the increasing influence of peers and the media. At Key Stage 4, students deepen knowledge and understanding, extend and rehearse skills, and further explore attitudes, values and attributes acquired during Key Stage 3. PSHE education reflects the fact that students are moving towards an independent role in adult life, taking on greater responsibility for themselves and others.

[Relationships Education, Relationships and Sex Education and Health Education guidance \(publishing.service.gov.uk\)](https://publishing.service.gov.uk)

ARRK: Key Stage 3: Year 7 – Long Term Planning

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Introduction to Puberty To understand the challenges that puberty brings • Girls Puberty & Periods To know the various menstrual products available, and how they work • Boys Puberty To know the physical and emotional changes that happen to boys during puberty • Personal Hygiene To be able to explain how personal hygiene links to a healthy body • Growing Up To understand the ‘my body rules’ philosophy • Self-Esteem Can define elements of high and low esteem • Tooth Decay and Dental Health 	<p>Relationships and Sex Education</p> <ul style="list-style-type: none"> • Consent and Boundaries To understand how to be assertive way • Respect and Relationships To understand that different types of relationships will work in different ways • What Makes a Good Friend? To evaluate why some friendships can be more beneficial than others • Friendships & Online Relationships To understand what an unhealthy relationship is • Being Positive To understand that most people feel the same range of emotions • Pressure, Influence and Friends To explain why it is important to be assertive • What Does it Mean to be a Man in Today? To evaluate the characteristics of a ‘good man’ and a ‘real man’ 	<p>Life Beyond School</p> <ul style="list-style-type: none"> • Getting to Know People Describe how people’s feelings change during stages of transition • What is a community? To evaluate how welcoming your local community is • Careers and Your Future To understand the meaning of the word career • Sleep and Relaxation To describe what happens when we sleep • Financial Education To describe the concept of money • Transition Points in Your Life Describe how people’s feelings change during stages of transition 	<p>Celebrating Differences</p> <ul style="list-style-type: none"> • What is your Identity? To understand the nature vs nurture debate • Multicultural Britain To understand and describe how diverse modern Britain is • Importance of Being Kind To understand the impact an act of kindness can have • Breaking Down Stereotypes • Learning Disabilities To know basic etiquette with disabled people • Prejudice and Discrimination To identify different forms of prejudice and discrimination • Challenging Islamophobia To define islamophobia and give examples of it in UK society 	<p>Rights and British Values - Politics & Parliament</p> <ul style="list-style-type: none"> • Why is Politics Important? To understand the impact politics has on everyday life • How is our Country Run? To describe the make-up of parliament • The Role of the Prime Minister To know the role of the Prime Minister • The Monarchy and King Charles III To understand the line of succession • Political Debates and Parliament To practice the art of debating • Elections and Campaigning To evaluate the importance of exercising your right to vote • Creating a Political Party To name the main parties that represent the UK in Parliament 	<p>Staying Safe Online & Offline</p> <ul style="list-style-type: none"> • Avoiding Gangs & Criminal Behaviour To understand the consequences of breaking the law • Staying Safe Online To know how to reduce the potential risks when online • Online Gaming, Grooming and Addiction To define what a gaming addiction is • Alcohol and Risk To understand how alcohol impacts the body • Nicotine and Smoking To understand the impacts smoking • E-Cigs, Vaping and Shisha To understand what vaping is • Energy Drinks and Caffeine To explore the health risks associated with energy drinks • Knife Crime and Safety To know basic knife safety
Vocabulary	<p>Health and Wellbeing Hormones, Adolescence, Testosterone, Oestrogen, Progesterone, Menstrual, Ovulation, Urethra, Prostate, Autonomy, Enamel, Cavities</p>	<p>Relationships and Sex Education Consent, Boundaries, Capacity, Phubbing, Exploit, Manipulation, Masculinity</p>	<p>Life Beyond School Reflection, Tolerance, Community Cohesion, Routine, Regeneration, Immunity, Sleep hygiene, Bartering, Currency, Transaction, Debt, Exchange, Austerity</p>	<p>Celebrating Differences Inheritance, Immigration, Emigration, Multicultural, Diversity, Census, Affirmation, Dopamine, Serotonin, Oxytocin, Prejudice, Discrimination, Stereotyping, Generalisations, Etiquette, Ableism, Disability, Prejudice</p>	<p>Politics & Parliament Politics, Parliament, Dictatorship, Democracy, Government, Election, Ballot, Constituency, Coalition, Cabinet, Advocacy, Monarchy, Succession, Abdication, Debate, Devil’s Advocate, Proxy, Ideology, Slogan</p>	<p>Staying Safe Online & Offline County Lines, Discharge, Rehabilitation, Custodial, Intuition, Grooming, Online Predators, Identity Theft, Cyberbullying, Addiction, Alcohol, Ethanol, Nicotine, Ammonia, Cyanide, Caffeine, Taurine, Guarana, Nausea</p>

