

KS3 PSHE CURRICULUM FRAMEWORK: WHOLE SCHOOL OVERVIEW

Term	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Core theme	Health and wellbeing	Relationships	Living in the wider world	Health and wellbeing	Relationships	Living in the wider world
Topic title	Lifestyles and society!	Relate!	Active Citizens!	Making decisions!	Let's talk!	Finance and Future!
Year 7 (theme of teaching)	<ol style="list-style-type: none"> 1. Personal strengths – self esteem 2. Diet, exercise and making healthy choices 	<ol style="list-style-type: none"> 1. Team working and communication 2. Managing on and off line friendships including cyber-bullying 	<ol style="list-style-type: none"> 1. Rights and responsibilities in the community 2. The Real Game 	<ol style="list-style-type: none"> 1. Mental health and emotional wellbeing 2. Alcohol and tobacco 	<ol style="list-style-type: none"> 1. Qualities and behaviours of relationships 2. Types of relationships and diversity/ bullying/ prejudice 	<ol style="list-style-type: none"> 1. The Real game/ enterprise 2. Saving, spending and budgeting our money
Year 8 (theme of teaching)	<ol style="list-style-type: none"> 1. Healthy lifestyles and media influence 2. Personal safety and first aid 	<ol style="list-style-type: none"> 1. Features of positive and unhealthy relationships 2. Different relationships, media and breakdown of relationships 	<ol style="list-style-type: none"> 1. Democracy and Justice 2. Radicalisation/ extremism 	<ol style="list-style-type: none"> 1. Mental health and emotional wellbeing – coping strategies 2. Alcohol, tobacco and drugs and peer pressure 	<ol style="list-style-type: none"> 1. Feelings and emotions – managing 2. Language and behaviour in society 3. Consent 	<ol style="list-style-type: none"> 1. Understanding careers and future aspirations guidance 2. Tackling age and disability discrimination 3. Risks and consequences making financial decisions

KS3 PSHE CURRICULUM FRAMEWORK: Long term planning

Topics	Health and wellbeing		Relationships		Living in the wider world	
Transitions	Penkridge Middle learning opportunities covered (Y7-8)	Wolgarston learning opportunities covered (Y9-11)	Penkridge Middle learning opportunities covered (Y5-6)	Wolgarston learning opportunities covered (Y9-11)	Penkridge Middle learning opportunities covered (Y5-6)	Wolgarston learning opportunities covered (Y9-11)
YEAR 7	Personal strengths (H1); self-esteem and self-confidence (H2,H3,H4); characteristics of mental health including coping strategies (H5,H15); Physical health and hygiene (H9); recap on puberty (x-ref with Science) benefits of exercise and sleep (H13,H14); healthy eating (H16,H17); facts about alcohol and smoking (R31);	To be added	What qualities and behaviours they expect and show in a wide variety of positive relationships (R1,R4); team working (R2); communication skills (R3); Different types of relationships (not intimate) (R8); peer pressure in relation to previous (R30)	To be added	Core values and choices (L1,L17) (x-ref relationships and health and well-being and British Values); targets and goals (L2); diversity and stereotyping (L3,L4); roles, rights and responsibilities (L7) (R11 x-ref); Real game (L9,L10,L15,L16,)	To be added
YEAR 8	Mental and emotional health including coping strategies (H5,H15); Healthy lifestyles (H9,H13,H14,H16,H17); media influence (H18,H19); basic first aid (H22); personal safety (H23); roles and facts about drugs, smoking and alcohol in society (H24,H25,H26,H28); peer pressure (H27, x-ref relationships R30); sources of support (H31)		Feelings and emotions in relationships (R5); Features of positive and stable relationships and those of unhealthy relationships (R6, R29); media portrayal (R7); Different types of relationships (R8); marriage commitment (R10); breakdown of relationships (R12); consent (R18,R23) (x-ref sexting in ICT, R30, R35, R38); peer pressure (R30, R33, R34); exploitation (Chelsea's choice)		Language and behaviour (x – ref R26, R27, x-ref British Values); democracy and justice; diversity and stereotyping (L3,L4,L5,L6,L7); careers guidance (L8,L9,L10,L11,L12,L13,L14); financial decisions (L18,L19,L20)	