

Key Stage 3 PSHCE Scheme of work

Personal/Social/Citizenship	CIAG	Health	Financial management	SRE
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Week	Year 7	Year 8	Other activities to support unit of work
1	Introduction lesson – reflections on last year, strengths and areas to improve	Introduction lesson – reflections on last year, strengths and areas to improve	
	Diversity Discrimination Groups in society Racism	Financial Capabilities	
2	Introduction – How are we different?	Introduction – Making decisions on how to spend money.	Assembly delivered on diversity
3	What is diversity?	What is debt? How do people get into debt? What contributes to it? Payday loans, interest, overdrafts, mortgages, finance, hire purchase, store cards, APR.	
4	What is racism?	Managing a budget. Identifying needs and wants. Using spreadsheets to workout incomings and outgoings.	
5	What is homophobia?	Why have a bank account? Interest, debit cards, methods of payment such as apple pay and contactless, ISA, savings accounts.	
6	Tackling prejudice- what should you do? The law in relation to hate crimes.	Consolidation of learning	Police to deliver KS3 session on hate crimes

7	Immigration – reasons why people immigrate including those seeking asylum.	Rich v Poor – do they have the same opportunities? How does life differ?	Preparation for food bank appeal
Half term			
	Healthy living and Smoking	Drugs and alcohol	
8	What makes a healthy lifestyle?	Is alcohol a drug and how is it measured?	
9	Healthy eating and rest	Physical and social effects of alcohol	Weekly drop in sessions with school nurse /Food Tec unit on nutrition
10	The effects of smoking on the body	Does alcohol lead to risky behaviour including underage and unprotected sex?	
11	Smoking and peer pressure	Alcohol and peer pressure	
12	Smoking and peers pressure	Legal and illegal drugs. The effects and classifications	
13	Vaping – the law and possible effects	The physical and social impact drug use has on individuals, families and communities.	
Christmas			
	E Safety	E safety	
14	Social media – different apps and how they are used. Evaluate the benefits and disadvantages.	How does the media shape self image? Use of photo shop and filters that distort appearance and role of celebrities	Clennell solutions assembly delivered to KS3
15	What is cyberbullying and how does it affect people?	What social media do you use and how/what do you use it for?	
16	The effects of cyberbullying and how to tackle it.	Peer pressure and social media (bullying, body image, popularity, 'likes' etc.	
17	Safe use of social media- keeping data and personal information private.	The dangers of sexting and the impact on your future.	
18	Online grooming including social media and online gaming	Online grooming including social media and online gaming	
19	Acceptable boundaries of using social media		

20	E safety – an overview, recap and consolidation of learning	E safety – an overview, recap and consolidation of learning	
Half term			
	Relationships	SRE	
21	What makes a healthy friendship?	Emotional and physical changes	
22	Identifying bullying and unhealthy behaviour from peers	Romantic relationships – identifying healthy and age appropriate relationships inc. the law	Nurse led session Assembly led by Women’s refuge
23	Strategies to cope and prevent bullying	Risky behaviour and decision making	
24	Family relationships - reflections on our own families	STI’s and pregnancy	
25	Different types of family (Nuclear, single parent, same sex)	What is self-esteem?	
26	Why are healthy relationships important in our lives? Reflections	Developing self-esteem skills	
Easter			
	Mental health	Anti-social behaviour and the law	
27	What is mental health?	What is anti-social behaviour?	
28	Symptoms of poor mental health (stress, anxiety, insomnia etc)	Anti-social behaviour in our communities, the effects on families and individuals	
29	How to keep mentally healthy (rest, meditation, exercise, diet)	Why do teenagers take part in anti-social behaviour?	
30	What life events or circumstances can affect mental health?	Anti-social behaviour and the law	
31	Class survey and audit, how mentally healthy are we?	Your future, how could either taking part or being the victim of anti-social behaviour affect a person’s future?	
32	Consolidation of unit	Consolidation of unit	
Half term			

	Government and democracy	Transition – preparing for high school	
33	What is democracy and why should we have it?	Evaluation of Year 8 – What have been our strengths and areas to improve?	Assembly delivered by high school
34	Different political parties – the big 3 (Labour, Conservative, Liberal Democrats)	Identifying concerns about moving up to high school	
35	Smaller party politics	Preparing for options and GCSEs, investigation into future careers and possible qualifications needed to pursue	
36	Designing our own political parties- what would they stand for and what would we include in our manifesto?	Evaluation of transition days, what do we now know and what would we still like to find out about?	Transition days