

KS3 PSHE Curriculum Coverage



Year 8

Sequenced	Topic 1 Proud to be me Core Theme 1	Topic 2 Physical Health and Wellbeing Core Theme 2	Topic 3 Identity Relationships and Sex Education Core Theme 3	Topic 4 Dangerous Society (Online and Offline) Core Theme 4	Topic 5 LGBTQ+ Explored Core Theme 5	Topic 6 Law, Crime and Society Core Theme 6
Key Knowledge	To know: <ul style="list-style-type: none"> My own self-esteem and understand ways to improve it Ways to boost self-esteem About potential careers and focus on my interests and preferences What labour market information (LMI) is and how it can be useful to you 	To know: <ul style="list-style-type: none"> What positive wellbeing might look like in someone's life The different forms of child abuse Appropriate ways of responding to discriminating, hurtful or intimidating behaviour How to define the term mental health What body image is and what impacts it can for people How to identify the components of a healthy diet What causes stress 	To know: <ul style="list-style-type: none"> Different key terms and concepts that are used in gender and relationships The damaging impact homophobic language has on people A range of language used with gender identity What a healthy relationship looks and feels like How physical touch may be different in a sexual relationship to any other relationship The concept of abstinence and the three main other ways of reducing the risk of pregnancy The menstrual cycle and its role in human reproduction 	To know: <ul style="list-style-type: none"> What the term county lines means How to identify the signs that someone is being exploited To define the term substance misuse and understand the way drugs effect users How to stay safe online from grooming How alcohol impacts the body The meaning of bullying and cyberbullying and how to manage oneself appropriately online What child sexual exploitation is 	To know: <ul style="list-style-type: none"> The acronym LGBTQ+ What constitutes homophobic language and homophobic bullying and why homophobia exists Why allies are needed for the LGBT community and understand what can be done to support a friend in need The terms gender dysphoria and transphobia The concept of trust and what it means to 'come out' 	To know: <ul style="list-style-type: none"> How to be a good team player The age of criminal responsibility in the UK and how the criminal justice system operates for young offenders That with rights comes responsibilities The concept of community cohesion and what makes a community Why laws are needed in society
Key Skills	To be able to: <ul style="list-style-type: none"> Effectively work as part of a team and research the issues and come up with solutions Describe my own self-esteem and identify how to boost self-esteem Identify aspirations for the future Be aware that understanding myself and my interests will help shape my choices about KS4 Identify the UK Job sectors and their jobs 	To be able to: <ul style="list-style-type: none"> Describe a range of methods to improve my own and others health & wellbeing Explore the importance of consent and boundaries in any relationship Describe the meaning of bullying and cyberbullying and the impact it can have on an individual Explore why we say we are OK when we are not Understand the difference between good cholesterol and bad cholesterol Recognise a lot of our more pleasurable times are when we are engaging with the world through our senses rather than thoughts 	To be able to: <ul style="list-style-type: none"> To Explore and challenge LGBT+ prejudices and stereotypes Identify characteristics of an unhealthy relationship and recognise healthy relationships Share good relationship advice to others Describe the potential impacts of power differences such as age, status or position within relationships Define the role of hormones in the regulation of the body's functions 	To be able to: <ul style="list-style-type: none"> Explain how County lines gangs recruit and exploit young people Explore how county lines Gangs use Psychological, financial and physical methods to make people feel trapped Explore why people misuse substances Describe what fake profiles look like and how people may try and gain my trust Explain how alcohol is measured and what limits are for adults and the consequences of alcohol consumption Explore appropriate ways of responding to discriminating, hurtful or intimidating behaviour Define child sexual exploitation and be able to give examples 	To be able to: <ul style="list-style-type: none"> Explain the importance of celebrating the LGBT+ Community Explain the importance of celebrating LGBT+ History Month and LGBTQ+ Role Models Define the term ally Reflect on the extent homophobia exists in schools Explore how to assertively challenge homophobic language and phrases in school and everyday life Explore the misconceptions that surround trans people and how trans people are treated throughout the world Explore the thoughts, feeling and processes someone might be going through who is thinking of coming out 	To be able to: <ul style="list-style-type: none"> Develop skills of evaluation, prediction and self-reflection Define legal rights and the rule of law Make decisions and understand the impact of those decisions Understand the different forms of prejudice that exist Explain the types of punishments available in the UK and evaluate whether prison is an effective form of punishment
	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	life skills, enterprise, entrepreneur, teamwork, leadership, numeracy, budget, economy, emotions, feelings, ambition, self esteem, body image, influencers, self esteem, labour market, authority, demography, globalisation, job description, salary, duties, progression, qualifications	balanced diet, exercise, mental health, physical health, mental health act, neglect, safeguarding, maltreatment, intervention, policy, welfare, responsibility, abuse, bullying, cyber bullying, homophobic bullying, work place bullying, anxiety, depression, mental illness, monounsaturated fats & polyunsaturated fats, cholesterol, coping, hormones	asexual, pansexual, bisexual, queer, heterosexual, homosexual, transitioning, cis, gender recognition act, transgendered, gender dysphoria, Abstinence, barrier, supress, oestrogen, progesterone, ius, iud, contraception, ovulation, menstruation, tampon	county lines, trap house, modern slavery, drug mule, exploitation, physical, phycological, criminal responsibility, substance abuse, dependence, intoxication, withdrawal, impairment, catfishing, deception, ceop, units, binge drinking, trolling, cyber bullying, abuse, child sexual exploitation, grooming, coercion, manipulation, bribery	homophobia, gender, sexuality, prejudice, discrimination, Transphobia, xenophobia, verbal abuse, physical abuse, cyber abuse, Ally, oppression, human rights	commandments, criminal responsibility, community, disability, prejudice, discrimination, multiculturalism, Diversity Bill, white & green paper, reparation, retribution, rehabilitation, justice, incapacitation, deterrence, denunciation