

PSHE and Citizenship Curriculum Plan KS3 2023-2024

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

	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 term – February 2023 – – Essex Fire and Rescue – Assembly 20 mins – Safety Talk: field fires, swimming in open water, beach safety, railway safety			Autumn Term – November 2022 – Gavin McKenna – Gang talk		
	Spring term – January 2023 – Essex Fire and Rescue – Assembly 20 mins – Safety Talk: field fires, swimming in open water, beach safety, railway safety			Spring Term – April 2023 – Essex Police - Abuse Workshop			Spring term – January 2023 – Essex Fire and Rescue – Assembly 20 mins – Safety Talk: field fires, swimming in open water, beach safety, railway safety		
	Spring Term – April 2023 – Essex Police - Abuse Workshop			Summer 2 - Culture Week			Spring term – February 2023 – Drugs Bus – Resilience Voyage		
	Summer 2 - Culture Week						Spring Term – April 2023 – Essex Police - Abuse Workshop		
	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	Managing Change		PSHE in the news and	Health and wellbeing		PSHE in the news and	Understanding positive	

	<p>cultural capital</p> <p>L1 – Getting to know people and what is community</p> <p>L2 – What are my beliefs and values. My identity</p> <p>L3 – Transition points in life</p> <p>L4 – Sleep and relaxation</p> <p>Healthy relationships</p> <p>L1 – Consent and boundaries</p> <p>L2 – Respectful relationships inc. family relationships, roles and responsibilities</p>		<p>cultural capital</p> <p>L1 – Healthy eating and cholesterol (diabetes, cancer)</p> <p>L2 – Immunisation and vaccination</p> <p>L3 - What is mental health? Anxiety, depression, stress</p> <p>L4 – How to manage mental health, stress and depression</p> <p>L5 – Positive body image</p> <p>L6 – Self esteem and the media</p>		<p>cultural capital</p> <p>mental wellbeing</p> <p>L1 – Importance of happiness</p> <p>L2 – What is anger</p> <p>L3 – Social media and online stress</p> <p>L4 – Dealing with grief and loss</p> <p>Understanding positive mental wellbeing</p> <p>L1 – Transitioning to adulthood</p>
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		<p>of parents, marriage and the law, equality of different families</p> <p>L3 – What makes a good friend and managing friendships</p>			L7 – Types of bullying, including Cyber Bullying			<p>L2 - Emotional wellbeing strategies</p> <p>L3 – Attitude continuum</p>	
Autumn 2	PSHE in the news and cultural capital		<p>Politics and me</p> <p>L1 – Why is politics important?</p> <p>L2 – How our country is run</p> <p>L3 – Elections and campaigning</p>	PSHE in the news and cultural capital		<p>Laws in society</p> <p>L1 and 2 – UK Laws and how impact society</p> <p>L3 – How laws in the UK are made</p> <p>L4 – Prisons and serving time as a punishment</p>	PSHE in the news and cultural capital		<p>Combatting extremism and terrorism</p> <p>L1 - Conspiracies and extremist narratives</p> <p>L2 - Extremism in all its forms</p>

			<p>Parliament</p> <p>L1 – Politics and debating</p> <p><u>[Assessment of Learning for Term 1]</u></p> <p>L2 – Exploring inside parliament</p> <p>L3 – Prime minister and his role</p>			<p><u>[Assessment of Learning for Term 1]</u></p> <p>L5 – Prison reform</p> <p>L6 – The Courts</p>			<p>L3 - What is terrorism?</p> <p>L4 - Proud to be British</p> <p><u>[Assessment of Learning for Term 1]</u></p> <p>L5 - The radicalisation process</p> <p>L6 - Counter terrorism</p>
Spring 1	PSHE in the news and cultural capital	<p>Drugs and alcohol</p> <p>L1 – Smoking, vaping and e-cigarettes</p> <p>L2 – Energy drinks, Caffeine, Prescribed drugs</p>		PSHE in the news and cultural capital	<p>LGBTQA+</p> <p>L1 – LGBTQ+ what is it?</p> <p>L2 – Homophobia in schools</p> <p>L3 – Supporting</p>		PSHE in the news and cultural capital	<p>Stereotypes and Equality</p> <p>L1 – Typical stereotypes in our society</p> <p>L2 – Prejudice and discrimination</p> <p>L3 - Equality Act and</p>	

