

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	<p><u>Friendships</u></p> <p>Making new friends</p> <p>Good qualities/ bad qualities in a friend</p> <p>How to make friends</p> <p>Playing and working together</p> <p>Bullying behaviours</p>	<p><u>Relationships</u></p> <p>Positive relationships/ negative relationships</p> <p>Abuse in relationships- coercive behaviour, manipulation, physical or verbal abuse.</p>	<p><u>Changing and growing</u></p> <p>Baby to adult</p> <p>Dealing with touch</p> <p>Different types of relationships (friendships and relationships)</p> <p>Peer on peer abuse</p>	<p><u>Making sense of relationships</u></p> <p>Break Ups</p> <p>Relationship values</p> <p>Same-sex relationships</p> <p>LGBTQAI</p> <p>Challenging gender stereotypes</p>	<p><u>Healthy body and relationships</u></p> <p>Self-care</p> <p>Consent and boundaries</p> <p>Staying safe- teen pregnancy</p>	<p><u>Sex Education</u></p> <p>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.</p>

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

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		Main focus- Emotional Regulations Chart	Explore what makes me me.	values? What links values to careers? What have I learned? <u>Resources</u> https://beta.nation alcareers.service.g ov.uk/ https://www.ucas. com/careers/buzz- quiz https://www.pear son.com/uk/learn ers/secondary-st udents-and-pare nts/career-choice s.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

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	<p>Eating Disorders</p> <p>Good Sex</p>	<p>Acne</p> <p>Appearance and beauty</p> <p>Media Pressure</p> <p>Media Pressure</p>	<p><u>Environment</u></p> <p>Our climate/Our Future</p> <p>Writing a letter to your MP</p> <p>Invitation for the future</p> <p>School promise to the planet</p>	<p>Alcohol</p> <p>Drugs</p> <p>CCE</p> <p>Long-term effects</p>	<p>What are my values?</p> <p>How can I show my values?</p> <p>What links values to careers? Resources</p> <p>https://beta.nationalcareers.service.gov.uk/</p> <p>https://www.ucas.com/careers/buzz-quiz</p> <p>https://www.pearson.com/uk/learners/secondary-student-and-parents/career-choices.html</p> <p>https://www.bbc.co.uk/bitesize/topics/znpsak7</p>	<p>capability</p> <p>Children will learn: about money and spending.</p> <p>Children should: be able to role-play simple financial transactions.</p> <p>https://www.bbc.co.uk/bitesize/topics/zvzbkat</p> <p>https://barclaysliveskills.com/young-people/</p> <p>https://barclaysliveskills.com/educators/</p>
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