

KS3 Curriculum Overview



Subject: PSHE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Health and Wellbeing What is PSHE: Setting ground rules to keep us safe in PSHE Transition to Secondary School Who are we? How can we succeed? (resilience) Why do we have rules? Who can help us? What is self-esteem?	Living in the wider World Introduction to Citizenship. Why are we lucky to live in a democracy? What are our Rights and responsibilities? School council 'democracy' Looking after our school and respecting the environment including recycling.	RSE What is friendship? What is a good friend? How do we stay safe? How do we stay safe online? How do we get help with online relationships?	Health and wellbeing What is physical well-being? Personal health and hygiene, first impressions. Disease prevention, personal care and independence. What is mental wellbeing? How can we help look after our own mental health?	Living in the Wider World What happens in an election? What do politicians do? What are political parties? Relationships (including RSE) What is trust? What is peer pressure? How can we say no?	RSE How am I feeling? How am I changing? What is "normal"? What can I do to manage my feelings? Health and wellbeing How can we help look after ourselves and others? (Basic First Aid Project)
Links to RRS / PFA and SMSC	PFA: Independent Living, Community Friends and Relations, Our Work SMSC: Social, Moral, Cultural RRS: 12, 13, 15, 23, 31, 42	PFA: Independent Living, Community Friends and Relations SMSC: Social, Cultural, Moral RRS: 1, 2, 3, 4, 5, 12, 14, 40,	PFA: Independent Living, Community Friends and Relations, Good Health SMSC: Social, Moral, Cultural RRS: 12, 13, 23, 27, 29, 36, 37, 39,	PFA: Independent Living, Community Friends and Relations, Good Health SMSC: Social, Moral, Cultural, Spiritual RRS: 4, 13, 14, 15, 16, 19, 24, 27, 29, 30, 36,	PFA: Independent Living, Community Friends and Relations, Good Health, SMSC: Social, Moral, Cultural RRS: 2, 4, 5, 7, 10, 12, 13, 15, 23, 27, 28, 31, 33,	PFA: Independent Living, Community Friends and Relations, Good Health, SMSC: Social, Moral, Cultural, Spiritual RRS: 4, 6, 7, 12, 13, 14, 15, 16, 19, 24, 27, 29

Year 8	Health and Wellbeing What is mental health? How can we support our own mental wellbeing? Why is respect important? Why is tolerance important? How can we keep ourselves healthy? Food and exercise. When do we need help to manage our health?	Living in the wider World What happens when someone breaks the law? What is the purpose of laws and punishment? How do we change the law? How can we contribute to the UK? How do charities help? Why volunteer?	RSE What is a healthy relationship? How do we deal with conflict? What can we do to prevent bully? How can we be safe online? What is extremism? How can be safe outside?	Health and wellbeing What are drugs? What are the dangers of smoking and cannabis? Should we use energy drinks? Why do we need sleep? What is body image? How does the media affect my body image? Can I trust what I read and see through the media?	Living in the wider World Who and what influences us? How can fake news affect what we think? What are our “protected” rights? What is diversity? Why is diversity good? How can we challenge discrimination?	RSE What do we value? Who is important to us? What is love? How do we show love and friendship? What is private? How do relationships change? How can we cope with the end of relationships?
Links to RRS / PFA and SMSC	PFA: Independent Living, Community Friends and Relations, Good Health SMSC: Social, Moral, Cultural, Spiritual RRS: , 4, 5, 7, 10, 12, 13, 15, 23, 27, 28, 31, 33, 41	PFA: Independent Living, Community Friends and Relations SMSC: Social, Cultural, Moral RRS:1, 2, 3, 4, 5, 12, 13, 14, 15, 16, 19, 14, 40,	PFA: Independent Living, Community Friends and Relations, Good Health SMSC: Social, Moral, Cultural RRS:12, 13, 23, 27, 29, 31, 34, 36, 37, 39,	PFA: Independent Living, Community Friends and Relations, Good Health SMSC: Social, Moral, Cultural, Spiritual RRS: 4, 12, 13, 14, 16, 19, 24, 27, 29, 30, 33, 36,	PFA: Independent Living, Community Friends and Relations, Good Health, SMSC: Social, Moral, Cultural RRS:2, 4, 5, 7, 10, 12, 13, 15, 23, 27, 28, 31, 33, 39, 41,	PFA: Independent Living, Community Friends and Relations, Good Health, Our Work SMSC: Social, Moral, Cultural, Spiritual RRS:4, 6, 7, 12, 13, 14, 15, 16, 19, 24, 27, 29

Year 9	Health and Wellbeing How can we build resilience? How do we use the internet positively? How do we stay safe online when gaming? How do we keep ourselves healthy? How do we prevent	Living in the wider World Why do we need money and where does it come from? How can we manage our money? How do we budget? How to we save money when shopping? How can we protect ourselves from debt and gambling? What are our consumer rights?	RSE How can we manage our emotions? How do we look after ourselves in relationships? What is risk? What is County Lines? How do we keep ourselves safe? (Gang crime/ knife crime as appropriate)	Health and wellbeing How does alcohol and solvent abuse affect our bodies? First Aid How do we keep healthy? (Mental health, physical health, nutrition) How can we avoid or change unhealthy coping strategies?	Living in the wider World What is local government? What is national government? How do elections work? Should we still have a monarchy? What does it mean to be British? How can we help bring positive change?	RSE What is consent? What is body shaming? Is my body normal? How do we keep safe? (contraception) What are the risks of not using contraception? What is appropriate online?
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