

Labyrinth Education PHSE Overview

This overview is set out as a guideline for staff to ensure that the PHSE outcomes are delivered as part of the curriculum at Labyrinth Education. Staff are encouraged to deliver content through a range of cross-curricular activities, allowing learners to gain valuable life experiences that will develop their core skills and understanding that is delivered through a PHSE curriculum. Staff should ensure that the PHSE focuses and targets are at the centre of their curriculum delivery and are adapted to suit the needs of all their learners. PHSE should be delivered throughout the school day, utilizing form time, subject lessons and community activities.

PHSE Intent Implementation Impact: Labyrinth Education

Intent

Our PHSE curriculum is designed to be ambitious, inclusive and accessible for all learners in our education settings. It supports pupils to develop emotional wellbeing, communication, relationships, personal safety and independence. The curriculum is sequenced from KS2 to KS4 and prepares learners for adulthood in line with EHCP outcomes and statutory guidance.

Implementation

Teaching is adaptive, trauma-informed and highly scaffolded. Lessons use visuals, repetition, modelling, sensory learning and real-life contexts. Staff explicitly teach social rules and emotional regulation. Content and delivery are adapted for our learners and the curriculum is designed to be flexible to enable learners to access the most impactful education.

Impact

Learners show improved emotional regulation, communication, independence and safety awareness. Impact is evidenced through observations, behaviour data, learner voice, EHCP reviews and preparation-for-adulthood outcomes. Learners are more confident when exposed to real world situations and can transfer their new skills and developed knowledge into real world situations.

PHSE Long Term Plan KS2–KS4 Special School

KS2 Focus

- Understanding feelings and emotions and the impact they can have on you
- Understand what makes a good friend and develop friendships in our peer groups
- Understand what personal safety is and how we stay safe
- Understand what healthy routines are and why they are important to us
- Understand what a community is and how we belong to it.

KS3 Focus

- Developing our Emotional Regulation Skills
- Understand puberty and what changes occur in our bodies
- Develop our knowledge and understanding around online safety
- Understand what mental health is and why it is important to us
- Understand what relationships are and what makes a healthy one.

KS4 Focus

- Know what consent is and why it is important
- Develop our independence and life skills in preparation for adulthood
- Develop our understanding of money, budgeting and money skills
- Understand what employment is and what skills we need for employment
- Develop our adult life skills.

**PHSE Term-by-Term Overview KS2–KS4 Labyrinth Education
(Including FBV & SMSC Mapping for SEND)**

Key Stage 2 SEND

Term	PHSE Focus	Core Learning	FBV Mapping	SMSC Mapping
Autumn 1	Understanding feelings, emotions and how they impact us	Identifying what feelings and emotions are Identifying calming strategies to help regulate emotion	Individual Liberty	Social, Emotional
Autumn 2	What makes a good friendship and how to maintain them	Identifying key characteristics of a good friend: EG; Sharing, kindness, patience Looking at strategies to help with conflict resolution	Mutual Respect, Tolerance, understanding	Social, Moral
Spring 1	To understand how to keep safe and why it is important.	Look into the roles of trusted adults and how they keep us safe Explore a variety of safe/unsafe situations in the community	Rule of Law	Moral, Social
Spring 2	My Body & Privacy: Develop an understanding of the body and what is privacy.	Learn about our different body parts What social and personal boundaries are Understand what privacy is and how to maintain it	Individual Liberty, Mutual Respect	Spiritual, Moral
Summer 1	Healthy Me: what makes us healthy both physically and mentally and how to	Understand what hygiene is and what hygiene routines we should maintain Understand why sleep is important to our health	Individual Liberty	Physical, Emotional

	maintain good health.	Understand what impact different foods have on our health Understand why exercise is important for our health and well being.		
Summer 2	To understand what our community is and what our role in it is.	Look at the different types of rules that make up a community Understand what is meant by diversity and differences in culture Look at ways we can help others in our community	Democracy, Mutual Respect	Social, Cultural

Key Stage 3 SEND

Term	PHSE Focus	Core Learning	FBV Mapping	SMSC Mapping
Autumn 1	Look at emotional regulation techniques that we can use	To identify what triggers are and how we can use them to help us regulate Look at a variety of different coping strategies that we can use in everyday situations	Individual Liberty	Emotional, Social
Autumn 2	To understand what is needed to create and maintain healthy relationships	Develop our knowledge and understanding of what respect is and why it is important To know what peer pressure is and how to avoid and overcome it in society.	Mutual Respect, Tolerance	Social, Moral

Spring 1	To develop our knowledge around online safety	<p>Looking at how we can maintain our privacy when online</p> <p>Understand what consent is and how it keeps us safe and what to do when we haven't given it and no longer feel safe</p> <p>Look at what is appropriate and safe forms of communication when online</p>	Rule of Law	Moral, Social
Spring 2	Learn about what puberty is & what changes will occur to my body	<p>To develop our understanding of the changes that happen to our body during puberty</p> <p>Understand why it is important to maintain good hygiene routines as we grow older</p>	Individual Liberty	Spiritual, Moral
Summer 1	Look at what mental health is and how it affects us	<p>Understand what stress is and how it affects us</p> <p>Understand what anxiety is and how it affects us</p> <p>Look at different ways we can ask for help and get appropriate support</p>	Individual Liberty	Emotional, Social
Summer 2	What living in society looks like	<p>Look at what rules we have in society</p> <p>To know what is meant by fairness and equality</p> <p>To understand what rights we have as part of society</p>	Democracy, Rule of Law	Moral, Cultural

Key Stage 4 SEND

Term	PHSE Focus	Core Learning	FBV Mapping	SMSC Mapping
Autumn 1	What do we mean by having an identity & what self-esteem is.	Look at personal characteristics and what strengths we have What we mean by self-advocacy and ways we can support ourselves.	Individual Liberty	Spiritual, Emotional
Autumn 2	Look into what makes a healthy relationship & why consent is important	What consent is and why it is important in a relationship Understand why it is important to have boundaries	Mutual Respect, Rule of Law	Moral, Social
Spring 1	To look at what is meant by risk & exploitation when online	To understand what grooming is and how to identify signs To understand the law and how it protects us To look at how we use technology and work online safely	Rule of Law	Moral, Social
Spring 1	Understand what mental wellbeing means and how we can improve it	Look at ways we can manage stress Look at the different types of support services available to us	Individual Liberty	Emotional, Social
Summer 1	To understand the value of money & develop our	Develop our knowledge and skills when budgeting Develop our knowledge and skills when spending money appropriately	Individual Liberty	Moral, Social

	independence when using it			
Summer 2	Preparing for Adulthood	Work skills, independence	Democracy, Individual Liberty	Social, Cultural

PHSE SEND Adaptations Guidance

ASC: Clear routines, visuals, social stories, literal language

SEMH: Emotion coaching, trauma-informed practice, regulation tools

SLD: Concrete learning, repetition, symbol support

PMLD: Sensory-based learning, cause-and-effect activities

These adaptations are to be used as a guide, are transferable and flexible to meet the needs of the learners bespoke needs.

PHSE EHCP Outcome Mapping Matrix

Below are examples of skills and knowledge that staff should look for when mapping the learners progress in PHSE in relation to their EHCP targets:

Communication: Expressing feelings, making choices, asking for help

Social Interaction: Developing friendships, understanding boundaries

Emotional Regulation: Managing anxiety, using coping strategies

Independence: Self-care, decision making, preparing for adulthood