ARRK: Key Stage 3: Year 8 – Long Term Planning

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> To understand what positive wellbeing might look like To define the term mental health To understand what body image is and who can be affected To understand the different forms of child abuse To explore appropriate ways of responding to discriminating, hurtful or intimidating behaviour To identify the components of a healthy diet <ul style="list-style-type: none"> To know some strategies on how to deal with stress 	<p>Relationships and Sex Education</p> <ul style="list-style-type: none"> To understand how physical touch may be different in a sexual relationship to any other relationship To know what self-love really is To know what respect in a healthy relationship looks like To understand different types of love and love languages To understand the cause of conflict and learn a range of conflict resolution methods To understand the menstrual cycle and its role in human reproduction To describe the concept of abstinence To understand the damaging impact homophobic language has on people 	<p>Life Beyond School</p> <ul style="list-style-type: none"> Be able to effectively work as part of a team To identify what is important for you and what you expect from yourself To help me think carefully about potential careers and preferences To explore what happiness might mean to different people To explore ways to boost self esteem To understand how to deal with and manage anger To explore a wide variety of jobs 	<p>Celebrating Differences- Equality and Diversity</p> <ul style="list-style-type: none"> To understand the Equality Act 2010 To understand LGBTQ+ What is it? To understand the responsibility of the international community to help combat homophobia To understand what gender equality means To understand what ableism is and why it's a problem To understand what is meant by 'barriers to employment' To define the word 'colonisation' and understand what the British Empire was 	<p>Rights and British Values - - Law, Crime and Society</p> <ul style="list-style-type: none"> To understand that rights come with responsibilities To understand the concept of community cohesion Understanding how to make informed decisions To understand how the criminal justice system operates To understand why laws are needed in society To understand the different theories behind punishing offenders 	<p>Staying Safe Online & Offline</p> <ul style="list-style-type: none"> To understand what the term 'county lines' means To understand who county lines gangs target and why To explore why people misuse substances To know how to manage oneself appropriately online To understand how to stay safe online from grooming To explore the consequences of alcohol consumption To explore a variety of risks and dangers related to being online
Vocabulary	<p>Health and Wellbeing Holistic, Longevity, Detoxification, Anxiety, Depression, Schizophrenia, Validation, Perfectionism, Exploitation, Abandonment, Maltreatment, Empathetic, Cholesterol, Minerals, Vitamins, Monounsaturated, Polyunsaturated, Physiological, Psychological, Mindfulness</p>	<p>Relationships and Sex Education Resolution, Inclusivity, Consent, Unconditional, Altruistic, Compassion, Humility, Oestrogen, Luteal, Cervix, Uterus, Follicular, Contraception, Abstinence, Asexual, Pansexual, Bisexual, Queer, Heterosexual, Homosexual, Demisexual, Homophobic</p>	<p>Life Beyond School Enterprise, Entrepreneur, Budget, Economy, Ambition, Aspiration, Forensics, Influencers, Inspiration, Triggers, Progression</p>	<p>Equality and Diversity Equality, Inequality, Victimisation, Sexuality, Lesbian, Gay, Bisexual, Transgender, Decriminalisation, Glass Ceiling, Non-Binary, Ableism, Ally, Micro-aggressions, Barriers, Inclusion, Adjustments, Colonisation, Settlement, Indigenous, Exploitation</p>	<p>Law Crime and Society Moral Dilemmas, Philosophies, Cohesion, Diversity, Prejudice, Discrimination, Procedures, Consequences, Ceremony, Conviction, Remorse Reciprocity, Retribution, Rehabilitation, Reparation, Denunciation, Incapacitation, Deterrence</p>	<p>Staying Safe Online & Offline Equality, Inequality, Victimisation, Sexuality, Lesbian, Gay, Bisexual, Transgender, Decriminalisation, Glass Ceiling, Non-Binary, Ableism, Ally, Micro-aggressions, Barriers, Inclusion, Adjustments, Colonisation, Settlement, Indigenous, Exploitation</p>

