

KS3 Overview of Personal Development

Through the study of PSCH, we hope that our students shall develop skills and an understanding of the world that will enable them to remain healthy, safe and prepared for life and work in modern Britain. We aim for students to learn about a wide range of topics through their PSCH lessons at KS3 and bespoke tutor and assembly programme that is designed to directly meet the needs of our students.

Students shall develop skills in resilience, self-esteem, empathy and respect. Learning shall cover all areas of the PSCH curriculum including: health and wellbeing, relationships and sex, and living in the wider world (including economic wellbeing and aspects of careers education).

At KS3, PSCH shall be taught through:

- One hour lessons per fortnight for the entire year. Therefore, there shall be 20 lessons planned for each year group. It is expected that not all classes shall complete all lessons due to structure of timetables, Inset days, school calendar etc. Therefore topics of greater need shall be taught earlier on in the SOW. Later topics shall also be covered in assembly and tutor time sessions to ensure that students experience a full
- Bespoke assembly and tutorial programme

A spiral curriculum that will readdress topics at each year to continue to develop an understanding rich in knowledge:

<u>Term</u>	<u>Year 7</u>	<u>Year 8</u>	<u>Year 9</u>
September – October (8 weeks)	<ol style="list-style-type: none"> 1. Road safety 2. Anti-bullying: the effects 3. Anti-bullying: who are bullies/ victims 4. Mental health: maintaining good MH and resilience: exams, friendships and identity 	<ol style="list-style-type: none"> 1. Mental Health: How our lives affect our EWB 2. Mental Health: types of poor MH and how to recognise and support 3. Anti-bullying: be an up stander 4. Anti-bullying: tackling bi-phobia and homophobia 	<ol style="list-style-type: none"> 1. Alcohol and its effects on the body 2. Alcohol: lose you bottle 3. Illegal drugs 4. Anti-bullying: discrimination
November – December (7 weeks)	<ol style="list-style-type: none"> 5. Mental Health: self-esteem (online) 6. Puberty and changes to the body 7. Managing puberty 	<ol style="list-style-type: none"> 5. Online safety: cyber bullying 6. The Gambia project (lead with 6th Form) 7. The Gambia project (lead with 6th Form) 	<ol style="list-style-type: none"> 5. Anti-bullying: racism 6. Anti-bullying: Islamahobia 7. Anti-bullying: Transphobia 8. Online safety: sexting

	8. Online safety: mobile phones	8. Drugs and alcohol: effects of drinking	
January – February (6 weeks)	9. Online safety: how we represent ourselves online/ digital footprint 10. Online safety: talking to strangers online 11. How tolerant is the UK?	9. Drugs and alcohol: staying safe and alcoholism 10. Relationships: dangers of stereotyping 11. Basic First Aid including CPR	9. Online safety: pornography 10. Exploitation 11. Domestic Violence
February – April (6 weeks)	12. Careers: my qualities 13. Careers: my for my future 14. Finance: how to save and budget for a holiday	12. Careers: My qualities 13. Careers: job descriptions 14. Labour Market Information	12. Forced Marriage 13. Intimate and sexual relationships: FGM 14. Mental health: unhealthy coping strategies – self harm and eating disorders (need to merge)
April – May (5 weeks)	15. Different relationships same love 16. Healthy Relationships 17. Families: why people choose to have/ not have children	15. Intimate and sexual relationships: Body image and self esteem 16. HPV including contraception 17. Intimate and sexual relationships: Positives of an intimate relationship; trust etc.	15. Careers my qualities and skills 16. Careers: strongest link. CVs and job applications 17. Media messages and body image
May – July (6 weeks)	18. Drugs and alcohol: what is a drug? 19. Drugs and alcohol: Impacts of smoking and alcohol 20. Ableism and inclusion	18. HIV 19. Marriage and the law 20. Pregnancy	18. Intimate and sexual relationships: contraception 19. STI Prevention 20. Finance: gambling