

# 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 the 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

#### Health and Wellbeing:

1. What are healthy lifestyles?
2. Eating a balanced diet

3. Understanding food labels
4. The importance of exercise
5. Personal hygiene
6. Caffeine risks (energy drinks)
7. Tobacco risks
8. Alcohol risks
9. Puberty – What happens, when and why? \* *Introductory unit linked to Biology SOW in Y8*
10. FGM & the law
11. Introduction to mental health
12. *Managing our mental health? \*Employability behaviour: Self Regulation*

### Relationships

13. Keeping healthy friendships and avoiding toxic ones
14. Bullying or banter?
15. Crushes and feelings – different types of attraction
16. Family relationships – different types of families
17. What is cyberbullying? \**linked to Computer Science SOW in Y7 (cyber security)*
18. Safe and positive relationships
19. Social media safety \**linked to Computer Science SOW in Y7 (cyber security)*

### Living in the Wider World

20. British Values and personal identity
21. British Values – racism focus
22. Introduction to extremism and radicalisation
23. How can we budget our money?
24. What are the differences between ‘wants and needs’?
25. What are savings, loans and interest rates?
26. Financial Transactions
27. Being an aspirational student \**Employability Behaviour: Self Motivation*
28. The importance of self esteem
29. How can we be resilient in the face of challenge? \**Employability Behaviour: Resilience*

### Year 8

#### Health and Wellbeing:

1. *Self awareness \*Employability Behaviour: Working with others*
2. Discrimination and The Equality Act 2010
3. *Self Regulation \*Employability Behaviour: Self Regulation*
4. Mindfulness and positive mental health
5. Personal Safety and First Aid (including choking, open wounds and CPR)
6. What is vaping and is this as bad as smoking?
8. Understanding eating disorders and where to find support
9. Internet safety – online grooming

#### Relationships

10. Healthy, age appropriate relationships
11. Introduction to contraception \* *linked to Biology SOW (reproduction) in Y8*
12. Introduction to STIs
13. The importance of consent
14. Understanding Teenage Pregnancy
15. What is sexting and why is it so risky?

16. Understanding gender identity
16. Body image and the media – focus on girls
17. Discrimination – LGBTQ Awareness
18. Extremism and radicalisation revisited
19. Discrimination & Equality – religion focus
20. British Values – Tolerance and Respect

### **Living in the Wider World**

21. What is tax?
22. Understanding credit and debit
23. Managing personal finance
24. Eco Project

### **Year 9**

#### **Health and Wellbeing:**

1. Drugs and The Law
2. Alcohol awareness.
3. Vaping revisited
4. Cancer Awareness.
5. Health Choices
- 5a. CPR and Defibrillators (in partnership with the British Heart Foundation)
6. Managing Anxiety
7. How to cope with stress. *\*Employability Behaviour: Self Regulation*
8. Self harm prevention
9. Unhealthy social media usage
10. The Equality Act and Employment
11. The role of police

#### **Relationships**

12. Healthy and Abusive Relationships
13. Sexting and the consequences revisited
14. The dangers of pornography
15. Child Sexual Exploitation Awareness
16. STIs revisited
17. Sexual Harassment/ Child on Child Abuse Awareness
18. Body Image and Self Esteem
19. Peer Pressure and Child on Child Abuse
20. Understanding Marriage and Commitments
21. Diversity and the LGBTQ Community
22. Diversity and British Values
23. Diversity and Immigration

#### **Living in the Wider World**

24. UK Democracy – British Values
25. How does the law deal with young offenders?
26. How does knife crime impact on our communities?
28. Employability Skills – preparing and applying for the world of work
29. Managing Money
30. Avoiding Debt
31. Workplace Skills
32. Developing Interpersonal Skills

## Assessment

Assessment in PSCE is crucial in order to ensure key knowledge is understood and misconceptions addressed. Formative assessment, in the form of memory recall, multiple choice questions and review of learning tasks, is ongoing and forms an integral part of regular PSCE lessons – to address any misconceptions immediately.

Summative assessments take place at the end of each unit to ensure key knowledge is understood and retained.

Self assessment at the start and end of each unit enables students to identify the knowledge they have gained across the course of the unit and identifies areas to develop.

## Curriculum links to careers

At Key Stage 3, careers education is taught explicitly as part of the PSCE and Enterprise curriculum. In Year 7, careers education in PSCE focuses on aspirations and resilience, as well as basic financial education. As part of the Enterprise curriculum, students focus on careers in the NHS – with over 350 careers to choose from. In Year 8, the focus becomes more careers – specific. Students learn about the ‘transferable’ skills needed in the workplace – teamwork and communication skills - as well as financial planning and Entrepreneurism. Students take part in employer challenges in Enterprise lessons – specifically, designing a ‘distraction box’ to be used by the NHS dementia team. Career pathways are also taught as part of the Year 8 Enterprise curriculum. In Year 9, students learn about employability skills with a view to preparing for and adapting to the work place.

As part of the Year 9 lesson on mental health, students are introduced to the career of a mental health nurse and how this career can make a positive difference in the community. Equality and diversity is also delivered through the role of the HR Manager as part of the Year 8 SOW.

Careers education is taught in conjunction with the school careers platform, Unifrog and is flexible to allow for outside agencies, for example. DANCOP, to deliver specific workshops and/or assemblies about career pathways and post-16 options.

## 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

