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| **KS3 PSHE Long Term Plan** |

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|  | **AUTUMN 1** | **AUTUMN 2** | **Assessment** | **SPRING 3** | **SPRING 4** | **Assessment** | **SUMMER 5** | **SUMMER 6** | **Assessment** |
| **Amber** | **Health and Safety**  Coping with change; personal safety in and outside school, including First Aid and CPR | **Health and Puberty**  Healthy routines, influences on health, puberty, unwanted contact. | Quiz  CPR/First aid practical | **Gaming**  Why people game, risks and effects on mental health, gaming addiction. | **Being Safe: PCSO’s Respect Programme**  Risks of grooming - CSE, County Lines; making positive choices. | Quiz  Verbal Q&A | **Diversity**  Diversity, prejudice and bullying. | **Building Relationships**  Self-worth, romance, friendships (Incl. online) and healthy relationship boundaries. | Quiz  Verbal Q&A |
| **Revisit** | Opal Aut 1  Amber Spr 4  Ruby Aut 1 | Amber Sum 6  Opal Sum 6 |  | Jade Spr 3  Opal Aut 1/2 | Jade Aut 1/2 Jade + Opal Spr 3 |  | Jade Sum 5  Opal Spr 4 | Jade Sum 5/6  Opal Aut 2 |  |
| **Jade** | **Emotional Wellbeing**  Mental health and emotional wellbeing incl. importance of sleep, body image and digital resilience. | **Drugs and Alcohol**  Alcohol and drug misuse and pressures  relating to drug use. | Quiz  Verbal Q&A | **Gambling and Gaming**  Why people gamble, risks of gambling, links between gaming and gambling. | **PCSO’s Respect Programme**  Knife crime, CSE, County Lines revisited, joint enterprise, control and coercion. | Quiz  Verbal Q&A | **Discrimination**  Discrimination in all its forms, including racism, religious discrimination, sexism, homophobia, biphobia and transphobia | **Identity and Relationships**  Gender identity and sexual orientation, sex within the context of a loving relationship, intro to consent &  contraception | Quiz  Verbal Q&A |
| **Revisit** | Opal Aut 1  Ruby Aut 1  Diamond Aut 1 | Opal Aut 2  Ruby Aut 2  Diamond Aut 2 |  | Ruby, Spring 3 | Opal Aut 2/Spr 4  Ruby Aut 2 |  | Opal Spr 4  Ruby Sum 5 | Opal Sum 6  Ruby Sum 6  Diamond Spr 3 |  |
| **Opal** | **Healthy Lifestyles**  Diet, exercise, lifestyle balance, making healthy choices, heathy and unhealthy coping strategies, further first aid and CPR. | **Peer influences, substance use and gangs**  Healthy and unhealthy friendships, assertiveness, the role of substance use in this, gang exploitation. | Quiz  CPR/First aid practical | **Exploring Media Influence (Living in a Digital World)**  Media reliability, impact and influence of the media and social media, online interactions, online crime | **PCSO’s Respect Programme**  Knife crime, drug use, joint enterprise, control and coercion, sexual harassment; hate crimes | Quiz  Verbal Q&A | **Respectful Relationships**  Families and parenting, conflict resolution, control and coercion, relationship changes, FGM (if needed). | **Intimate Relationships**  Relationships and sex education – consent, contraception, STI’s, attitudes to pornography. | Quiz  Verbal Q&A |
| **Revisit** | Ruby Aut 1  Diamond Aut 2 | Ruby Aut 2 |  | Ruby Aut 2, Spr 3 | Ruby Aut 2, Spr 4  Diamond Spr 4 |  | Ruby Sum 6  Diamond Spr 3 | Ruby Sum 6  Diamond Spr 3 |  |

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| **Group** | **To Follow**  **(Considering need and prior learning)** | **Comments** |
| 1 | Amber |  |
| 2 | Amber |  |
| 3 | Jade |  |
| 4 | Opal |  |
| 5 | Opal | Alternative lessons may be selected to meet needs of the class. |
| 6 | Jade | Alternative lessons may be selected to meet needs of the class. |