

PSCHE & Citizenship Key Stage 3 Curriculum

ASPIRE – ENDEAVOUR - SUCCEED

Purpose and aims

PSCHE (personal, social, careers health and economic) education is a school curriculum subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. PSCHE education helps pupils to stay healthy, safe and prepared for life – and work – in modern Britain. When taught well, PSCHE also helps pupils to achieve their academic potential.

PSCHE education helps pupils to develop the knowledge, skills and attributes they need to thrive as individuals, family members and members of society. From making responsible decisions about alcohol to succeeding in their first job, PSCHE education helps pupils to manage many of the most critical opportunities, challenges and responsibilities they will face growing up.

PSCHE education makes a crucial contribution to schools' duties. The Education Act 2002 requires all schools to teach a curriculum that is '*broadly based, balanced and meets the needs of pupils*'. Schools must '*promote the spiritual, moral, cultural, mental and physical development of pupils at the school and of society, and prepare pupils at the school for the opportunities, responsibilities and experiences of later life*' whilst having a duty to keep pupils safe.

**Text in green indicates where statutory SRE curriculum is taught*

***Text in red indicates where citizenship curriculum/British Values/SMSC is taught*

**** The role of politicians and the government is taught through the KS3 History curriculum*

*****Text in blue indicates cross curricular link to other subject*

******Text in purple indicates employability and enterprise links*

NB: Some elements of the PSCHE and citizenship curriculum are also taught through assemblies/workshops/external speakers where appropriate

Threshold concepts

At **key stage 3**, students build on the knowledge and understanding, skills, attributes and values they have acquired and developed during the primary phase. PSCHE education acknowledges and addresses the changes that young people experience, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the knowledge and skills which will equip them for the opportunities and challenges of life. Students learn to manage diverse relationships, their online lives, and the increasing influence of peers and the media.*

There are 3 overall topics which underpin KS3 PSCHE. These are:

- Health and Wellbeing
- Living in the Wider World
- Relationships.

Sequence of learning

Year 7

1. What is PSCHE?

Health and Wellbeing: Healthy Lifestyles

2. What are healthy lifestyles?

3. How can we keep healthy? (food groups/diet/nutrition)
4. Eating responsibly (Food labels and health hazards)
5. Healthy living (exercise)
6. Not eating healthily – what are the consequences?
7. Energy Drinks – are they dangerous?

Drugs

8. The dangers of Cigarettes and Alcohol
9. What are drugs and why are they dangerous?
10. What are mental health issues?
11. *How can we manage anger? *Employability behaviour: Self Regulation*

Relationships

12. *Puberty – What happens, when and why? * Introductory unit linked to Biology SOW in Y8*
13. *Periods – what happens, when and why? * Introductory unit linked to Biology SOW in Y8*
14. *FGM – What is this and why is it so dangerous?*
15. Keeping good friendships and avoiding toxic ones
16. Family relationships
17. Crushes and feelings – types of attraction
18. Bullying or Banter?
19. What is cyberbullying? **linked to Computer Science SOW in Y7 (cyber security)*
20. *Safe and positive relationships*
21. *Personal identity & diversity British Values*
22. *Extremism – why does radicalisation happen?*

Living in the Wider World: Budgeting and Consumerism

23. *How can we budget our money?*
24. *How can we create a personal budgeting plan?*
25. *What are savings loans and interest rates?*
26. *Financial Transactions*
27. *Financial Products*
28. *How can we shop ethically?*
29. *What are the differences between needs and wants?*

Resilience and self esteem

30. *Being an aspirational student *Employability Behaviour: Self Motivation*
31. The importance of Self esteem
32. Social media safety **linked to Computer Science SOW in Y7 (cyber security)*
33. *Racism – Prejudice and Stereotyping*
34. *How can we be resilient in the face of challenge? * Employability Behaviour: Resilience*

Year 8

Health and Wellbeing: Healthy Lifestyles

1. *Personal development and target setting – how can I improve my skills and behaviour? * Employability Behaviour: Reflective*
2. How can self-confidence boost our achievement?
3. *How can I manage my behaviour to achieve targets and goals? *Employability Behaviour: Self Regulation*
4. Why do teenage parents have it so tough? How we can avoid teenage pregnancy.
5. *Stereotyping, discrimination and prejudice. Disability focus*
6. How can we look after ourselves and others in an emergency? Personal safety and first aid.
7. Understanding eating disorders and how to manage these.
8. What is vaping and is this as bad as smoking?

9. What is mindfulness? How can this aid positive mental health?
10. Emotional literacy – why is self-awareness in our actions towards others so important? (2 hours)
11. Cancer awareness

Relationships

12. Love and Relationships – age appropriate relationships.
13. How do we have safe sex? Introduction to contraception * linked to Biology SOW (reproduction) in Y8
14. How do we keep good sexual health and avoid STIs?
15. What is consent and why is it important we know about it?
16. What is sexting and why is it so risky to send personal images?
17. What is pornography and why can it be dangerous?
18. How can we prevent radicalisation and recognise the signs of extremism?
19. Who are the extremist groups and why are they so dangerous?
20. Where does extremism come from?
21. How do religious extremists attract converts?
22. Islamophobia.
23. Stereotyping, discrimination and prejudice. Religion focus.
24. How can British Values teach us tolerance and respect for others?
25. Domestic conflict – why do people run away from home and why is this so dangerous?
26. Body image and the media part 1 with a focus on boys.