ARRK: Key Stage 3: Year 9 – Long Term Planning

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> To explore why people do not necessarily respond in the same way to similar situations To understand the male reproductive system To understand the female reproductive systems To know what HBT bullying is and the impact it can have on the victim To understand how grief can impact people in a variety of different ways and how you can support a friend or family member To explore what it means to be body positive and body neutral To explore the health benefits of living a healthy lifestyle 	<p>Relationships and Sex Education</p> <ul style="list-style-type: none"> To be able to name at least five common STIs and explain how they are transmitted To understand the importance of Sexual Health Clinics To understand how a variety of different forms of contraception work To understand the correct steps for using an external or male condom To explore which forms of contraception protect against pregnancy, STI's or both To know what HIV and AIDS are and explain the difference To understand the history of HIV and AIDS and the recent advances in HIV treatment and prevention 	<p>Life Beyond School – Essential Life Skills</p> <ul style="list-style-type: none"> To understand how success and failure are often linked To know the difference between passive, assertive and aggressive To understand the vital importance of First Aid as a lifesaving skill To understand the importance of saving money To be aware of what labour market information (LMI) is To define terms such as financial capability and financial competence To identify coping strategies to manage online stress 	<p>Relationships and Sex Education - Sex, the Law & Consent</p> <ul style="list-style-type: none"> To know the legal definition of consent and the law surrounding it To understand what FGM is and its impact To understand the meaning of a healthy relationship between a couple To understand the different types of abuse that exist To know the various things to consider when thinking about making a relationship sexual To understand the benefits of delaying sexual activity To explore the differences between flirting and sexual harassment 	<p>Rights and British Values – Combatting Extremism & Terrorism</p> <ul style="list-style-type: none"> To understand what a conspiracy theory is To understand how extremist views can lead to acts of terrorism To explore why people may choose to commit an act of terrorism To understand why there is a war To know what radicalisation is and why it is harmful To understand how counter terrorism works To understand what is happening today in the UK 	<p>Staying Safe Online & Offline</p> <ul style="list-style-type: none"> To define the term drug and understand the different forms it can take To understand the different types of addictions that people can have To understand the different forms and street names given to cannabis To understand key aspects of the UK's drug policy To explore the link between gangs, users and illegal drugs To explore how different countries are dealing with the drugs trade To define the term 'volatile substance abuse'
Vocabulary	<p>Health and Wellbeing Self-Esteem, Butterfly Effect, Validation, Prejudice, Homophobia, Biphobia, Transphobia, Bereavement, Bargaining, Acceptance, Trauma, Depression, Airbrushing, Photoshop, Insecurity, Foundation, Body Neutrality, Immunity, Malnutrition, Tumours</p>	<p>Relationships and Sex Education STI, STD, Bacterial, Viral, Parasitic, Gonorrhoea, Chlamydia, Syphilis, HIV, HPV, Promiscuous, IUD, IUS, Diaphragm, Patch, Injection, Withdrawal, Supress, Thrush, Diaphragm, Vasectomy, Hysterectomy, Immunodeficiency, Anti-Viral, Infection</p>	<p>Life Beyond School Kinaesthetic, Auditory, Evaluate, Submissive, Aggressive, Insistent, Adamant, Defibrillator, CPR, Choking, Circulation, Investment, Expenditure, Labour Market, Authority, Demography, Globalisation, Investments, Financial Competence, Financial Capability, Platforms, Stressors, Social Currency, Confidential, Privacy</p>	<p>Sex, the Law & Consent Consent, Sexual Assault, Sexual Abuse, Rape, Age of Consent, Mutilation, Infertility, Tahor, Sunna, Violation, Independence, Negativism, Scapegoating, Consensual, Intimacy, Celibacy, Abstaining, Stalking, Harassment</p>	<p>Combatting Extremism & Terrorism Extremism, Terrorism, Counter Narrative, Radicalisation, National Front, Propaganda, Fanatical, Radicalisation, Ideologies, Pre-radical, Indoctrination, Pygmalion Effect, Counter Terrorism, Intervention, Zionism, Antizionist, Antisemitic, Pogrom, Persecution, Shomrim</p>	<p>Staying Safe Online & Offline Addiction, Experimental, Recreational, Dependent, Prescription, Cannabis, Marijuana, THC, CBD, Intoxicating, Possession, Psychoactive Substances, Psychoactive, Hallucinogenic, LSD, MDMA, Cocaine, Crystal Meth, Amphetamines, Ketamine, Trafficking, Drug Mules, Psychoactive Substances, Chronic Effects</p>

