

Key Stage 3 Curriculum - Year 7

PHCSE Year 7

Aims for the Year

- To develop and widen their understanding of healthy living and risk factors
- To strengthen their skills and develop their coping strategies regarding physical and emotional wellbeing
- To deepen their understanding of relationships and factors that affect the relationships in their lives
- To explore and develop skills and comprehension relating to living in the wider world

Modules/Units to be Covered

	Key Learning covered this term:	Assessment will be:	Revision & resources	Further Reading	How parents could support students
Autumn 1	Transition to secondary school Diet and healthy living- how to make the right choices	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>PSHE Education for key stage 3</u>	Discussion about their school day and balanced meal
Autumn 2	Enterprise skills- challenging stereotypes and raising aspirations	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>PSHE Education for key stage 3</u>	Discuss what their child wants to do as a career after school
Spring 1	Friendships- managing friendships and bullying awareness and support	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>PSHE Education for key stage 3</u>	Discuss the impacts of bullying and discuss who is part of their support network
Spring 2	Understanding the consequences of smoking and tobacco and other substances Understanding unwanted contact and risks to young people	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>Talk to Frank website</u> <u>PSHE Education for key stage 3</u>	Discuss the impacts of smoking and drugs on the body and how to keep themselves safe
Summer 1	Family life, relationships and self-esteem	Assessment and Review sheet	<u>PSHE Education for key stage 3 book and PSHE</u>	<u>Being a boy by Juno Dawson</u>	Discuss the changes bodies go through during

		Questioning / discussion	<u>Education for key stage 4 book</u>	<u>PSHE Education for key stage 3</u>	puberty, what the role of parents, siblings and close friends have in the family
Summer 2	Making financial decisions, spending and budgeting money	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>PSHE Education for key stage 3</u>	Explain how budgeting needs to work in the home

Students will regularly complete "Directed Reflection & Improvement Time" (DIRT) within modules of work



STOPSLEY HIGH SCHOOL Key Stage 3 Curriculum - Year 8

Please look at this link which will help you complete this document:  
<http://www.thecompton.org.uk/301/curriculum> (choose either the Y7, Y8 or Y9 booklet)

PHCSE Year 8

Aims for the Year

- To develop and widen their understanding of healthy living and risk factors
- To strengthen their skills and develop their coping strategies regarding physical and emotional wellbeing
- To deepen their understanding of relationships and factors that affect the relationships in their lives
- To explore and develop skills and comprehension relating to living in the wider world
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Modules/Units to be Covered

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Autumn 1	First aid, road safety and risk Managing peer influences	Assessment and Review sheet	<u>PSHE Education for key stage 3 book and PSHE</u>	<u>PSHE Education for key stage 3</u>	Complete a first aid course

		Questioning / discussion	<u>Education for key stage 4 book</u>		Ensure road safety advice is followed
Autumn 2	Rights and responsibilities- tackling age and disability discrimination	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>PSHE Education for key stage 3 Scope website</u>	Discussion regarding the equalities act
Spring 1	Online safety and tackling religious and religion discrimination	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>PSHE Education for key stage 3</u>	Discussion regarding the equalities act and internet safety
Spring 2	Mental health and dealing with a loss Body image and emotional well-being	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	Mind your Head by Juno Dawson and Dr Olivia Hewitt <u>PSHE Education for key stage 3 Mind website</u>	Mindfulness activities Practise a month a self positivity
Summer 1	Introducing sexuality, consent and contraception	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	This Book is Gay by Juno Dawson <u>PSHE Education for key stage 3</u>	Discussion sexuality, consent and contraception
Summer 2	Evaluating value for money, risk and financial decisions	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>PSHE Education for key stage 3</u>	Ask them to plan meals for a week with a specific amount of money

