

# PSHE KS3 – 4 SOW 2022 - 23

TERM	STRAND AND FOCUS	YEAR 7	STRAND AND FOCUS	YEAR 8	STRAND AND FOCUS	YEAR 9	STRAND AND FOCUS	YEAR 10	STRAND AND FOCUS	YEAR 11
TERM 1	LIVING IN THE WIDER WORLD EQUALITIES	Equalities Act	SAFETY PERSONAL SAFETY	What is safety?	LIVING IN THE WIDER WORLD ENVIRONMENT	What is sustainability?	HEALTH AND WELLBEING MENTAL HEALTH	Online life balance	LIVING IN THE WIDER WORLD FINANCIAL WELLBEING	Your payslip, tax, NI, deductions, gross and net pay
		Stereotypes and why they can be harmful		First Aid – CPR		What are sustainable resources?		Managing stress – GCSE		Pensions
		Inequality		Alcohol Misuse		Sustainable countries		Diet, Sleep, Exercise for wellbeing		Investments - Cryptocurrency and NFTs
		Disability Discrimination – What is Disability?		Illegal substances		Sustainable cities and homes		Common MH conditions		Financial safety - fraud and money mules
		Age Discrimination – How is age treated differently?		Online Safety		Sustainable food products		MH – how to access help		Borrowing money - manageable and unmanageable debt
		Review of Equality		Influence of social media and how to stay safe		Assessment – creative		Work experience prep		Student finance - how it works
		PD WEEK		PD WEEK		PD WEEK		PD WEEK		PD WEEK
TERM 2	LIVING IN THE WIDER WORLD CAREERS	Careers Terminology	HEALTH AND WELLBEING PHYSICAL HEALTH	Baseline – what do you know about health?	RELATIONSHIPS RSHE	Healthy relationships	LIVING IN THE WIDER WORLD CAREERS	Work experience reflections	LIVING IN THE WIDER WORLD ENVIRONMENT	What is COP26?
		REMEMBRANCE		REMEMBRANCE		REMEMBRANCE		REMEMBRANCE		REMEMBRANCE
		There is a career for everyone		Influences on lifestyle		Consent and harassment		How employable am I now?		Living planet report
		Unifrog		Physical activity and Mental Health		Choices around intimacy and peer pressure		Escape Room		Sustainable development goals
		Dream Jobs		Viruses		Sharing images		Great team player		Assessment
		Diversity of the Jobs market		Injuries		Influence of pornography on relationships		Personality profiles		What changes would you present to COP26?
		Career role models		First Aid		Contraception and STI risk				What changes would you present to COP26?
TERM 3	SAFETY PERSONAL SAFETY	Friendships	RELATIONSHIPS RSHE	Puberty – our changing feelings	LIVING IN THE WIDER WORLD EQUALITIES	History of Feminism	LIVING IN THE WIDER WORLD ENVIRONMENT	Climate change – beliefs and actions	LIVING IN THE WIDER WORLD CAREERS	TRIAL EXAMS
		Bullying		Healthy relationships		Gender expression and identity		Responsible tourism		Review/reflection coping with change
		Cyberbullying		Consent		Gender based discrimination – microaggressions and society		Conscientious customer		Skills for employment
		Prejudice		Harassment		Disability Discrimination – How disability discrimination looks in the wider world.		Where does our waste go?		Post 16
		Inclusion		Diverse families and relationships		Age Discrimination – How does ageism look in the world.		Daily water use		Busting Btecs and Apprenticeships
		Family and Community		How to process change and loss		Review of Equality		Climate change – articulating an opinion		A levels

TERM 4	RELATIONSHIPS RSHE	Puberty – changes to our bodies	LIVING IN THE WIDER WORLD CAREERS/ FINANCIAL WELLBEING	Review and challenging stereotypes	LIVING IN THE WIDER WORLD CAREERS	Reflection/review – skills and strengths	HEALTH AND WELLBEING/ SAFETY	Emergency responses	RELATIONSHIPS RSHE	Healthy Relationships
		Healthy Relationships		STEM careers		Skills, Team, Future		Risks of substances		Pregnancy – what to do
		Consent		Unifrog		Am I reflecting on my interests?		Lifestyle choices		Contraception and STIs – where to access help
		Harassment		What does success mean?		CVs and cover letters		Using the NHS		Harassment
		Online/offline relationships		What can I do with my pocket money?		Contacting an employer		Blood and organ donation		Consent – image sharing
		Committed relationships – marriage and civil partnership		What can I do with my pocket money?		What makes a great leader		Prevention of major health conditions inc. self-screening		Domestic abuse, exploitation and how to seek help
TERM 5	LIVING IN THE WIDER WORLD ENVIRONMENT	Our Sea	LIVING IN THE WIDER WORLD EQUALITIES	Expression of gender/autonomy	LIVING IN THE WIDER WORLD FINANCIAL WELLBEING	What is the economy?	LIVING IN THE WIDER WORLD EQUALITIES	Case study – ABC – SE &SN	LIVING IN THE WIDER WORLD EQUALITIES	Case study – equality in sport
		Our Frozen world		Domestic inequality - stereotypes		Advertising and consumer rights		Gender identity		Masculinity
		Our Freshwater		Sexuality based discrimination		Fairtrade and ethical spending		Allyship		Allyship
		Our Grassland		Race and religion – What is racism?		Managing risk and gambling		Race and religion: Impact of Racism		Anti-Racism
		Our Forests and Jungles		Race and Religion – Mis/disinformation.		Fake emails and phishing		Race and Religion: Fake-news and radicalisation		Harms of extremism.
		Assessment		Review of Equality		Different types of bank account		Review of Equality		Review of Equality
TERM 6	HEALTH AND WELLBEING PHYSICAL HEALTH	Personal Hygiene	LIVING IN THE WIDER WORLD ENVIRONMENT	Transport	HEALTH AND WELLBEING HEALTH SAFETY	Resilience	RELATIONSHIPS RSHE	Healthy Relationships		
		Balanced diet		Waste/Food/Recycling		Coping with stress – school/life balance		Contraception and consent		
		The importance of physical activity		Energy		Health risks and being responsible for your own health		Harassment		
		Sleep and wellbeing		Creative solutions		Body image and its impact on relationships		Contraception and STI risk		
		Dental Health		Presentations		Drugs and the Law		Sexting and Revenge porn		
		Wellbeing – helping others		Presentations		Knife Crime		Pregnancy and miscarriage		
		Holiday lifestyle – how to maintain balance		Nature trail and mindfulness		Online Safety		Lifestyle choices and reproductive health		

