

PSHE and Citizenship Curriculum Plan KS3 2022-2023

Colour Code:

Blue = Rights and responsibilities and British Values

Green – Celebrating diversity and equality

Pink – Relationship and sex education

Orange – Staying safe online and offline

Purple – Health and wellbeing

Yellow – Life beyond school

Key:

British Values - BV

Equality and Diversity – E&D

Spiritual, Moral, Social, Cultural - SMSC

Maths, English, IT – M/E/IT

AIRR Values – A (Aspirational) I (Independence) Ri (Resilience) Rs (Respect)

	Year 7			Year 8			Year 9		
Term	Mentor time (once a week)	PSHE lessons (1 per fortnight)	Citizenship lessons (1 per fortnight)	Mentor time (once a week)	PSHE lessons (1 per fortnight)	Citizenship lessons (1 per fortnight)	Mentor time	PSHE and Citizenship lesson (1 per fortnight)	Citizenship lessons (1 per fortnight)
Drop Down Days	Autumn term – 30 th November - Puberty and body development, dental hygiene, personal hygiene, germs, body changes, emotional changes, Periods			Summer Term – 12 th July - Sex Education Penis, Vulva, Consent, Contraceptive options, condom demonstrator, STIs and protection			Spring term – 8 th March - First Aid		
External Visits	Autumn term – 6 th October (Afternoon) - Road Safety Play - Essex Road Safety Spring 1 - Culture Week between 7-13th February			Spring 1 - Culture Week between 7-13th February Spring term - W/C 3 rd April – Essex Fire and Rescue – Assembly (Remote) 20 mins -			Spring 1 - Culture Week between 7-13th February Spring term - W/C 3 rd April – Essex Fire and Rescue – Assembly (Remote) 20 mins -		

	Spring term - W/C 3 rd April – Essex Fire and Rescue – Assembly (Remote) 20 mins - Summer Safety. Discussion about the dangers of engaging in risky behaviours over the summer period such as: field fires, swimming in open water, beach safety, railway safety			Summer Safety. Discussion about the dangers of engaging in risky behaviours over the summer period such as: field fires, swimming in open water, beach safety, railway safety			Summer Safety. Discussion about the dangers of engaging in risky behaviours over the summer period such as: field fires, swimming in open water, beach safety, railway safety		
	Year 7			Year 8			Year 9		
Term	Mentor time (once a week)	PSHE lessons (1 per week, each half term)	Citizenship lessons (1 per week, each half term)	Mentor time (once a week)	PSHE lessons (1 per week, each half term)	Citizenship lessons (1 per week, each half term))	Mentor time	PSHE and Citizenship lesson (1 per week, each half term))	Citizenship lessons (1 per week, each half term))
Autumn 1	PSHE in the news and cultural capital	Managing Change L1 – Getting to know people and what is community L2 – What are my beliefs and values. My identity L3 – Transition points in life L4 – Sleep and relaxation Healthy relationships		PSHE in the news and cultural capital	Health and wellbeing L1 – Healthy eating and cholesterol (diabetes, cancer) L2 – Immunisation and vaccination L3 - What is mental health? Anxiety, depression, stress L4 – How to manage		PSHE in the news and cultural capital	Understanding positive mental wellbeing L1 – Importance of happiness L2 – What is anger L3 – Social media and online stress L4 – Dealing with grief and loss Understanding positive	

		L1 – Consent and boundaries L2 – Respectful relationships inc. family relationships, roles and responsibilities of parents, marriage and the law, equality of different families L3 – What makes a good friend and managing friendships			mental health, stress and depression L5 – Positive body image L6 – Self esteem and the media L7 – Types of bullying, including Cyber Bullying			mental wellbeing L1 – Transitioning to adulthood L2 - Emotional wellbeing strategies L3 – Attitude continuum	
Autumn 2	PSHE in the news and cultural capital		Politics and me L1 – Why is politics important? L2 – How our country is run L3 – Elections	PSHE in the news and cultural capital		Laws in society L1 and 2 – UK Laws and how impact society L3 – How laws in the UK are made	PSHE in the news and cultural capital		Combatting extremism and terrorism L1 - Conspiracies and extremist narratives

