

## **PSHE Education KS3 Long Term Plan**

### **Vision**

KS3 PSHE education provides students with the skills and knowledge to become well rounded citizens of their local, national and global communities. It enables them to stay safe, understand risks and manage them accordingly. PSHE equips students for life. They learn the skills to be responsible, healthy and independent young people (this includes mentally, physically and financially). Students also explore social, moral, spiritual and cultural aspects of their learning. All of these things will help them in their journeys after school.

### **Teaching and Learning**

There are three main PSHE themes that we cover in KS3.

1. Health and Wellbeing
2. Relationships
3. Living in the Wider World

### **Learning Resources**

<https://www.bbc.co.uk/bitesize/subjects/ztv9j6>

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 7</b>	<p><b>Managing Transition: Relationships 1</b> (7weeks)</p> <p>a. Being New b. Making Friends c. Hopes and Dreams</p>	<p><b>Relationships: Respecting Others 1</b> (7 weeks)</p> <p>a. Why People Bully b. The Difference Between Banter and Bullying c. Bystanders and Perpetrators</p>	<p><b>Health 1: Keeping Healthy</b> (6 weeks)</p> <p>a. Puberty b. Periods c. Personal hygiene d. Diet e. Exercise</p>	<p><b>Taking Part in Democracy</b> (6 weeks)</p> <p>a. Different Ways of Taking Part in Democracy b. The Barriers c. Campaigning d. Communities e. Writing to the Local Council</p>	<p><b>Health 2: Keeping Healthy</b> (6 weeks)</p> <p>a. Identity b. Body image c. Mental health</p>	<p><b>Wider World: Personal Safety 1</b> (6 weeks)</p> <p>a. Road safety b. Transport safety c. Staying Safe on the Streets d. Online Safety e. First Aid</p>
<b>Year 8</b>	<p><b>Health: Managing Risk</b> (7 weeks)</p> <p>a. Gambling b. Drugs c. Smoking d. Alcohol</p>	<p><b>Part A Relationships: Respecting Others 2</b> (4 weeks)</p> <p>a. Online bullying b. Bystanders of online bullying c. NSPCC</p> <p><b>Part B Wider World: Finances</b> (3 weeks)</p> <p>a. Money Personality</p>	<p><b>Managing Risk 2</b> (6 weeks)</p> <p>a. Extremism and Online Safety, b. Grooming, Gangs, Knife Crime, Exploitation, c. Prevent, FGM</p>	<p><b>Relationships: Changing Relationships</b> (7 weeks)</p> <p>a. Respect b. Compliments c. Gender Equality d. Relationship Rules e. Relationship Values</p>	<p><b>Relationships: Coping with Loss</b> (6 weeks)</p> <p>a. Coping with the Breakdown of Relationships b. Loss c. Separation d. Divorce e. Bereavement f. Mental Health</p>	<p><b>Wider World: Careers</b> (6 weeks)</p> <p>a. Setting goals b. Opportunities c. Stereotypes d. Work patterns</p>

		b. Credit c. Debt				
<b>Year 9</b>	<b>Relationships</b>  (7 weeks)  a. Sexual Bullying b. Consent c. Domestic Violence d. Sexting e. Forced Marriage	<b>Relationships: Respecting Others 3</b>  (7 weeks)  a. Prejudice b. Discrimination c. LGBT+, d. Disability Discrimination e. Sexism	<b>Wider World: Making Choices and Looking Ahead</b>  (7 weeks)  a. How to Choose Options b. Effect it can have on Your Future Career c. Where Could Your Favorite Subject Take You	<b>Wider World: Economics Unit</b>  (7 weeks)  a. Payslips and Deductions b. Insurance c. Retirement d. Consumer Rights	<b>Wider World: Careers Unit</b>  (6 weeks)  a. Applying for Jobs b. C.Vs c. Interviews d. Post 16 Options	<b>Relationships</b>  (6 weeks)  a. Safer Sex b. Contraception c. STIs d. Pregnancy e. Sex in the Media f. Pornography