

KS3 PSHE Curriculum Coverage: 2022 – 2023



Year 7

Sequenced	Topic 1 Managing Change Unit Core Theme 1	Topic 2 Puberty Body Development Unit Core Theme 2	Topic 3 Friendship Respect and Relationships Core Theme 3	Topic 4 Staying Safe Online Core Theme 4	Topic 5 Celebrating Diversity and Equality Core Theme 5	Topic 6 Politics and Parliament and Me Unit Core Theme 6
Key Knowledge	<p>To know:</p> <ul style="list-style-type: none"> • The concept of "transition" • The benefits of sleep • The meaning of career and purpose of a job • The three purposes of money (exchange, storing value, unit of account) • Community cohesion and the benefits of a multicultural society • What being an active member in one's community has 	<p>To know:</p> <ul style="list-style-type: none"> • Emotional, social and physical changes that happen during puberty • The basics of the menstrual cycle and feminine products • Changes to boys in puberty • The ways in which diet, exercise, hygiene and sleep contribute to being healthy • Importance of personal hygiene and how to achieve it • 'Your body your rules' principles, including FGM • Effective ways to communicate personal boundaries • Show respect for the boundaries of others • The concept of self-esteem and recognise behaviours linked to low and high self-esteem 	<p>To know:</p> <ul style="list-style-type: none"> • What constitutes consent and why consent should always be respected • Stereotypes in co • Healthy and unhealthy relationships and friendships • The wide range of relationships YP have and how to respect differences • Emotions and Responses • How to cope with peer pressure and assess risk 	<p>To know:</p> <ul style="list-style-type: none"> • Recognise the consequences of breaking the law and engaging in criminal behaviour • Understand what a gut feeling is and how it links to intuition • What a gaming addiction is and recognise symptoms of it and what support networks are available to help support those in need • What alcohol abuse is and how alcohol impacts the body • Cigarettes And Vaping and the health and consequences of them • Sugar and caffeine and their associated health risks • Knife Crime and the risks involved 	<p>To know:</p> <ul style="list-style-type: none"> • The wide variety of aspects that make up one's identity • Anti-discrimination and Equality laws passed in the UK • How diverse modern Britain is and how we can ensure equality for all in society • What islamophobia is 	<p>To know:</p> <ul style="list-style-type: none"> • The impact politics has on everyday life • The main parties that represent the UK in Parliament • How a new government is formed after a general election • The difference between living in a democracy and a dictatorship • What the insides of the Houses of Parliament look like
Key Skills	<p>To be able to:</p> <ul style="list-style-type: none"> • Identify ways of coping with transition points in your life • Explain commonalities with others in my class • Describe what happens when we sleep, the benefits of good quality sleep and explain how to improve sleep quality and where to source extra help and support from • Explain the meaning of the word career Recognise the limitations of making career choices based on 'dreams' • Describe the concept of money and explore positive and negative uses • Discuss how the government spends money to help the country • Understand the concept of community and what makes a cohesive community and evaluate how welcoming our local community is important 	<p>To be able to:</p> <ul style="list-style-type: none"> • Understand and empathise with the challenges that puberty brings, empathise with others who are about to go through puberty • Understand the main things that happen to a girl during her menstrual cycle • Identify parts of the male reproductive system • Understand the causes of body odour and how to prevent it, explaining how personal hygiene links to a healthy body • Understand the dangers of FGM and how to stop it from happening • Understand the three key elements to giving consent and how to be assertive • Define low and high self-esteem and give examples 	<p>To be able to:</p> <ul style="list-style-type: none"> • Explain why personal space is important • Respond to people and situations in an assertive manner • Be confident in showing my emotions • Recognise healthy and unhealthy friendships and describe their characteristics • Know the benefits of having friends but also the risks of toxic friendships • Identify a wide arrange of different relationships • Show respect to the rights of others and celebrate differences • Explain my strengths and explain why it is important to be aware of my own emotions • Explain how peer pressure impacts people of all ages and how actions influence others 	<p>To be able to:</p> <ul style="list-style-type: none"> • Spot gang member behaviour • Recognise gut feelings about online situations and understand a wide range of risks associated with being online • Define gaming addiction • Know what alcohol is and the different forms it comes in and explain the short- and long-term impacts of alcohol use • Evaluate how effective the government has been in helping people to quit smoking • Explain differences between smoking and vaping and their risks • Understand the impact carrying a knife has on family and friends 	<p>To be able to:</p> <ul style="list-style-type: none"> • Understand a range of influences on my identity including how to express oneself • Understand what is socially acceptable and not socially acceptable • Define several anti-discrimination laws passed by the UK Government and name six protected characteristics • Define stereotyping and prejudice • Explore the recent history of migration to Britain • Identify different forms of prejudice and discrimination 	<p>To be able to:</p> <ul style="list-style-type: none"> • Describe parliament and the main roles it performs, being able to describe the four main parties • Describe the different types of elections in the UK • Describe the role of a Local MP • Define the terms advocate and devils advocate • Practise the art of debating • Explain the difference between parliament and Government and evaluate who holds the balance of power • Explain several reasons why voting is important
	Tier 3 key vocabulary	Tier 3 key vocabulary	Tier 3 key vocabulary	Tier 3 key vocabulary	Tier 3 key vocabulary	Tier 3 key vocabulary
Subject specific	transition points, routine, honesty, integrity, self esteem, regeneration, immunity, sleep hygiene, growth, memory, environment, society, character traits, skills, aspirations, opportunities, currency, transaction, debt, politicians, tolerance, community, community cohesion	puberty hygiene, hormones, vagina penis adolescence, oestrogen, progesterone, tampon, sanitary towel, menstruation, period, fertilisation, ovary, urethra, prostate, scrotum, testicle, erections, penis, deodorant, antiperspirant, hygiene, bacteria, fgm, differences, understanding, diversity, consent, sexual harassment, empowerment	consent, boundaries, retractable, peer pressure, masculinity, Secrets, lies, disclosures, relationships, cyber-bullying Friendship, loyalty, trust, toxic, qualities, affection, independence, respect, opportunities, coercion, banter, bullying, resilience, independence	gangs, criminal behaviour, county lines, custodial sentence, grooming, gambling, social networking, exploitations, addiction, unit, ethanol, carbon monoxide, ammonia, vaping, fertility, nicotine, tar, chemicals, e-cigarettes, vaping	identity, heritage, society, genes, psychological, socialisation, equality, anti-discrimination, legislation, prejudice, stereotype, tolerance, persecution, immigration, emigration, migration, ethnicity, intolerance, hate crime, genocide, harassment, bullying, prejudice, muslim, islamophobia	Parliament, democracy, totalitarianism, elections, constituency, general election, campaigns, advocacy, government, speaker