

KEY STAGE 3 PSHCE CURRICULUM ON A PAGE

KS3 year groups have 1 lesson per week

All year group takes part in a school council meeting each half term and have learning conversations once a term

	Autumn 1 Health and Wellbeing	Autumn2 Relationships	Spring 1 Living in the Wider World	Spring 2 Health and Wellbeing	Summer 1 Relationships	Summer 2 Living in the Wider World
Year 7	Transition to secondary school Personal identity and values Zones of Regulation	Making and maintaining friendships Bullying Communicating online	Staying safe and reducing risk – at home and on the road Emergency services and coping with emergency situations.	Personal hygiene Staying healthy Medicines and household products – staying safe	Changes at puberty Personal space and respecting each other – NSPCC Pants rule	Looking after the environment
Year 8	Moving into year 8 Personal identity Team building Dealing with stress	IEPs Bullying Maintaining friendships Personal strengths	Staying safe and reducing risk Understanding hazards and risks. Being safe in the community Basic first aid Cyber safety	Healthy lifestyles and mental health Alcohol and drug misuse	Healthy relationships Sexual feelings- crushes Boundaries and consent Introducing gender and sexual identity	Money management Identity and the world of work Opportunity in careers
Year 9	Moving into year 9 Personal identity Rights and responsibilities Team building	Peer pressure Bullying Relationship changes Conflict resolution	Online presence Learning strengths and goal setting IEPs Lifesaving first aid	Diet, exercise, lifestyle balance and healthy choices Substance misuse	Gender and sexual identity Types of families – marriage civil partnerships	Safe choices in the virtual and physical communities The role of the police Transitioning to year 10