ARRK: Key Stage 4: Year 10 – Long Term Planning

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> To understand the importance of speaking out against any form of abuse To understand the impact screen addiction is having on society To describe what mental health and mental illness is To understand that self-harm is a behaviour and not an illness To understand how music can be used to help support people through difficult times To understand the meaning of mental health and emotional wellbeing 	<p>Relationships and Sex Education</p> <ul style="list-style-type: none"> To define the terms pleasure, masturbation, and sexual activities To understand what FGM is and to know that FGM is illegal To understand the legal, emotional, and social consequences of sending sexts To outline what is and is not legal in terms of pornography To understand how porn may negatively influence a person’s behaviour in society To explore the laws regarding rape and sexual assault To identify the links between body image and the medias influence on it 	<p>Life Beyond School – Rights and Responsibilities</p> <ul style="list-style-type: none"> To understand how highly edited social media can distort our views on the real world To describe the three main types of targeted advertisements and explain how they work To can describe what marriage is and what marriage is not To understand the different types of rights and responsibilities that exist To understand the rights and responsibilities of consumers To understand different issues related to employee rights To understand what the common features of a payslip are 	<p>Celebrating Differences- Exploring World Issues</p> <ul style="list-style-type: none"> To understand the role international organisations play in the world To understand different symbols for peace used across the world To know the principles behind human rights & international humanitarian law To describe a variety of ways the countries can help support each other To understand what a trade union is and can explain why they exist To understand the key events that led up to women gaining equal rights with men To define fair trade and free trade 	<p>Careers</p> <p>Rights and British Values – Exploring British Values</p> <ul style="list-style-type: none"> To understand how to spot fake news To understand the definition of a hate crime and the protected characteristics To understand the importance of Promoting British Values To know the meaning of mutual respect and tolerance To know what individual liberty looks like in my everyday life To define what human rights are To understand what democracy in UK looks like 	<p>Staying Safe Online & Offline</p> <ul style="list-style-type: none"> To define the terms honour and dishonour To understand who the forced marriage unit (FMU) are To understand the age-appropriate classifications of games To understand the risks associated with social media validation To define the term Modern Day Slavery To understand the importance of keeping personal data safe To understand the causes behind the rise in knife crime in the UK
Vocabulary	<p>Health and Wellbeing Neglect, Childline, Spectrum, Stigma, Tolerance, Anxiety, Depression, Schizophrenia, Trauma, SelfHarm, Self-Sensitivity, Samaritans, Suicide, Tragedy, Isolation, Cognitive Behavioural Therapy, Boundaries</p>	<p>Relationships and Sex Education Sensation, Private, Addiction, Illegality, Circumcise, Sexting, Consent, Pornography, Indecent, Stealthing, Non-consensual, Influencers, Sexualisation</p>	<p>Rights and Responsibilities Filtered, Vloggers, Streaming, Selfie, Contextual, Geotargeted, Retargeted, Targeted, Advertisements, Pop-Ups, ASA, Marriage, Divorce, Companionship, Commitment, Cohabitation, Civil Partnership, Sustainability, Ethical, Deductions, Salary, PAYE</p>	<p>Exploring World Issues Sanctions, Democracy, UN, NATO, EU, WTO, Commonwealth, Advocate, Oppression, Corruption, NGO, Globalisation, Negotiating, Suffrage, Suffragettes, Fair Trade, Free Trade</p>	<p>Exploring British Values Misinformation, Disinformation, Propaganda, Prejudice, Xenophobia, Biphobia, Tolerance, Culture, Sovereignty, Tolerance, Diversity, Multiculturalism, Stereotyping, Heritage, Liberty, Advocate, Protection, Dignity, Individuality, Declaration, Convention, Totalitarianism, Anarchy, Oligarchy, Dictatorship, Constitutional Monarchy, Judiciary</p>	<p>Staying Safe Online & Offline Honour, Equality, Dishonour, Shari’ah Law, Validation, Perfectionism, Slavery, Exploitation, Abduction, Phishing, Fraud, Ransomware, Spam, Scams, Dark Web, Open Web, Socioeconomic, Glamorisation, Alienation</p>