Living in the Wider World

27. Internet Safety – what is online grooming and why must we be so careful?
28. How can we care for our environment and why is it changing? (2 hours)
29. Skills for Careers.
30. Apprenticeships vs University
31. Careers + development focus - how can we develop our communication skills?
32. Careers + development focus - how can we develop our teamwork skills?
33. How can we become entrepreneurs?
34. Finance – what is income and expenditure?
35. Finance – budgeting and saving personal finances
36. Careers + Finance - What are national insurance and income tax? Reading payslips
37. Stereotyping, discrimination and prejudice. Teens and the media focus.
38. LGBT+ focus: Homophobia (2 hours)

Year 9

Introduction lessons

1. Behaving to achieve. *Employability Behaviour: Self Regulation
2. How can we foster a Growth Mind set to succeed and achieve? *Employability Behaviour: Resilience

Health and Wellbeing

3. Why do people take illegal drugs and what does the law say about drug use?
4. Alcohol awareness.
5. The dangers of vaping.
6. The role of the police force in the UK.
7. Developing interpersonal skills. *Employability Behaviour: Collaboration
8. How to cope with stress. *Employability Behaviour: Self Regulation
9. What is self-harm and why do people do this?
10. How are we protected from prejudice and discrimination?

11. Acid attacks.
12. Managing anxiety.
13. Vaccinations
14. Why are people selfie-obsessed?

Relationships

15. Who are the LGBT+ community and what would they like us to know?
16. Diverse Britain – religion and culture.
17. Immigration and Diversity.
18. What is pornography and how can it be dangerous?
19. Healthy and unhealthy relationships.
20. CSE – how are children and young people lured into dangerous relationships and what do these look like?
21. Body image and the media – focus on girls
22. Sexually Transmitted Infections and how to protect yourself
23. What is peer-pressure and peer on peer abuse?
24. Long term commitments – marriage and civil ceremonies.
24. What is sexual harassment?

Living in the Wider World

25. How does knife crime impact on our communities, why do teens get involved and what are the consequences? (2 hours)
26. How does the law deal with young offenders (2 hours)?
27. UK Democracy – British Values
28. Employability Skills – preparing for and applying to the world of work and careers
- 29.. Workplace skills.
30. Enterprising and Entrepreneurism.
31. What makes a great leader?
32. Avoiding debt
33. Managing Money.
34. Our Consumer Rights.
35. Human Trafficking.
36. Sustainability.
37. UK Aid.
38. UNICEF.

Assessment

Assessment is an important aspect of the PSCE curriculum and takes the form of both summative and formative assessment, to ensure key messages are understood and misconceptions are addressed. Formative assessment in PSCE includes: baseline assessments that are revisited in plenary activities, 'review of learning' tasks and traffic light plenaries.

Summative assessment of topics, in the form of multiple choice questions, is used to ensure key messages are understood and misconceptions addressed.

Curriculum links to careers

Careers education is taught explicitly as part of the PSCE curriculum. In Year 7, careers education focuses on aspirations and resilience, as well as basic financial education. In Year 8, the focus becomes more careers – specific. Students learn about the 'soft' skills needed in the workplace – teamwork and communication skills - as well as financial planning and an introduction to apprenticeships and university. In Year 9, students learn about

employability skills with a view to preparing for and adapting to the work place. Entrepreneurism is introduced and financial education turns to avoiding debt.

As part of the Year 9 lesson on 'mental health', students are introduced to the career of a mental health nurse through a short video clip and asked to discuss the positives and negatives of this career.

Careers education is taught in conjunction with the school careers platform, Unifrog and is flexible to allow for outside agencies to deliver specific workshops and/or assemblies.

Procedural knowledge

1. Acquiring and understanding accessible, relevant information in:

- Healthy lifestyles Emotional literacy
- Drug Education
- Anti-bullying/safety Citizenship/diversity Financial/careers education/RSE

2. Developing attitudes and values that underpin self-esteem, health and well-being, learning and achievement through:

- Exploring, considering, and understanding moral dilemmas
- Learning the importance of values and individual conscience and moral considerations
- Developing critical thinking as part of decision making
- Learning to respect & value difference & diversity
- Having structured opportunities for the exploration of personal attitudes and values
- Rights and responsibilities, for self and others

3. Developing personal and social skills by:

- Learning to identify their own emotions and those of others
- Learning to manage change
- Developing self-respect and empathy for others
- Learning how to identify risks
- Learning to make and carry out informed decisions
- Developing an appreciation of the consequences of choices made
- Managing conflict
- Learning about themselves