



KS3 PSHE Curriculum Plan

Ms Ackers

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Year 7

Term	Topics Explored	Skills Gained	Key Dates:
HT1 8 Weeks	<p>Introduction to St Matthew's:</p> <ul style="list-style-type: none"> • What is PSHE? <ul style="list-style-type: none"> ○ What to expect ○ Key topics • A St Matthew's Learner <ul style="list-style-type: none"> ○ Expectations ○ Respect Agenda • All about me <ul style="list-style-type: none"> ○ Form Bonding (Possible trips – SAVIO House etc) ○ Team building ○ Communication 	<p>Introduction to St Matthew's:</p> <ul style="list-style-type: none"> • Respect • Team work • Learning skills • Communication skills <p>British Values Explored:</p> <ul style="list-style-type: none"> • Mutual Respect • Tolerance • Democracy 	<p>Key dates:</p> <ul style="list-style-type: none"> • National Organic Month (Sept) • International Literacy Day (8th Sept) • World Suicide Prevention Day (10th Sept) • International Day for the Preservation of the Ozone Layer (16th Sept) • International Day of Peace (21st Sept) • World Alzheimer's Day (21st Sept) • Black History Month (Oct) • Breast Cancer Awareness Month (Oct) • International Walk to School Month (Oct) • World Mental Health Day (10th Oct) • Child Poverty Day (17th Oct)
HT2 7 Weeks	<p>Relationships and Being a Leader:</p> <ul style="list-style-type: none"> • Anti-bullying week <ul style="list-style-type: none"> ○ Bullying and what to do about it. • Friendship and relationships <ul style="list-style-type: none"> ○ Healthy relationships ○ Toxic relationships • The Season of Giving <ul style="list-style-type: none"> ○ Charity and the wider world 	<p>Relationships and Being a Leader:</p> <ul style="list-style-type: none"> • Leadership skills • Positive influences • Communication skills <p>British Values Explored:</p> <ul style="list-style-type: none"> • Tolerance 	<p>Key dates:</p> <ul style="list-style-type: none"> • National Stress Awareness Day (2nd Nov) • Remembrance Sunday • Armistice Day (11th Nov) • World Diabetes Day (14th Nov) • World Kindness Day • National Enterprise week (15-21 Nov) • Road Safety Week (21-27 Nov)

	<ul style="list-style-type: none"> ○ Being the best version of myself. 	<ul style="list-style-type: none"> ● Mutual Respect ● Individual Liberty 	<ul style="list-style-type: none"> ● Anti-bullying week (21st-25th Nov) ● Day for the Abolition of Slavery (2nd Dec) ● Christmas Day (25th Dec)
HT3	<p>Careers – Aspirations, Goals and Dreams</p> <ul style="list-style-type: none"> ● Aspirations – our full potential ● Goals and dreams <ul style="list-style-type: none"> ○ A letter to my future self. ○ Celebrating success ○ Learning from my mistakes ● Career Talk Week <ul style="list-style-type: none"> ○ My future plans 	<p>Careers – Aspirations, Goals and Dreams:</p> <ul style="list-style-type: none"> ● Confidence ● Higher aspirations ● Life skills ● Self-esteem ● Listening skills ● Respect <p>British Values Explored:</p> <ul style="list-style-type: none"> ● Individual Liberty ● Mutual Respect 	<p>Key Dates:</p> <ul style="list-style-type: none"> ● Cancer Talk Week (23-27th Jan) ● Holocaust Memorial Day (27th Jan) ● National Apprenticeships Week (1st-8th Feb) ● UNICEF day for change (3rd Feb) ● World Cancer Day (4th Feb) ● Safer Internet Day (7th Feb) ● Valentine’s Day (14th Feb)
HT4	<p>Active Citizenship</p> <ul style="list-style-type: none"> ● What is Citizenship? <ul style="list-style-type: none"> ○ Active Citizenship ○ Responsibilities and rights ○ Skills gained ● Communities <ul style="list-style-type: none"> ○ What is a community ● Visits to primary schools <ul style="list-style-type: none"> ○ Life in High School 	<p>Active Citizenship</p> <ul style="list-style-type: none"> ● Public speaking ● Confidence ● Respect ● Life skills ● Team work <p>British Values Explored:</p> <ul style="list-style-type: none"> ● Mutual respect ● Active participation ● The rule of law 	<p>Key Dates:</p> <ul style="list-style-type: none"> ● Student Volunteering Week (20th -26th Feb) ● Shrove Tuesday (21st Feb) ● Fair Trade Fortnight (27th Feb – 11th Mar) ● National Veggie Month (1st – 31st Mar) ● World Book Day (1st March) International Women’s Day (8th Mar) ● Brain Awareness Week (12th -18th Mar) ● Commonwealth Day (12th Mar) ● St Patrick’s Day (17th March) ● Mother’s Day (18th March) ● World Down syndrome Day (21st Mar)
HT5 7 Weeks	<p>Health, Wellbeing and Safety:</p> <ul style="list-style-type: none"> ● Emotional and mental wellbeing <ul style="list-style-type: none"> ○ Recognising signs of poor mental health ○ Developing resilience skills ● Risks and Physical Health <ul style="list-style-type: none"> ○ What are risks? ○ Staying safe in our lives. 	<p>Health, Wellbeing and Safety:</p> <ul style="list-style-type: none"> ● Strategies for looking after mental wellbeing ● Managing challenges ● Safety skills 	<p>Key dates:</p> <ul style="list-style-type: none"> ● National Autism Awareness Month (April) ● Maundy Thursday (5th April) ● Good Friday (6th April) ● World Health Day (7th April) ● Easter Sunday (8th April) ● Earth Day (22nd April) ● St George’s Day (23rd April)

