

KS3 PSHE
Curriculum Content - Long term plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Wellbeing, Feelings & Social Skills Recognising own feelings. Understanding different feelings. Making choices. Setting goals (targets). What is a good friend? SEAL: Role Model	Keeping Safe, Active & Healthy What is a healthy lifestyle? Safety in the home. Drug Education: Dangers of smoking, alcohol and illegal drugs. Dealing with bullying, including e-safety. SEAL: Challenging Bullying	Careers, Rules & the Law Financial Capability Why do we have rules? Breaking rules and the law, including theft. Myself and my money. SEAL: Confident	Wellbeing, Feelings & Social Skills What makes me happy? How can I help others to be happy? What can I do if I'm sad/worried? SEAL: Sense of Humour	Relationships & Sex Education Recognising and dealing with feelings during puberty. Male and female body parts. Puberty facts including menstruation, SEAL: Helpful	Family Community & the Environment My family and different families. Sustainable Development: The environment and the impact of vandalism Recycling and upcycling. SEAL: Always Willing to Try
Year 8	Wellbeing, Feelings & Social Skills Managing feelings. Recognising the feelings of others. Making choices. Setting goals (targets). Making friends. SEAL: Role Model	Keeping Safe, Active & Healthy Healthy eating, exercise. Accidents, road safety and fire hazards. Emergency services. Drug Education: Facts about illegal drugs. Disability awareness, bullying. SEAL: Challenging Bullying	Careers, Rules & the Law Financial Capability Democracy: Rights and responsibilities. Voting, the government, the monarchy and laws. Myself and my money. SEAL: Confident	Wellbeing, Feelings & Social Skills Expressing my own opinions and listening to those of others. How to self calm. SEAL: Sense of Humour	Relationships & Sex Education Safe relationships. Personal space. Caring for and understanding your body, hygiene and puberty. . SEAL: Helpful	Family Community & the Environment Stereotypes in families and the community. Equality of race and gender. Sustainable Development: Energy, food and farming, transport issues and rich world/poor world SEAL: Always Willing to Try
Year 9	Wellbeing, Feelings & Social Skills How to support my sad, worried etc feelings. Self esteem. Setting goals (targets). Own leisure time, friendships and resolving conflicts. SEAL: Role Model	Keeping Safe, Active & Healthy Drug Education: Smoking, alcohol and drug abuse and addiction. Personal health & hygiene to help avoid illnesses. Teenage health issues. How to deal with real life dilemmas. Types of bullying including homophobic. SEAL: Challenging Bullying	Careers, Rules & the Law Financial Capability Discrimination: Challenging discrimination worldwide. Justice system. Media: Media and advertising. Challenging stereotypes. How can I budget? SEAL: Confident	Wellbeing, Feelings & Social Skills How can I take care of my own emotions? Influences on relationships – groups, peer pressure, gender, age, puberty. SEAL: Sense of Humour	Relationships & Sex Education Physical and emotional bodily changes. Boy and girl relationships. Age of consent. Protective behaviours. SEAL: Helpful	Family Community & the Environment Problems in local communities and the wider world. Charities. Sustainable Development: Water, biodiversity and natural resources. SEAL: Always Willing to Try

PSHE Association SEND Framework Link	Self-Awareness Managing Feelings	Healthy Lifestyles Self-care, Support and Safety	Healthy Lifestyles Self-care, Support and Safety	The World I Live In	Changing and Growing	The World I Live In
Key Dates:		Anti-bullying week Switch off fortnight.	Safer Internet Day	No smoking day		Healthy Eating week