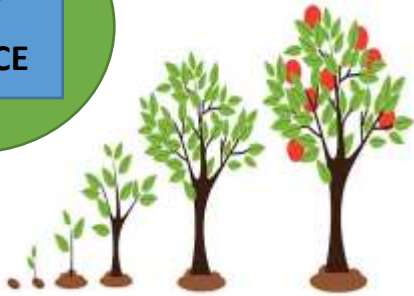


**KS3
PSHCE**



PSHCE education 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

	YEAR 7	YEAR 8	YEAR 9
Core Theme	RELATIONSHIPS	RELATIONSHIPS	RELATIONSHIPS
Autumn Term A	Introduction to PSHCE Self esteem Fire safety IN HOUSE Road Safety 1 VISITOR Puberty Menstruation Family relationships Healthy/ unhealthy relationships	Relaunch PSHCE Relationship Values Relationship expectations Sexual orientation and gender identity Consent 2 Romantic expectations and the media	Relaunch PSHCE Respectful relationship behaviours Capacity to consent Sexual Health (STIs) Contraception Managing Relationship break-up Same sex relationships
Core Theme	RELATIONSHIPS	RELATIONSHIPS	WIDER WORLD
Autumn Term B	Anti-bullying Friendship Family conflict Intro to consent Sexual and gender identity Saying thank you	Friends and Frenemies Contraception Bereavement Anti-bullying (empathy) Divorce and Separation Diversity Diversity X factor challenge.	Career Pilot IT room 1,2,3,4, over weeks Discrimination Epilepsy Racism Anti- discrimination poster making Peer pressure Gangs Resilience revisited
Core Theme	WIDER WORLD	WIDER WORLD	WIDER WORLD
Spring Term A	Box of chocolates lesson Interviewing parents/ friends Homework and Feedback Career Aspirations Visiting speaker 30 minute talk Smart Goal Setting Restorative Justice Autism	Dreams and Aspirations (Go compare) Visiting speaker Employers and FE carousel Money 1 Money 2 Money 3	Equality Act 2010 Discrimination and the Law T-Levels and Apprenticeships HE talks In pA2 to year group. Employer Carousel- speakers come to classrooms Talks/ Apprenticeship Talks Work and the Law
Core Themes	WIDER WORLD HEALTH and WELL-BEING	WIDER WORLD HEALTH and WELL-BEING	WIDER WORLD
Spring Term B	Feminism Eco- awareness- visiting speaker	Internet Citizenship 1 Internet Citizenship 2 Digital Resilience	Money 4 Money 5 Feminism revisited



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	Well being : The back-pack Emotional Literacy Connection with Nature	Connection with Nature 2 Presentations to the rest of the class	Internet Citizenship 3 Internet Citizenship 4 Life balance: study/ work/ leisure.
Core Theme	HEALTH and WELL-BEING	HEALTH and WELL-BEING	HEALTH and WELL-BEING
Summer Term A	A healthy balanced diet Benefits of exercise x 2 The importance of sleep Understanding drugs: Caffeine Understanding drugs: Tobacco	Healthy meals Exercise revisited Understanding drugs: Vaping Understanding alcohol What is mental health? A-Z promoting emotional health and resilience	Food labels Body image and the media Drugs and alcohol- 2 lessons Understanding Cannabis Managing peer pressure re drugs and alcohol
Core Themes	HEALTH and WELL-BEING	HEALTH and WELL-BEING WIDER WORLD	HEALTH and WELL-BEING WIDER WORLD
Summer Term B	Student presentations on healthy lifestyles First Aid: Basic Life Support Bleeding and Shock Allergies Practical Session: First Aid. Dental check ups Vaccination Resilience	First Aid revision: Basic Life survey Hour's practical on CPR Pre Yeovil College Visit End of June My Future Careers sheets and PP Road Safety 2 visiting Speaker Road Safety posters.	Oracy Half Day with Talk the Talk Self-Harm and Eating Disorders Healthy Coping Strategies Change Loss and Grief First Aid Revision Well- being - my own toolkit!

WIDER WORLD CAREERS LESSONS in collaborations with **WENDY WATSON**