ARRK: Key Stage 4: Year 11 – Long Term Planning

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> To know the law surrounding organ donation To understand the impact of an unplanned pregnancy To be able to explain the religious and legal perspectives on abortion in the UK and Northern Ireland To evaluate the impact parenthood has on teenagers To understand how to perform a testicular self-examination To know the risk factors and common symptoms of breast and cervical cancer To describe a positive and healthy relationship 	<p>Relationships and Sex Education</p> <ul style="list-style-type: none"> To explore circumstances when peer pressure becomes peer abuse To explore what makes women and men fertile and understand ways to improve fertility To explore alcohol abuse, drink spiking and the associated risks To explore various consequences of neglecting sexual health To understand the way STIs spread and the groups at higher risk To further understand the advantages and disadvantages of different contraceptive methods To understand the importance of respecting others, especially those we are in a relationship with 	<p>Life Beyond School</p> <ul style="list-style-type: none"> To explore how technology and social media can negatively impact on your mental health To understand the options available to me at the end of Year 11 To recognise that stress is only beneficial in the short term and that long term it can affect you physically and emotionally To explore the impact social media influencers have on society To understand how to create a clear and concise CV To understand what a personal statement is 	<p>Staying Safe, Online and Offline</p> <ul style="list-style-type: none"> To explore the benefits and risks associated with virtual reality To define the terms digital footprints and online reputation To identify other terms surrounding cyberbullying To understand the differences between aesthetic and cosmetic procedures To explore why NPS drugs are so dangerous to society To understand the risks associated with parties and festivals and experimenting with drugs To understand the different levels of drug use and realise the consequences of drug use on wider society 	<p>Exam support</p> <ul style="list-style-type: none"> Understanding anxiety Managing Stress Managing emotions and emotional wellbeing 	<p>Study Skills</p> <ul style="list-style-type: none"> Time Management Revision methods Organisational skills Subject-specific Intervention
Vocabulary	<p>Health and Wellbeing</p> <p>Organ Donation, Donor, Transplant, Transfusion, Fatigue, Nausea, Abortion, Adoption, Surrogacy, Insemination, Prostate Cancer, Testicular Cancer, Tumours, Tumours, Cervical, Smear Test, Screening, HPV, Manipulation, Scapegoating, Negativism</p>	<p>Relationships and Sex Education</p> <p>Honour, Equality, Respect, CSE, IVF, Fertility, Fertilisation, Insemination, Surrogate, Trimester, Embryo, Spiking, Date Rape, Sedatives, Tranquilisers, Chlamydia, Gonorrhoea, Syphilis, Chancroid, Candidiasis, Thrush, Douche, Infatuation, Authenticity,</p>	<p>Life Beyond School</p> <p>A Level, T Level, BTEC, Apprenticeship, Cortisol, Hormones, Meditation, Yoga, Para-sympathetic, Curriculum Vitae, Qualifications, Referees, Qualities, University, Achievements, Applications</p>	<p>Staying Safe, Online and Offline</p> <p>Augmented Reality, Virtual Reality, Immersive Technology, Cyberstalking, Denigration, Exclusion, Exposure, Perpetrator, Aesthetic, Botox, Hallucinogenic, Stimulants, Depressants, Euphoria, Nausea, Disassociation, Experimental, Recreational, Opioids, Inhalants, Rehabilitation</p>		

ARRK Cultural Capital

<p>Local and Global Context Why is our curriculum relevant? How does it build understanding of the local area and international Issues?</p>	<p>Holderness Academy Values How does your curriculum develop our academy's values of Aspiration, Resilience, Respect and Kindness</p>	<p>Literacy and Numeracy How does our curriculum improve access to the world?</p>	<p>Employability How does our curriculum develop employability skills and enable effective planning and choices for the future?</p>
<p>The ARRK curriculum is designed with our students in mind – every aspect of it is something students may experience later in life.</p>	<p>We want our students to know themselves and develop their own self-awareness. We encourage them to learn from the examples shared in lessons and to make better informed life choices.</p>	<p>Analyse Census information and discuss how these numbers have changed over time.</p>	<p>Students are more aware of and tolerant of the beliefs of others.</p>
<p>We are equipping our students with the skills to cope with life's challenges and encouraging them to seek help when needed.</p>	<p>We encourage our students to develop resilience in the face of life's challenges. We teach our students healthy coping strategies and where to go when they need support.</p>	<p>Reading and discussing newspaper reports/articles.</p>	<p>Prepares students for life beyond the classroom, in the real world.</p>
<p>Our curriculum is planned to take into consideration local issues (including discussions about sexting) and international issues, such as terrorism.</p>	<p>Respect is crucial during ARRK lessons due to the sensitive nature of some of the topics covered. We encourage students to not ask personal questions, to avoid using homophobic, sexist or racist language, and to respect others' viewpoints.</p>		<p>Employers and universities like this subject as it shows students understand the world, life and people – this makes our students well-rounded individuals.</p>
<p>Our aim is to make our students aware of the wider world, but also realise that they are not alone in dealing with the challenges they may face.</p>	<p>Due to the nature of the topics covered in ARRK, students are reminded every lesson of the importance to be kind to one another. Students are reminded that we never know what someone is dealing with and some of the topics may be a trigger for students.</p>		<p>Transferable skills, for example enquiry skills, empathy, analysing arguments, and use of sources.</p>