	<ul style="list-style-type: none"> ○ Being assertive and dealing with pressure 	<ul style="list-style-type: none"> ● Awareness of the wider world. <p>British Values Explored:</p> <ul style="list-style-type: none"> ● Mutual Respect ● Individual liberty 	<ul style="list-style-type: none"> ● RSPCA Week (30th Apr–6th May) ● Local and Community History Month (May) ● Global Campaign for Education Action Week(2-8th May) ● Deaf Awareness Week (7-13th May) ● Christian Aid Week (15-21st May) ● Walk to School Week (16th-20th May)
<p>HT6</p> <p>7 Weeks</p>	<p>Identify and Growing Up:</p> <ul style="list-style-type: none"> ● Peer Pressure <ul style="list-style-type: none"> ○ What is peer pressure ○ Saying no ● Puberty <ul style="list-style-type: none"> ○ What happens? ○ Hygiene ○ Periods and the menstrual cycle ● Who am I? <ul style="list-style-type: none"> ○ Stereotypes ○ Finding your 'you' 	<p>Identify and Growing up:</p> <ul style="list-style-type: none"> ● Puberty – What to expect ● Confidence ● Listening skills ● Respect <p>British Values Explored:</p> <ul style="list-style-type: none"> ● Mutual respect ● Tolerance ● Individual liberty 	<p>Key Dates:</p> <ul style="list-style-type: none"> ● Volunteers Week (1-7th June) ● World Environment day (5th June) ● World Oceans Day (8th June) ● Oxfam Water Week (11-17th June) ● Diabetes Week (12-18th June) ● World Blood Donor Day (14th June) ● Recycle Awareness Week (18-24th June) ● Team Green Britain Bike Week (18th -26th June) ● Father's Day (19th June) ● Refugee Week (20-26th June) ● Recycle Now Week (20th -26th June) ● Deaf/blind Awareness Week (21st -27th June) ● National Transplant Week (7-14th July)

