

SUBJECT: PSHE



KS3 CURRICULUM PLAN

KS1 and 2 Knowledge and Key skills

YEAR 7	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
TOPIC	<i>Looking after each other</i>	<i>A safe and happy school community</i>	<i>Aiming High</i>	<i>Healthy, Happy Me</i>	<i>Understanding Relationships</i>	<i>Desert Island Living</i>
Knowledge	Transition: new school, new routines, new friendships. Bullying. Staying safe online and an introduction into the dangers of sharing images	Different types of bullying, the impact of bullying and the responsibility to report bullying.	Understanding what makes a successful idea and how to create a pitch for that idea and product.	Understand how to make healthy lifestyle choices and the changes that will occur during puberty (emotional changes and personal hygiene)	Qualities and behaviours relating to positive relationships, understand what unhealthy relationships/friendships involve, consent - how to seek and assertively communicate.	Explore community decision-making methods. Consider what the necessities are for helping communities survive
Skills	Developing resilience, managing emotions in a constructive way, managing challenges of moving to a new school.	Developing awareness of issues and feelings and the actions to take. Responding to an emergency situation and making safe decisions.	Developing skills of problem-solving, communication, teamwork, leadership, risk-management and creativity.	Recognise elements of a healthy lifestyle including sleep, developing awareness of changes during puberty.	Recognise what makes a healthy and unhealthy relationship, communicate assertively.	Develop social skills by working in groups to make decisions, recognise right from wrong
Key Vocab	Consent	Resilience	entrepreneur, aspirations, communication	Screen time, hygiene, influence	Consent, assertive, bullying	Community, democracy

YEAR 8	SUMMER 2	SUMMER 1	SPRING 2	SPRING 1	AUTUMN 2	AUTUMN 1
TOPIC	<i>Vote for Me!</i>	<i>Challenging discrimination</i>	<i>Keeping E-Safe</i>	<i>My Future</i>	<i>Unhealthy choices</i>	<i>Positive relationships</i>
Knowledge	Explore different voting systems, identify main political parties and what they stand for.	Recognise discrimination, identify groups which are targets of inequality and explore factors which lead to discrimination.	Online communication, using social media safely, critically assessing different media sources, age restrictions in relation to online content.	Equality of opportunity in life and work, discrimination in relation to work and pay, employment and self-employment, setting goals for the future.	Understanding the risks of alcohol, tobacco and e-cigarettes, recognising positive social attitudes.	Consent, unwritten rules and healthy relationships.
Skills	Demonstrate the British values of democracy, tolerance, mutual respect and rule of law	Identify and provide solutions to inequality, prejudice and discrimination.	Recognise online grooming, understand how to seek support in cases of online grooming, recognise biased or misleading information	Setting aspirations, goals, challenge expectations that limit choices, challenge stereotypes in relation to work.	Making informed and correct choices in a variety of situations.	Recognise the positive behaviours in relationships, understand the law in relation to consent,
Key Vocab	Democracy, multiculturalism, identity	Discrimination, inequality, prejudice	fake news, bias, exploitation	Self-employment, discrimination	Influence, addiction, dependency	Consent

YEAR 9	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
TOPIC	<i>Managing Conflict</i>	<i>Managing Risk</i>	<i>Preparing for the Future</i>	<i>Healthy Mind, Healthy Body</i>	<i>Intimate Relationships</i>	<i>Welcome to the Real World</i>
Knowledge	understanding the conflict that happens within families. Explore issues surrounding online sexual harassment.	Understanding the risks surrounding peer pressure, understanding why people carry a knife and the risks associated with it.	Different types of employment and career pathways, how to work towards aspirations, GCSE options and beyond.	Explore relationship between physical and mental health, influences on body image, unhealthy and healthy coping strategies.	Myths and misconceptions relating to consent, STIs - using contraception for safer sex, consequences of unprotected sex.	Employment rights and responsibilities, skills for employability, managing 'personal brand' online
Skills	Communicating assertively, managing conflict within family circumstances. Making informed choices surrounding peer on peer online abuse.	Making informed choices, managing risky situations, communicating assertively	Decision making, setting realistic goals for the future, understand transferable skills and how to demonstrate strengths	Develop healthy coping strategies, develop digital resilience, understand the relationship between physical and mental health	Recognise the continuous right to withdraw consent, understand the consequences of unprotected sex	Be able to give and act upon constructive feedback, use strategies to support their progress and know how to access support.
Key Vocab	Divorce, separation. Sexual harassment	Peer pressure, manipulation, consequences	Transferable skills, aspirations	Mental health, resilience, independent	sexually transmitted infection, consent	Employment rights, employability