|  |
| --- |
| **KS3 PSHE Long Term Plan**  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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. | QuizCPR/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. | QuizVerbal Q&A | **Diversity**Diversity, prejudice and bullying. | **Building Relationships**Self-worth, romance, friendships (Incl. online) and healthy relationship boundaries. | QuizVerbal Q&A  |
| **Revisit** | Opal Aut 1Amber Spr 4Ruby Aut 1 | Amber Sum 6Opal Sum 6 |  | Jade Spr 3Opal Aut 1/2 | Jade Aut 1/2 Jade + Opal Spr 3 |  | Jade Sum 5Opal Spr 4 | Jade Sum 5/6Opal 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 pressuresrelating to drug use. | QuizVerbal 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. | QuizVerbal 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 | QuizVerbal Q&A |
| **Revisit** | Opal Aut 1Ruby Aut 1Diamond Aut 1 | Opal Aut 2Ruby Aut 2Diamond Aut 2 |  | Ruby, Spring 3 | Opal Aut 2/Spr 4Ruby Aut 2 |  | Opal Spr 4Ruby Sum 5 | Opal Sum 6Ruby Sum 6Diamond 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. | QuizCPR/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 | QuizVerbal 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. | QuizVerbal Q&A |
| **Revisit** | Ruby Aut 1Diamond Aut 2 | Ruby Aut 2 |  | Ruby Aut 2, Spr 3 | Ruby Aut 2, Spr 4Diamond Spr 4 |  | Ruby Sum 6Diamond Spr 3 | Ruby Sum 6Diamond Spr 3 |  |

|  |  |  |
| --- | --- | --- |
| **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. |