



PSHE - KS3

Learning Journey



Flowing throughout the academic year, our **RE curriculum** also supports our pupils to become compassionate citizens through exploration of faith, values and cultural diversity. Our lessons are a canvas for discussing moral dilemmas, ethical choices and the impact of faith on behaviour.



Pupils should leave school with the skills and knowledge they need to live healthy, safe and fulfilling lives.

We aim for them to be able to utilize their Beacon (**resilience, respectful, resourceful, participation, reflective, responsible and collaborative**) and British Values to show self-respect, confidence and empathy in order to make informed decisions.

See RE Learning Journey

The online world
Recognise how behaviour can be manipulated online. Assess how online platforms generate income through users.

Road Safety Talk

France residential

Transition days, assemblies

YEAR 9

Healthy and unhealthy relationships

Range of relationship issues facing young people, including harassment, image-sharing and gendered violence, and how to get support.

First Aid

This unit teaches pupils how to give basic life support, do CPR, and use a defibrillator. What to do if someone is bleeding, has asthma, or has an allergy. As well as railway and water safety.

Safer Internet Day

Belonging and community

Create respectful and cohesive communities. Recognise and challenge bias, stereotypes and discrimination and promote inclusion.

Anti-bullying week

Say No to Racism Day

Black History Month

World Mental Health Day

Personal safety and managing risk

Assess risks and personal safety in a range of contexts, including on the roads, around water, and in relation to alcohol and other drugs.

Health and wellbeing
decision-making skills - healthy lifestyle and their wellbeing: food, exercise and sleep, impact of climate change on young people's wellbeing.



Cross-Curricular

Our PSHE curriculum is supported across all aspects of the school day including every subject, tutor and lunch times.

Particular coverage:

Food Tech



Science



Sport



ICT



welcome



Puberty and keeping safe

Revisits learning from KS2. Then focuses on personal health and hygiene, as well as how to identify and report abuse.

Young Enterprise

Dorset residential

Transition day

YEAR 8

Influences on relationships

Expectations of – and attitudes towards – relationships, including online and media influences.

Why do we need rules?
Parliament

Safer Internet Day

Forest School

Say No to Racism Day

Anti-bullying week

Black History Month

World Mental Health Day

Road Safety Talk

YEAR 7

Families and changing relationships

The role of families, including caring for each other in changing circumstances, such as divorce or separation.

Extra-curricular provision

For other areas of personal development

See Personal Development Learning Journey

Friendship and bullying

Healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents.

Emotional wellbeing

Transition to KS3, set learning goals and develop social and emotional skills.



Continuing our spiral curriculum, aligned with the PSHE Association programme of study, pupils enter KS3 with a broad, balanced foundation from their learning in Years 5 and 6. This strong start enables us to prepare students effectively for future study and higher education.

Families		Mental wellbeing		Drugs, alcohol, tobacco and vaping	
Intimate and sexual relationships		Wellbeing online		Health protection & prevention	
Respectful relationships		Physical health and fitness		Basic first aid	
Online safety and awareness		Healthy eating		Developing bodies	
Being safe		Citizenship & Careers		Personal safety	