

KS3 PSHE Curriculum Journey



What will we study in Years 7, 8 and 9?

At key stage 3, we will build on the knowledge, skills, and values you learnt while at primary school. In PSHE lessons you will engage with the changes that young people experience, beginning with your transition to secondary school, the challenges of adolescence and your increasing independence as you become teenagers. You will learn the knowledge and skills to help equip you for the opportunities and challenges of your life. You will learn to manage your relationships with others as well as your online lives, and the increasing influence of peers and the media.

Period	YEAR 7	YEAR 8	YEAR 9
Title			
Core theme	HEALTH and WELL-BEING	HEALTH and WELL-BEING	HEALTH and WELL-BEING
Autumn Term 1 & 2	<ul style="list-style-type: none"> Introduction to PSHCE Fire safety Road Safety Diet Exercise Sleep Dental Health Tobacco Caffeine 	<ul style="list-style-type: none"> Relaunch PSHCE Healthy Meals Tobacco and Vaping Alcohol What is Mental health? Bereavement Resilience 	<ul style="list-style-type: none"> Relaunch PSHCE Drugs and Alcohol Exploring attitudes Drugs and the Law Alcohol and Cannabis Managing Influence Self-harm and Eating disorders Vaccination
Title			
Core theme	HEALTH and WELL-BEING	RELATIONSHIPS	RELATIONSHIPS
Spring Term 3	<ul style="list-style-type: none"> Well-being: The flower and the back-pack Emotional Literacy Resilience 	<ul style="list-style-type: none"> Relationship Values Relationship expectations Sexual orientation and gender identity 	<ul style="list-style-type: none"> Respectful relationship behaviours Capacity to consent Sexual Health (STIs)
Title			
Core theme	RELATIONSHIPS	RELATIONSHIPS	RELATIONSHIPS
Spring Term 4	<ul style="list-style-type: none"> Partnerships, marriage and family Managing conflict within families Healthy and unhealthy relationships 	<ul style="list-style-type: none"> Romantic and gender expectations and the media Consent and assumptions Introduction to Contraception 	<ul style="list-style-type: none"> Contraception Managing Relationship break-up
Title			
Core theme	RELATIONSHIPS	RELATIONSHIPS	LIVING IN THE WIDER WORLD
Summer Term 5	<ul style="list-style-type: none"> Friendship Anti- bullying Puberty Menstruation Introduction to Consent 	<ul style="list-style-type: none"> Friends and Frenemies Anti- bullying 	<ul style="list-style-type: none"> Toxic masculinity Body image and the media Employment: Skills, Qualities, goals Employment Law: Rights and responsibilities.
Title			
Core theme	LIVING IN THE WIDER WORLD	LIVING IN THE WIDER WORLD	LIVING IN THE WIDER WORLD
Summer Term 6	<ul style="list-style-type: none"> British Values Feminism Types of work and lifelong learning Smart Goal Setting Introduction to Careers 	<ul style="list-style-type: none"> Saving Money The Dangers of Gambling Future Careers Dream and Aspirations Go Compare: the Buzz Quiz Diversity 	<ul style="list-style-type: none"> Employer visits Knife crime Gangs Apprenticeships and T- Levels Higher Education First Aid

KS4 PSHE Curriculum Journey



ANSFORD ACADEMY

What will we study in Years 10 and 11?

At key stage 4, you will deepen your knowledge and understanding, extend and rehearse skills, and further explore attitudes, values and attributes learnt during key stage 3. PSHE education reflects the fact that you are moving towards an independent role in adult life, taking on greater responsibility for yourself and others

Period	Year 10	Year 11
Title		
Core theme	HEALTH and WELL-BEING	RELATIONSHIPS
Autumn Term 1 & 2	<ul style="list-style-type: none"> • Relaunch PSHCE • What is well-being? • Challenging negative thinking • Recognising mental ill health • Positive and negative attitudes to eating • Exercise • Drugs and Alcohol KS4 Lesson 1 • Work Experience preparation 	<ul style="list-style-type: none"> • Relaunch PSHCE • Long Term Commitment • Fertility and sexual health • Pregnancy outcomes • Abortion • Extremism • Toxic masculinity
Title		
Core theme	HEALTH and WELL-BEING	RELATIONSHIPS
Spring Term 3	<ul style="list-style-type: none"> • Self-examination- health checks • Change, Loss Bereavement 	<ul style="list-style-type: none"> • Harrassment • Sexual assault • Domestic Abuse
Title		
Core theme	RELATIONSHIPS	HEALTH and WELL-BEING
Spring Term 4	<ul style="list-style-type: none"> • Intimacy and pleasure • Pornography • Pressure and coercion 	<ul style="list-style-type: none"> • Mental ill health • Substance Abuse • Medical self- examination and Cosmetics and aesthetics (Safety) • Well- Being, Stress and Life Balance
Title		YEAR 11 MOVE INTO EXAM PERIOD.
Core theme	HEALTH and WELL- BEING	
Summer Term 5	<ul style="list-style-type: none"> • Managing break-ups • Relationship abuse • Family Conflict • Diversity in Relationship Choices 	
Title		
Core theme	LIVING IN THE WIDER WORLD	
Summer Term 6	<ul style="list-style-type: none"> • The World of Work • Online Safety/ guide to AI • Money: Budgeting, Saving, Spending, Banks • Money: Pay, National Insurance, Tax, Pensions • Work Experience Review 	