

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 2025/26	Cycle B 2026/27	Cycle C 2027/28		
		PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps. Encountering (3TW) Foundation Core Development(KS3) Enrichment (KS4) Enhancement				
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>	Self Awareness -Playing and working together Getting on with others	Managing feelings- Identifying and expressing feelings Managing strong feelings
	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.)	Healthy Lifestyles (Being and keeping healthy, physically and mentally)	Changing and Growing (How I and others are changing; new opportunities and responsibilities; aspects of Relationships and Sex Education)		

Summer	2	PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps. Topic: <i>Feeling unwell</i>	PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps. Topic: <i>Healthy eating</i>	PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps. Topic: <i>Friendship</i>		
		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 frightened/worried</i>	Healthy Lifestyles (Being and keeping healthy, physically and mentally) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps. Topic: <i>Physical activity</i>	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. Topic: <i>Self-esteem and unkind comments</i>		
	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>Keeping safe online</i>	Healthy Lifestyles (Being and keeping healthy, physically and mentally) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps. Topic: <i>Elements of a healthy lifestyle</i>	Healthy Lifestyles (Being and keeping healthy, physically and mentally) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps. Topic: <i>Physical activity</i>		
		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. Topic: <i>Self-esteem and unkind comments</i>	Healthy Lifestyles (Being and keeping healthy, physically and mentally) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps. Topic: <i>Mental wellbeing</i>	Healthy Lifestyles (Being and keeping healthy, physically and mentally) PSHE Association (SEND Framework) coverage to be taught at differentiated Developmental steps. Topic: <i>Mental wellbeing</i>		