

PSHE KS3 – 4 SOW 2023 - 24

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 Fully Made	Equalities Act	SAFETY PERSONAL SAFETY	What is safety?	EQUALITIES	Everyday Microaggressions	HEALTH AND WELLBEING MENTAL HEALTH	Managing stress – GCSE	CAREERS	Employability skills & accepting feedback
		Stereotypes and why they can be harmful		First Aid – CPR		Discrimination in the media		Diet, Sleep, Exercise for wellbeing		Personal branding and CVs
		Community events		Alcohol Misuse		Discrimination in sport		Common MH conditions		Busting BTECs
		‘Respect for all, by all’		Illegal substances		Discrimination in music		MH – how to access help		A level choices
		Equality and the law		Online Safety		Discrimination in careers		WE PREP		Apprenticeships vs Higher Education
		Review of Equality		Influence of social media and how to stay safe		Review of Equality		Work experience prep		Is AI a threat to our jobs?
		PD WEEK		PD WEEK		PD WEEK		PD WEEK		PD WEEK
TERM 2	PERSONAL SAFETY	Friendships	RHE	Healthy relationships - conflict	ENVIRONMENTAL EDUCATION	What is sustainability?	LIVING IN THE WIDER WORLD CAREERS	Work experience reflections	FINANCIAL WELLBEING	Your payslip
		Bullying		Consent		Moving to sustainable resources		Work experience reflections		Pensions
		Cyberbullying		Harassment		Role model countries: Sustainable countries		Work experience reflections		Cryptocurrency
		Prejudice		Puberty – how hormones affect us		Role Model countries: Sustainable homes and Cities.		Reflecting on my career journey		NFTs
		Inclusion		How to process change and loss		Role Model countries: Food products		What type of career is best for me		Borrowing money - manageable and unmanageable debt
		Script writing – assessment		Diverse families		Sustainability project.		Exploring employer profiles		Identify theft and fraud
		Family & Community		Self Esteem		Formative assessment: Encouraging Sustainability.		What makes an employer good to work for		Financial life after school
TERM 3	RHE	Healthy Relationships	HEALTH & WELLBEING	Physical Activity and impact on Mental Health	RSHE	Healthy relationships – emotional abuse	HEALTH & WELLBEING PHYSICAL HEALTH	Emergency responses	RSHE	TRIAL EXAMS
		Consent		Viruses		Consent – freedom and capacity		Using the NHS		Healthy Relationships
		Harassment		Injuries and how to treat		Harassment		Blood and Organ Donation		Harassment
		Puberty – changes to our bodies		What makes a healthy lifestyle inc. influences		Sharing images		Self-Screening		Consent – Image Sharing
		Online/offline relationships		Feelings about money and financial wellbeing		Peer pressure and intimacy		How to take care of your mental health – reframing negative thinking		Pregnancy – what to do
		Committed relationships – marriage and civil partnership		What to do with pocket money		How does pornography influence relationships?		How to help prevent major health condition		Contraception – STI's and where to access help

TERM 4	CAREERS	Career terminology and what is a career?	EQUALITIES	What is intolerance/inclusion?	LIVING IN THE WIDER WORLD CAREERS	Reflection/review – skills and strengths	ENVIRONMENT	Advocating for the Planet – Safe Shopping	EQUALITIES	Harms of inequality
		There is a career for everyone (personality questionnaire)		Gender discrimination		Skills, Team, Future		Water responsibility		Impact of intolerance
		Unifrog		Ageism/Ableism		Am I reflecting on my interests?		Waste management		Extremism
		Dream Jobs		Homophobia and Transphobia		CVs and cover letters		Responsible tourism.		Police Case study
		Careers and the future		Racism and Religious Intolerance		Contacting an employer		Individual action – articulating an opinion		Review of Equality
TERM 5	HEALTH & WELLBEING	Personal Hygiene	CAREERS	What makes a good communicator?	Health & Wellbeing Safety	Resilience and MH	RSHE	Healthy Relationships - boundaries	ENVIRONMENT	Local environmental care
		Balanced diet		STEM careers		Health risks and being responsible for your own health		Sharing images		National environmental care
		The importance of physical activity		What does success mean to you & what are your interest?		Body image and its impact on relationships		Contraception - condoms		International environmental care.
		Sleep and wellbeing		The challenges and rewards of work		Drugs and the Law		Consent and contraception		
		Dental Health		Careers and the climate		Knife Crime		Menstruation, Pregnancy and miscarriage		
		Wellbeing – helping others		Unifrog and green careers		Online Safety		Harassment		
TERM 6	ENVIRONMENT	Our World	LIVING IN THE WIDER WORLD ENVIRONMENT	Climate Change (What is it?)	Financial Wellbeing	What is the economy?	EQUALITIES	Activism		
		Our Seas		Vehicle pollution				Allyship		
		Our Frozen World		Energy pollution		Advertising and consumer rights		Anti-Racism		
		Our Grassland		Waste, food and recycling		Fairtrade and ethical spending		Youth Activism		
		Our Forests and Jungles		Global temperature rise		Managing risk and gambling		Climate Protest		
		Our school environment		Impact of climate change.		Fake emails and phishing		Review of Equality		
		Assessment: Presenting our environment		Nature trail and mindfulness		Different types of bank account		Active Citizens		