			<p>and campaigning</p> <p>Parliament</p> <p>L1 – Politics and debating</p> <p>L2 – Exploring inside parliament</p> <p>L3 – Prime minister and his role</p>			<p>L4 – Prisons and serving time as a punishment</p> <p>L5 – Prison reform</p> <p>L6 – The Courts</p> <p>Police visit - TBC</p>			<p>L2 - Extremism in all its forms</p> <p>L3 - What is terrorism?</p> <p>L4 - Proud to be British</p> <p>L5 - The radicalisation process</p> <p>L6 - Counter terrorism</p>
Spring 1	<p>PSHE in the news and cultural capital</p>	<p>Drugs and alcohol</p> <p>L1 – Smoking, vaping and e-cigarettes</p> <p>L2 – Energy drinks, Caffeine, Prescribed drugs</p> <p>L3 – Alcohol</p> <p>Safety</p> <p>L1 – Gangs and gang culture, County Lines - what is it?</p>		<p>PSHE in the news and cultural capital</p>	<p>LGBTQA+</p> <p>L1 – LGBTQ+ what is it?</p> <p>L2 – Homophobia in schools</p> <p>L3 – Supporting those who are LGBTQ+</p> <p>Drugs and Safety</p> <p>L1 – County Lines</p> <p>L2 – County Lines – who is at risk?</p>		<p>PSHE in the news and cultural capital</p>	<p>Stereotypes and Equality</p> <p>L1 – Typical stereotypes in our society</p> <p>L2 – Prejudice and discrimination</p> <p>L3 - Equality Act and protected characteristics</p> <p>L4 – Women’s rights and equality</p>	

		L2 and L3 – Online safety – fortnite, gaming and grooming			L3 – Cyber bullying			L5 – Masculinity and Men L6 – Diversity and equality	
Spring 2	PSHE in the news and cultural capital		Celebrating differences L1 – Multicultural Britain L2 – What is your identity? L3 – Nature vs Nurture Celebrating Differences L4 – Equality Act and stereotypes L5 – Prejudice and discrimination L6 – Islamophobia	PSHE in the news and cultural capital		Government L1 and L2 – Democratic government L3 – The role of the monarch Active Citizenship L1 – What makes a good community? Local groups and their roles L2 and 3 – First Give Project	PSHE in the news and cultural capital		Essential life skills L1 - From failure to success L2 - Saving and managing money L3 - Employment and financial management L4 - Consumer rights L5 - Exploring a pay check L6 – Tax and NI

Summer 1	PSHE in the news and cultural capital	<p>Healthy relationships L1 – Being positive and self esteem L2 – Pressure and influence L3 – What does it mean to be a man?</p> <p>Bullying and tolerance L1 – Kindness and treating others with respect L2 – Equality and accepting/embracing diversity L3 – The Equality Act 2010</p>		PSHE in the news and cultural capital		<p>Active Citizenship L 1,2,3 First give Project</p>	PSHE in the news and cultural capital	<p>Sex education L1 – What are the characteristics of a healthy intimate relationship? Sexual pressure L2 – What are the facts and laws about sex? What behaviour in relationships is against the law? FGM L3 –How can I communicate and recognise consent? L4 – Healthy relationships Challenging homophobia L5 – Transphobia L6 – Coming out and sexuality</p>	
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Summer 2	PSHE in the news and cultural capital		<p>Active Citizenship Community based project (Link with 6th Form Events Team)</p> <p>With budgeting included</p> <p>Active Citizenship Community based project (Link with 6th Form Events Team)</p> <p>With budgeting included</p>	PSHE in the news and cultural capital	<p>Drugs and Safety</p> <p>L1 – Child abuse L2 – Child exploitation and online protection L3 – How do I protect myself from exploitation (sexting)</p> <p>Sex education</p> <p>L1 – Gender identity L2: Sexual orientation L3: Safe sex. Preventing pregnancy and STIs L4: Pregnancy: what are the facts and what are my choices?</p>		PSHE in the news and cultural capital	<p>Drugs</p> <p>L1 –Types of addictions and drug classifications L2 – Cannabis products and party drugs L3 – Illegal drugs, effects and volatile substance abuse (PSHE Ass Resources)</p>	<p>Exploring British Values</p> <p>L1 - Exploring Britishness and British values L2 - LGBT rights and British values L3 - What are human rights L4 - Modern day slavery</p>
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