

PSHE Education Curriculum Key Stage 3

Vision

Our aim and vision for KS3 PSHE education is to equip students for life with the skills and knowledge necessary in the wider world, which will enable them to become well rounded citizens of their local, national and global communities. PSHE is all about students being able to understand risks and manage them accordingly and therefore it will enable them to stay safe. They learn the skills to be responsible, healthy and independent young people (this includes mentally, physically and financially). Within the content of PSHE students will think about what it means to be a good citizen, they will also explore social, moral, spiritual and cultural aspects of their learning. They will understand how all of the things they are learning now will relate to their future (including their future careers). Students will also think about British Values within the PSHE content. All of these things will help them in their journeys after school.

Teaching and Learning

The content of PSHE is taught through three main themes in KS3. These are:

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

Within these three themes we focus on particular areas that are built on each year. This ensures that students are receiving age appropriate PSHE and that we revisit important skills and content frequently. The areas we focus on are; managing risk, relationships, respecting others, keeping healthy, economics, careers and democracy. Within each of the lessons we build student skills, for example decision making and assertiveness. Throughout the lessons there is a focus on inclusivity. We also ensure that we distance the lessons from students' experiences by using scenarios. This ensures that students are comfortable and confident with the content.

Learning Resources

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

Year 7 (1 Single)	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Managing Transition: Relationships 1 (7weeks) a. Being New b. Making Friends c. Hopes and Dreams	Relationships: Respecting Others 1 (7 weeks) a. Why People Bully b. The Difference Between Banter and Bullying c. Bystanders and Perpetrators	Health 1: Keeping Healthy (6 weeks) a. Puberty b. Periods c. Personal hygiene d. Diet e. Exercise	Taking Part in Democracy (6 weeks) a. Different Ways of Taking Part in Democracy b. The Barriers c. Campaigning d. Communities e. Writing to the Local Council	Health 2: Keeping Healthy (6 weeks) a. Identity b. Body image c. Mental health	Wider World: Personal Safety 1 (6 weeks) a. Road safety b. Transport safety c. Staying Safe on the Streets d. Online Safety e. First Aid

Year 8 (1 Single)	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Health: Managing Risk (7 weeks) a. Gambling b. Drugs c. Smoking d. Alcohol	Part A Relationships: Respecting Others 2 (4 weeks) a. Online bullying b. Bystanders of online bullying c. NSPCC Part B Wider World: Finances (3 weeks) a. Money b. Credit c. Debt	Managing Risk 2 (6 weeks) a. Extremism and Online Safety, b. Grooming, Gangs, Knife Crime, Exploitation, c. Prevent, FGM	Relationships: Changing Relationships (7 weeks) a. Respect b. Compliments c. Gender Equality d. Relationship Rules e. Relationship Values	Relationships: Coping with Loss (6 weeks) a. Coping with the Breakdown of Relationships b. Loss c. Separation d. Divorce e. Bereavement f. Mental Health	Wider World: Careers (6 weeks) a. Setting goals b. Opportunities c. Stereotypes d. Work patterns

Year 9 (1 Single)	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Relationships (7 weeks) a. Sexual Bullying b. Consent c. Domestic Violence d. Sexting e. Forced Marriage	Relationships: Respecting Others 3 (7 weeks) a. Prejudice b. Discrimination c. LGBT+, d. Disability Discrimination e. Sexism	Making Choices and Looking Ahead (7 weeks) a. How to Choose Options b. Effect it can have on Your Future Career c. Where Could Your Favorite Subject Take You	Wider World: Economics Unit (7 weeks) a. Payslips and Deductions b. Insurance c. Retirement d. Consumer Rights	Wider World: Careers Unit (6 weeks) a. Applying for Jobs b. C.Vs c. Interviews d. Post 16 Options	Relationships (6 weeks) a. Safer Sex b. Contraception c. STIs d. Pregnancy e. Sex in the Media f. Pornography