

PSHE Curriculum Map Key Stage 3

At The Observatory School, we teach Personal, Social, Health Education as a whole-school approach to underpin students' development as people and because we believe that this also supports their learning capacity. Pupils in Key Stage 3 have 2 timetabled PSHE lessons per week.

As you may be aware, Relationships and Sex Education (RSE) and Health Education form a compulsory part of the National Curriculum from September 2020. Pupils have one relationship focused lesson per week throughout Key Stage 3.

	<u>Relationships (RSE) Year 7 and 8</u>					
Key Stage 3	<u>Friendships</u> Making new friends Good qualities/ bad qualities in a friend How to make friends Playing and working together Bullying behaviours	<u>Relationships</u> Positive relationships/ negative relationships Abuse in relationships- coercive behaviour, manipulation, physical or verbal abuse.	<u>Changing and growing</u> Baby to adult Dealing with touch Different types of relationships (friendships and relationships) Peer on peer abuse	<u>Making sense of relationships</u> Break Ups Relationship values Same-sex relationships LGBTQAI Challenging gender stereotypes	<u>Healthy body and relationships</u> Self-care Consent and boundaries Staying safe- teen pregnancy	<u>Sex Education</u> Following the National Curriculum guidance: the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animals.

PSHE Curriculum Map Key Stage 3

	Year 9					
	Healthy Relationships Positive Relationships Abuse in relationships Coercive Control Relationships	Relationship values Respect in relationships Platonic Relationships Romantic Relationships Sexual Relationships	Resolving Conflict What is conflict? What causes conflict? How to resolve conflict?	Staying Safe in Relationships Consent & Boundaries Consent & Rape Sexting	Relationship Varieties Same-sex relationships LGBTQAI Challenging gender stereotypes	Making Sense of Relationships Gender stereotyping and diversity Online relationships and sexting The law and consent
	PSHE Year 7 and 8					
	<u>Settling into school life (Recovery Curriculum)</u> Check- ins Rules Respecting the classroom rules and school rules	<u>Managing my emotions</u> What makes me feel happy/ angry or sad? How to express how I am feeling. Exploring strategies	<u>Mental wellbeing</u> What is mental health How can we look after our mental health Body image/ social Media	<u>Careers</u> What do I think about my future? What are my values? How can I show my	<u>Healthy Lifestyle</u> What is a balanced diet? Different foods- good and bad foods. Drug abuse Alcohol abuse	

PSHE Curriculum Map Key Stage 3

		Main focus- Emotional Regulations Chart	Explore what makes me me.	values? What links values to careers? What have I learned? Resources https://beta.nationalcareers.service.gov.uk/ https://www.ucas.com/careers/buzz-quiz https://www.pearson.com/uk/learners/secondary-students-and-parents/career-choices.ht		
Year 9						
	Healthy Body Body Image	Teenage Pressure Puberty	<u>Climate Change and the</u>	Drugs and Alcohol Awareness	Careers What do I think about my future?	Money and shopping Financial

PSHE Curriculum Map Key Stage 3

	Eating Disorders		<u>Environment</u>	Alcohol	What are my values?	capability
	Good Sex	<u>Acne</u>	Our climate/Our Future	Drugs	How can I show my values?	Children will learn: about money and spending.
		<u>Appearance and beauty</u>	Writing a letter to your MP	CCE	What links values to careers? <u>Resources</u>	Children should: be able to role-play simple financial transactions.
		<u>Media Pressure</u>	Invitation for the future	Long-term effects	https://beta.nationalcareers.service.gov.uk/	https://www.bbc.co.uk/bitesize/topics/zvzbkat
		<u>Media Pressure</u>	School promise to the planet		https://www.ucas.com/careers/buzz-quiz	https://barclaysliveskills.com/young-people/
					https://www.pearson.com/uk/learners/secondary-students-and-parents/career-choices.html	https://barclaysliveskills.com/educators/
					https://www.bbc.co.uk/bitesize/topics/znpsqk7	