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STOPSLEY  
HIGH SCHOOL

Aims for the Year

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Modules/Units to be Covered

	Key Learning covered this term:	Assessment will be:	Revision & resources	Further Reading	How parents could support students
Autumn 1	Peer pressure assertiveness and risk Balanced lifestyle	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>PSHE Education for key stage 3</u>	<u>Discuss peer pressure and positives behaviour with friends</u>
Autumn 2	Understanding careers and aspirations and setting goals as part of the GCSE options process	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>PSHE Education for key stage 3</u>	<u>Plan questions they would like to ask a careers advisor and what they want to do at college</u>
Spring 1	Managing conflict and the dangers of running away from home Tackling homophobia, transphobia and sexism	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>PSHE Education for key stage 3</u> This Book is Gay by Juno Dawson	<u>Discuss why people run away from home and the equalities act</u>
Spring 2	Managing peer pressure in relation to illicit substances and assessing the risk	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>PSHE Education for key stage 3</u>	<u>Look at the talk to frank website together and discuss dangers including those of legal highs</u>
Summer 1	Healthy relationships, consent, STIs, sexting and pornography	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>PSHE Education for key stage 3</u>	<u>Discuss what a healthy relationship looks like and keeping safe while using our phones</u>
Summer 2	Planning and carrying out an enterprise project Reflecting on skills learnt during KS3	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>PSHE Education for key stage 3</u>	<u>Help with business plans and organisation of their projects</u>



PHCSE Year 10

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Modules/Units to be Covered

	Key Learning covered this term:	Assessment will be:	Revision & resources	Further Reading	How parents could support students
Autumn 1	Transitioning to GCSE Breaking the stigma regarding mental health	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>Mind website</u> <u>Phase Hitchin website</u>	<u>Discuss how you and your child feel each day and about issues in the news</u>
Autumn 2	Understanding the causes and effects of debt and the risk of gambling	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>Begambleaware.org</u>	Discuss the risks and issues for families due to the risks of gambling
Spring 1	Tackling relationship myths and relationship break-ups	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>Relate.org website</u>	<u>Discuss how breaking up with someone may make a young person feel</u>
Spring 2	Exploring the influence of role models Evaluating the social and emotional risks of drug use	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>Talk to Frank website</u>	<u>Discuss who you looked up to as a child the the reasons why</u> <u>Discuss reasons why</u>

					<u>people may take drugs and become addicted</u>
Summer 1	Preparation for work experience and readiness for work	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>Develop ebp website</u>	<u>Discuss what skills your child wants to get out of work experience</u>
Summer 2	Understanding different families and parenting skills Managing change, grief and bereavement	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>Cruse bereavement Nhs</u> <u>Bereavement trust chums</u>	<u>Discuss how it may feel to lose someone</u> <u>Discuss differences between being a friend and being a parent</u>

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#### Key Stage 4 Curriculum - Year 11

#### PHCSE Year 11

#### Aims for the Year

- To develop and widen their understanding of healthy living and risk factors
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#### Modules/Units to be Covered

	Key Learning covered this term:	Assessment will be:	Revision & resources	Further Reading	How parents could support students
Autumn 1	Promoting self-esteem and coping with stress Revision skills	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>Mind.org</u> <u>Student minds website</u> <u>Childline website</u>	<u>Discuss how they feel about exams and how they can relax and ensure they have time to relax as well as revise in balance</u>
Autumn 2	Understanding the college application process Skills for employment	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>College websites</u>	Support with applications and college open days and prospectuses

Spring 1	Personal values and assertive communication in relationships Domestic abuse and forced marriage	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>Samaritans</u> <u>Womens aid</u> <u>Citizens advice</u>	<u>Discuss forced marriage and choice in relationships and what they want from relationships in the future</u>
Spring 2	Health and Safety and taking responsibility for healthy choices	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>Change for life</u>	<u>Discuss how they will stay healthy after high school and ensure they are active</u>
Summer 1	British values, human rights and community cohesion	Assessment and Review sheet Questioning / discussion	<u>PSHE Education for key stage 3 book and PSHE Education for key stage 4 book</u>	<u>Amnesty international</u>	<u>Discuss cases around the world where people may not have had their human rights met</u>

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