



Personal, Social, Health and Economic (PSHE) COMPOSITE KNOWLEDGE COVERAGE KEY STAGE 3

Intent:

We will promote, develop, equip and prepare healthy learners for life

	Cycle A (2023-2024)	Cycle B (2024-2025)	Cycle C (2025-2026)	Running throughout each cycle
Autumn	1 Self-Awareness (Me, who I am, my likes, dislikes, strengths and interests) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps. Topic: <i>Personal strengths</i>	Changing and Growing (How I and others are changing; new opportunities and responsibilities; aspects of Relationships and Sex Education) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps. Topic: <i>Puberty</i>	The world I live in (Living confidently in the wider world) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps. Topic: <i>Diversity/rights and responsibilities</i>	Opportunities are presented for pupils (where appropriate/possible) to: <ul style="list-style-type: none"> • Experience taking and sharing responsibility. • Feel positive about themselves and others. • Reflect on their perceptions and experiences. • Develop the understanding, language, communication skills and strategies required to exercise personal autonomy wherever possible. • Carry out or take part in daily personal living routines. • Make real decisions (with support where necessary so that they can act upon them). • Take part in group activities and make contributions.
	2 Self-Awareness (Me, who I am, my likes, dislikes, strengths and interests) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps. Topic: <i>Skills for learning</i>	Self-Care, Support and Safety (Looking after I and keeping safe; aspects of Relationships and Sex Education.) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps. Topic: <i>Public and private</i>	The world I live in (Living confidently in the wider world) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps. Topic: <i>Taking care of the environment</i>	
Spring	1 Self-Care, Support and Safety (Looking after myself and keeping safe; aspects of Relationships and Sex Education.) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps. Topic: <i>Feeling unwell</i>	Healthy Lifestyles (Being and keeping healthy, physically and mentally) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps. Topic: <i>Healthy eating</i>	Changing and Growing (How I and others are changing; new opportunities and responsibilities; aspects of Relationships and Sex Education) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps. Topic: <i>Friendship</i>	

	2	<p>Self-Care, Support and Safety (Looking after myself and keeping safe; aspects of Relationships and Sex Education.) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps.</p> <p>Topic: <i>Feeling frightened/worried</i></p>	<p>Healthy Lifestyles (Being and keeping healthy, physically and mentally) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps.</p> <p>Topic: <i>Physical activity</i></p>	<p>Managing Feelings (Understanding feelings, and that how I feel and how others feel affects choices and behaviour; aspects of Relationships and Sex Education) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps.</p> <p>Topic: <i>Self-esteem and unkind comments</i></p>	<ul style="list-style-type: none"> • Develop and maintain positive relationships and interactions with others. • Recognise and celebrate their achievements and successes.
Summer	1	<p>Self-Care, Support and Safety (Looking after myself and keeping safe; aspects of Relationships and Sex Education.) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps.</p> <p>Topic: <i>Keeping safe online</i></p>	<p>Healthy Lifestyles (Being and keeping healthy, physically and mentally) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps.</p> <p>Topic: <i>Elements of a healthy lifestyle</i></p>	<p>Healthy Lifestyles (Being and keeping healthy, physically and mentally) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps.</p> <p>Topic: <i>Physical activity</i></p>	
	2	<p>Managing Feelings (Understanding feelings, and that how I feel and how others feel affects choices and behaviour; aspects of Relationships and Sex Education) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps.</p> <p>Topic: <i>Self-esteem and unkind comments</i></p>	<p>Healthy Lifestyles (Being and keeping healthy, physically and mentally) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps.</p> <p>Topic: <i>Mental wellbeing</i></p>	<p>Healthy Lifestyles (Being and keeping healthy, physically and mentally) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps.</p> <p>Topic: <i>Mental wellbeing</i></p>	