Year 8

Term	Topics Explored	Skills Gained	Key Dates
HT1 8 Weeks	Business and Finance <ul style="list-style-type: none"> • What is Finance? <ul style="list-style-type: none"> ○ Savings and Budgeting ○ Debt ○ Financial Products • Consumerism <ul style="list-style-type: none"> ○ Consumer products ○ Rights on a consumer 	Business and Finance <ul style="list-style-type: none"> • Money Management • Business skills • Communication skills British Values Explored: <ul style="list-style-type: none"> • Individual Liberty • The Rule of Law 	Key dates: <ul style="list-style-type: none"> • National Organic Month (Sept) • International Literacy Day (8th Sept) • World Suicide Prevention Day (10th Sept) • International Day for the Preservation of the Ozone Layer (16th Sept) • International Day of Peace (21st Sept) • World Alzheimer's Day (21st Sept) • Black History Month (Oct) • Breast Cancer Awareness Month (Oct) • International Walk to School Month (Oct) • World Animal Day (4th Oct) • World Mental Health Day (10th Oct) • Child Poverty Day (17th Oct)
HT2 7 Weeks	Healthy Living <ul style="list-style-type: none"> • How can we stay healthy? <ul style="list-style-type: none"> ○ Health Eating ○ Exercise ○ Sleep • Barriers to healthy living <ul style="list-style-type: none"> ○ Food labels ○ Obesity ○ Energy Drinks • Body shaming 	Healthy Living <ul style="list-style-type: none"> • Life skills • Strategies for health • Self-evaluation • Communication skills 	Key dates: <ul style="list-style-type: none"> • National Stress Awareness Day (2nd Nov) • Remembrance Sunday • Armistice Day (11th Nov) • World Diabetes Day (14th Nov) • World Kindness Day • National Enterprise week (15-21 Nov) • Road Safety Week (21-27 Nov) • Anti-bullying week (21st-25th Nov) • International Day for the Abolition of Slavery (2nd Dec) • Christmas Day (25th Dec)
HT3	We Achieve – Be the Best Version of Yourself <ul style="list-style-type: none"> • Behaviour and Achievement <ul style="list-style-type: none"> ○ Celebrating Success 	We Achieve – Be the Best Version of Yourself <ul style="list-style-type: none"> • Higher aspirations 	Key Dates: <ul style="list-style-type: none"> • Cancer Talk Week (23-27th Jan) • Holocaust Memorial Day (27th Jan) • National Apprenticeships Week (1st-8th Feb)

	<ul style="list-style-type: none"> ○ Behaviour as an effect on learning. ● Aspirations and Goals <ul style="list-style-type: none"> ○ A letter to my future self... ○ What are goals? 	<ul style="list-style-type: none"> ● Knowledge of behaviour as a tool for success. ● Communication Skills <p>British Values Explored:</p> <ul style="list-style-type: none"> ● Mutual respect 	<ul style="list-style-type: none"> ● UNICEF day for change (3rd Feb) ● World Cancer Day (4th Feb) ● Safer Internet Day (7th Feb) <p>Valentine's Day (14th Feb)</p>
HT4	<p>Is Beauty Skin Deep?</p> <ul style="list-style-type: none"> ● Confidence and Me <ul style="list-style-type: none"> ○ Body Image ○ Online Presence ○ Eating Disorders ○ Grooming ○ Self-esteem ○ Bullying and body shaming 	<p>Is Beauty Skin Deep?</p> <ul style="list-style-type: none"> ● Self-respect ● Self-worth ● Confidence ● Strategies for dealing with negative thoughts ● Life skills ● Critical thinking <p>British Values Explored:</p> <ul style="list-style-type: none"> ● Mutual respect 	<p>Key Dates:</p> <ul style="list-style-type: none"> ● Student Volunteering Week (20th -26th Feb) ● Shrove Tuesday (21st Feb) ● Fair Trade Fortnight (27th Feb – 11th Mar) ● National Veggie Month (1st – 31st Mar) ● World Book Day (1st March) International Women's Day (8th Mar) ● Brain Awareness Week (12th -18th Mar) ● Commonwealth Day (12th Mar) ● St Patrick's Day (17th March) ● Mother's Day (18th March) ● World Down syndrome Day (21st Mar) ● World Day for Water (22nd Mar)