		<p>L3 – Alcohol</p> <p>Safety</p> <p>L1 – Gangs and gang culture, County Lines - what is it?</p> <p>L2 and L3 – Online safety – fortnite, gaming and grooming</p>			<p>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>L3 – Cyber bullying</p>			<p>protected characteristics</p> <p>L4 – Women’s rights and equality</p> <p>L5 – Masculinity and Men</p> <p>L6 – Diversity and equality</p>	
Spring 2	PSHE in the news and cultural capital		<p>Celebrating differences</p> <p>L1 – Multicultural Britain</p> <p>L2 – What is your identity?</p> <p>L3 – Nature vs Nurture</p>	PSHE in the news and cultural capital		<p>Government</p> <p>L1 – Democratic government</p> <p>L2 – The role of the monarch</p>	PSHE in the news and cultural capital		<p>Essential life skills</p> <p>L1 – Personal Development Planning</p> <p>L2 – Employment skills</p>

			<p>Celebrating Differences</p> <p>L4 – Equality Act and stereotypes</p> <p><u>[Assessment of Learning for Term 2]</u></p> <p>L5 – Prejudice and discrimination</p> <p>L6 - Islamophobia</p>			<p>Active Citizenship</p> <p>L3 – What makes a good community?</p> <p>L4 – Community and cohesion</p> <p><u>[Assessment of Learning for Term 2]</u></p> <p>L5 – Charity and volunteering</p> <p>L6 – Presentation of Charitable Plan</p> <p>Additional: Police Visit</p>			<p>L3 - Saving and managing money</p> <p>L4 - Exploring a pay check</p> <p><u>[Assessment of Learning for Term 2]</u></p> <p>L5 – Tax and NI</p> <p>L6 - Consumer rights</p>
Summer 1	PSHE in the news and cultural capital	Healthy relationships		PSHE in the news and cultural capital		<p>Active Citizenship/ First Give</p>	PSHE in the news and cultural capital	Sex education	L1 – What are the characteristics

		<p>L1 – Getting to know people</p> <p>L2 – Positive relationships</p> <p>L3 -Self esteem and empowerment</p> <p>L4 – Assertiveness, consent and hormones</p> <p>Bullying and tolerance</p> <p>L1 – Personal identity and British values</p> <p>L2 – Prejudice and discrimination</p>				<p>L1 – Understanding social issues</p> <p>L2 – Research and investigate</p> <p>L3 – Planning your pitch</p> <p>L4 – Our social action</p> <p>L5 – Planning and creating</p> <p>L6 – Planning and creating</p>		<p>s of a healthy intimate relationship? Sexual pressure</p> <p>L2 – What are the facts and laws about sex? What behaviour in relationships is against the law?</p> <p>L3 –Delaying Sexual Activity</p> <p>L4 – Why have sex?</p> <p>L5 – What are STIs</p> <p>L6 – FGM</p>	
Summer 2	PSHE in the news and cultural capital		Active Citizenship Community based	PSHE in the news and cultural capital		L7 – Practising our presentation	PSHE in the news and cultural capital	Drugs L1 –Types of addictions	Exploring British Values

			<p>project (Link with 6th Form Events Team)</p> <p>With budgeting included</p> <p>Active Citizenship</p> <p>Community based project (Link with 6th Form Events Team)</p> <p>With budgeting included</p>			<p>L8 – Practicing our presentation</p> <p>L9 – Choosing the class presentation /winner</p> <p>L10 – Choosing the class presentation /winner</p> <p>L11 – Review and reflection exercise</p> <p>L12 - Close</p>		<p>and drug classifications</p> <p>L2 – Cannabis products and party drugs</p> <p>L3 – Illegal drugs, effects and volatile substance abuse</p> <p>(PSHE Ass Resources)</p> <p>L4 Alcohol awareness</p>	<p>L1 - Exploring Britishness and British values</p> <p><u><i>[Assessment of Learning for Term 3]</i></u></p> <p>L2 - What are human rights</p> <p>L3 - Modern day slavery</p>
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