Key Stage 3 Curriculum Map PSHE from September 2026

Careers
E safety

	Autumn Half Term 1	Autumn Half Term 2	Spring Half Term 1	Spring Half Term 2	Summer Half Term 1	Summer Half Term 2
Year 7	**Knowledge acquired**					
	Health & Wellbeing Transition to secondary school and personal safety in and outside school School rules/ RRS charter	**Health & Wellbeing**	**Health & Wellbeing and Living in a Wider World** **RSE carousel**	**Health & Wellbeing**	**Health & Well Being**	**Health & Wellbeing**
	Skills acquired					
	Health and wellbeing introduction **What is mental health – an introduction** **How can we build resilience when life throws us challenges?** **Why are kindness and empathy important?** **Life online –How can we make the internet safer?**	**Healthy relationship's introduction: what are healthy relationships?** **What is trust and why is it important in any relationship?** **Maintaining great friendships and avoiding fallouts** **Anti-bullying – how can we reach out to support victims and stop bullies?**	**Anti-bullying – how can we reach out to support victims and stop bullies?** **How can we navigate peer influence and peer pressure?** **Why are families and long-term stable relationships important?**	**How can I grow and improve? Focus on personal development.** **Why is it important to treat others with respect?** **How do I know what are wants, needs and real priorities?**	**Why do we need self-esteem and how can we build it up?** **Why can't we always trust what we see in the media or online** **Introduction lesson: What is race and racism?**	**What is stereotyping and why do we do it?** **What are protected characteristics and why are they important?** **What are my qualities and skills and how do I develop them?** **How can we successfully budget our money?**
	Through studying the KS3 curriculum, pupils develop communication and oracy skills, numeracy, problem-solving, digital literacy, creativity, teamwork and independent learning. They learn to express ideas confidently, think critically, use technology safely and effectively, and work collaboratively with others. These transferable skills support their preparation for further education, employment and independent adult life.					
	Key Assessments taking place					
	Continues AFL **End of unit Evaluations**					
Year 8	**Autumn Half Term 1**	**Autumn Half Term 2**	**Spring Half Term 1**	**Spring Half Term 2**	**Summer Half Term 1**	**Summer Half Term 2**
	Knowledge acquired					
	Health & Wellbeing	**Health & Well Being**	**Living in the Wider World** **RSE Carousel**	**Living in the Wider World**	**Living in the Wider World**	**Living in the Wider World**
	Skills acquired					
	Balanced diets, nutrition and healthy eating choices	**British Values: Tolerance and mutual respect**	**Why are attendance and punctuality so important?** **Ambition, aspiration and setting realistic career goals**	**Saving and managing money well – for life** **Why is teamwork an essential life skill?**	**Sexism in society – what issues do we still face today?**	**Mental health in work and the wider world**

	The benefits of exercise for physical and mental health What are the consequences of living unhealthily? Social media – it is supposed to be fun, why is it also stressful? Group messaging – what's appropriate and what's the law?	Masculinity in focus: What does it mean to be a great man? Cyber bullying and online trolls What is consent and why is it so important?	What are employability and work skills? What does it mean to be an entrepreneur?	Why are communication skills so important	Prejudice and Discrimination: what is ableism? County Lines, Gangs, Weapons, Drugs and Risks	Exploring my personal identity and being the best possible me End of year review
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	Key Assessments taking place					
	Continues AFL End of unit Evaluations					
Year 9	**Autumn Half Term 1**	**Autumn Half Term 2**	**Spring Half Term 1**	**Spring Half Term 2**	**Summer Half Term 1**	**Summer Half Term 2**
	Knowledge acquired					
	Health & Wellbeing	Health & Wellbeing	Health & Wellbeing RSE Carousel	Living in the Wider World	Living in the Wider World	Living in the Wider World
	Skills acquired					
	Mental health: stigma and the language we use Anxiety – how do we manage it successfully? How can we stay happy and positive? Gratefulness Good quality sleep – why it's important and how to get it	How can we eat healthily on a budget? Why should we only use appropriate and legitimate health services? How can I use prescription medicines and antibiotics safely? How can we get help and perform first aid in emergencies?	What risks are associated with gambling and chance games? What is the economy and how does it affect us? Getting ready for KS4 and the options process	Being responsible with our personal finances Financial Exploitation and online scams	Succeeding in a changing and futuristic labour market Why volunteering is important? What are communities and why do we need them?	Why is my appearance online important? How are we influenced by algorithms? (subcultures lesson) Anti-social behaviour - what is it and what are the consequences? End of year review
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	Key Assessments taking place					
	Continues AFL End of unit Evaluations					

Home Learning - What you can do to support the learning taking place at school.

- Talking regularly about feelings, emotions and wellbeing.
- Encouraging your child to discuss their opinions and listen respectfully to the views of others.
- Providing opportunities to practise speaking and listening skills through family conversations and discussions.
- Supporting safe and responsible use of technology and social media.
- Helping your child use technology for learning, research and communication.
- Encouraging healthy lifestyle choices, including exercise, healthy eating and good sleep habits.
- Discussing friendships, relationships, respect and kindness.
- Encouraging independence through household responsibilities and decision-making.
- Supporting money-management skills through discussions about budgeting, saving and spending.
- Watching age-appropriate news and current affairs programmes together and discussing local, national and global issues.
- Support your child in gaining knowledge and understanding of the ever changing world around them.

By working together, school and home can help pupils develop the confidence, knowledge and skills they need to become healthy, happy and successful young people, ready for further education, employment and adult life.