<p>HT5</p>	<p>Emotional and Physical Wellbeing</p> <ul style="list-style-type: none"> • Emotional Wellbeing <ul style="list-style-type: none"> ○ Mental Health ○ Resilience ○ Loss and Bereavement ○ Suicide ○ Emotional Literacy ○ Personal Boundaries • Physical Wellbeing <ul style="list-style-type: none"> ○ CPR ○ Personal Safety and First Aid 	<p>Emotional and Physical Wellbeing</p> <ul style="list-style-type: none"> ○ Confidence/Self-esteem • Life skills • Strategies for dealing with stress • Communication skills <p>British Values explored:</p> <ul style="list-style-type: none"> • Individual Liberty • Mutual Respect 	<p>Key dates:</p> <ul style="list-style-type: none"> • National Autism Awareness Month (April) • Maundy Thursday (5th April) • Good Friday (6th April) • World Health Day (7th April) • Easter Sunday (8th April) • Earth Day (22nd April) • St George's Day (23rd April) • RSPCA Week (30th Apr–6th May) • Local and Community History Month (May) • Global Campaign for Education Action Week (2-8th May) • Deaf Awareness Week (7-13th May) • Christian Aid Week (15-21st May) • Walk to School Week (16th-20th May)
<p>HT6</p>	<p>Active Citizenship – Making a difference</p> <ul style="list-style-type: none"> • What is citizenship? • Communities <ul style="list-style-type: none"> ○ Key Issues in the Community • Environment <ul style="list-style-type: none"> ○ What is sustainability? ○ Our actions and their consequences on the earth 	<p>Active Citizenship – Making a Difference</p> <ul style="list-style-type: none"> • Compassion • Respect • Citizenship skills • Knowledge of sustainability • Leadership skills <p>British Values Explored:</p> <ul style="list-style-type: none"> • Rule of Law • Tolerance 	<p>Key Dates:</p> <ul style="list-style-type: none"> • Volunteers Week (1-7th June) • World Environment day (5th June) • World Oceans Day (8th June) • Oxfam Water Week (11-17th June) • Diabetes Week (12-18th June) • World Blood Donor Day (14th June) • Recycle Awareness Week (18-24th June) • Team Green Britain Bike Week (18th -26th June) • Father's Day (19th June) • Refugee Week (20-26th June) • Recycle Now Week (20th -26th June)

Year 9

Term	Topics Explored	Skills Gained	Key Dates
HT1 8 Weeks	Relationships: <ul style="list-style-type: none"> • Healthy Relationships <ul style="list-style-type: none"> ○ Communication ○ Managing feelings • Unhealthy relationships <ul style="list-style-type: none"> ○ Domestic Abuse ○ Coercive behaviour • Sex and the Law <ul style="list-style-type: none"> ○ Consent ○ 'Sexting' • Sexuality 	Relationships: <ul style="list-style-type: none"> • Self-esteem • Communication skills • Listening skills • Confidence • Respect British Values Explored: <ul style="list-style-type: none"> • Mutual respect • Individual Liberty 	Key dates: <ul style="list-style-type: none"> • National Organic Month (Sept) • International Literacy Day (8th Sept) • World Suicide Prevention Day (10th Sept) • Preservation of the Ozone Layer day (16th Sept) • International Day of Peace (21st Sept) • World Alzheimer's Day (21st Sept) • Black History Month (Oct) • Breast Cancer Awareness Month (Oct) • International Walk to School Month (Oct) • World Animal Day (4th Oct) • World Mental Health Day (10th Oct) • Child Poverty Day (17th Oct)
HT2 7 Weeks	Acceptance of Difference <ul style="list-style-type: none"> • Prejudice and Discrimination <ul style="list-style-type: none"> ○ What is prejudice? ○ What is discrimination? ○ Homophobia ○ Racism ○ Transphobia ○ Xenophobia ○ Bullying • Stereotypes <ul style="list-style-type: none"> ○ What is a stereotype? ○ The impact of stereotypes 	Acceptance of Difference <ul style="list-style-type: none"> • Team-work • Respect • Listening skills • Communication skills • Critical thinking British Values Explored: <ul style="list-style-type: none"> • Tolerance • Mutual Respect • Individual Liberty • Rule of Law 	Key dates: <ul style="list-style-type: none"> • National Stress Awareness Day (2nd Nov) • Remembrance Sunday • Armistice Day (11th Nov) • World Diabetes Day (14th Nov) • World Kindness Day • National Enterprise week (15-21 Nov) • Road Safety Week (21-27 Nov) • Anti-bullying week (21st-25th Nov) • International Day for the Abolition of Slavery (2nd Dec) • Christmas Day (25th Dec)

HT3	<p>We Achieve – Future and Careers</p> <ul style="list-style-type: none"> • Career Choices <ul style="list-style-type: none"> ○ Options Choices ○ Career Paths ○ Employability Skills • Aspirations and Goals <ul style="list-style-type: none"> ○ My Future Self... ○ Resilience ○ What are goals and aspirations? 	<p>We Achieve – Future and Careers</p> <ul style="list-style-type: none"> • Higher aspirations • Decision making skills • Critical thinking • Employability skills and knowledge <p>British Values Explored:</p> <ul style="list-style-type: none"> • Individual Liberty 	<p>Key Dates:</p> <ul style="list-style-type: none"> • Cancer Talk Week (23-27th Jan) • Holocaust Memorial Day (27th Jan) • National Apprenticeships Week (1st-8th Feb) • UNICEF day for change (3rd Feb) • World Cancer Day (4th Feb) • Safer Internet Day (7th Feb) Valentine’s Day (14th Feb)
HT4	<p>Addiction, Peer-Pressure and Consequences</p> <ul style="list-style-type: none"> • Addiction <ul style="list-style-type: none"> ○ Drugs ○ Alcohol ○ Smoking ○ Gambling • Peer Pressure <ul style="list-style-type: none"> ○ Saying no • Dependency 	<p>Addiction, Peer-Pressure and Consequences</p> <ul style="list-style-type: none"> • Self-confidence • Life Skills • Communication and debate skills • Legal knowledge <p>British Values Explored:</p> <ul style="list-style-type: none"> • Rule of Law • Individual Liberty 	<p>Key Dates:</p> <ul style="list-style-type: none"> • Student Volunteering Week (20th -26th Feb) • Shrove Tuesday (21st Feb) • Fair Trade Fortnight (27th Feb – 11th Mar) • National Veggie Month (1st – 31st Mar) • World Book Day (1st March) • International Women’s Day (8th Mar) • Brain Awareness Week (12th -18th Mar) • Commonwealth Day (12th Mar) • St Patrick’s Day (17th March) • Mother’s Day (18th March) • World Down syndrome Day (21st Mar)
HT5	<p>Active Citizenship</p> <ul style="list-style-type: none"> • What is citizenship? <ul style="list-style-type: none"> ○ Rights and responsibilities ○ Discrimination • Communities <ul style="list-style-type: none"> ○ Loneliness and mental wellbeing ○ Letter writing • Being the best you 	<p>Active Citizenship</p> <ul style="list-style-type: none"> • Being a good citizen • Roles and responsibilities • Compassion • Writing skills • Communication skills • Leadership • Patience <p>British Values Explored:</p> <ul style="list-style-type: none"> • Mutual Respect 	<p>Key dates:</p> <ul style="list-style-type: none"> • National Autism Awareness Month (April) • Maundy Thursday (5th April) • Good Friday (6th April) • World Health Day (7th April) • Easter Sunday (8th April) • Earth Day (22nd April) • St George’s Day (23rd April) • RSPCA Week (30th Apr–6th May)

		<ul style="list-style-type: none"> • Tolerance 	<ul style="list-style-type: none"> • Local and Community History Month (May) • Global Campaign for Education Action Wk (2-8th May) • Deaf Awareness Week (7-13th May) • Christian Aid Week (15-21st May) • Walk to School Week (16th-20th May)
HT6	<p>The Rule of Law</p> <ul style="list-style-type: none"> • What is law? • Legal Systems <ul style="list-style-type: none"> ○ Laws ○ Prison reform • Crime <ul style="list-style-type: none"> ○ Gangs and knife crime ○ Anti-Social Behaviour ○ Tackling crime ○ Consequences of crime ○ Prison reform 	<p>The Rule of Law:</p> <ul style="list-style-type: none"> • Life skills • Responsibilities • Critical Thinking • Debating skills <p>British Values:</p> <ul style="list-style-type: none"> • The Rule of Law • Individual liberty 	<p>Key Dates:</p> <ul style="list-style-type: none"> • Volunteers Week (1-7th June) • World Environment day (5th June) • World Oceans Day (8th June) • Oxfam Water Week (11-17th June) • Diabetes Week (12-18th June) • World Blood Donor Day (14th June) • Recycle Awareness Week (18-24th June) • Team Green Britain Bike Week (18th -26th June) • Father's Day (19th June) • Refugee Week (20-26th June) • Recycle Now Week (20th -26th June) • Deaf/blind Awareness Week (21st -27th June) • National Transplant Week (7-14th July)