ICKNIELD HIGH SCHOOL **KEY STAGE 3 PSHE CURRICULUM**

'Raising the Achievement of All'

WELL-SEQUENCED **CONTEXUALISED/INCLUSIVE** **AMBITIOUS**

SUBJECT: PSHE **Year: 7**

	Autumn 1	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
Key Theme	**Health & Well-being**	**Relationships**	**Living in the Wider World**	**Health & Well-being**	**Relationships**	**Living in the Wider World**
Secondary Theme	New beginnings	Acceptance	Developing Skills & Aspirations	Health Choices	Introducing relationships	Finance and politics in the UK
Key Questions	What will help you settle into a new environment? How can you create a positive friendship? What physical and mental changes might you experience at the start of secondary school?	What are the different types of bullying? What behaviours lead to bullying? How can you be assertive? What are values?	What skills and abilities do you have and how might they help you plan your future? What are employability skills and why are they important? How can you develop a positive mindset? What are the benefits of meditation?	How can your routines impact you physical and mental health? How can we support people who want to quit smoking and or vaping? Rail, Water & Road Safety	What is the difference between healthy and unhealthy relationships? What does consent look like?	What responsibilities are required when managing a budget? How are decisions made in the UK and what choices do you have?
Content: 'Know what'	**Students will learn about:** Making lasting friendships Physical & Mental	**Students will learn about:** Promoting diversity, acceptance & anti-bullying	**Students will learn about:** Personal Attributes & Key Skills Career pathways	**Students will learn about:** Rail Water & Road Safety Smoking and vaping	**Students will learn about:** Puberty and Well-being Consent	**Students will learn about:** Financial choices Democracy in the UK.

	development	Values	Positive mindsets	risks Healthy eating Dental health		Introduction to Politics
Expertise: 'Know how'	**Students will know how:** to interact within whole class and group discussions to develop their oracy skills to recognise and demonstrate positive social behaviour to respond to negative peers to support the mental & physical health and well-being of their peers	**Students will know how:** to interact within whole class and group discussions to develop their oracy skills to recognise bullying to be assertive to identify wants and needs differ	**Students will know how:** to interact within whole class and group discussions to develop their oracy skills to recognise how their career path is supported Know how to improve their positivity through mindfulness practice	**Students will know how:** to interact within whole class and group discussions to develop their oracy skills To make safe choice when out of the home to make healthy food choices to prioritise healthy rather than cosmetic dental treatments to gain support from outside agencies to quit smoking	**Students will know how:** to interact within whole class and group discussions to develop their oracy skills democracy works to create a persuasive speech	**Students will know how:** to interact within whole class and group discussions to develop their oracy skills puberty can impact their lives to seek consent to keep themselves and others safe
Literacy/ Numeracy/ SMSC	Reading and oracy in lessons to develop literacy skills. Understanding key vocabulary	Reading and oracy in lessons to develop literacy skills. Understanding key vocabulary	Reading and oracy in lessons to develop literacy skills. Understanding key vocabulary	Reading and oracy in lessons to develop literacy skills. Understanding key vocabulary	Reading and oracy in lessons to develop literacy skills. Understanding key vocabulary	Reading and oracy in lessons to develop literacy skills. Understanding key vocabulary

	Making positive impact within the school and home community Promote the basic British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance for those of different faiths and beliefs. Resolve conflict Emotional literacy	Promote the basic British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance for those of different faiths and beliefs. Resolve conflict Emotional literacy	Promote the basic British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance for those of different faiths and beliefs. Resolve conflict Emotional literacy	Promote the basic British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance for those of different faiths and beliefs. Resolve conflict Emotional literacy	Speech Writing and presentation skills Promote the basic British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance for those of different faiths and beliefs. Resolve conflict Emotional literacy	Promote the basic British values of democracy, the rule of law, individual liberty, and mutual respect and tolerance for those of different faiths and beliefs. Resolve conflict Emotional literacy
Disciplinary literacy	Key Words Qualities Convictions Preconceptions Empathy Puberty Emotions Hormones Menstruation Pads	Key Words Physical Psychological Cyber Verbal Assertiveness Want Need Material value Selfish Selfless	Key Words Qualifications Interview skills Qualities Problem solving Body language research	Key Words Carbohydrates Fats Protein Vitamin Minerals Hydrated Dentist Decay Veneer Amalgam Root canal Nicotine Carcinogenic Bronchitis Respiratory system Pedestrian Traffic Visibility	Key Words Healthy vs unhealthy relationships Consent Mental well-being, Mindfulness, Meditation	Key Words Democracy Dictator Manifesto, Parliament House of Commons House of Lords Prime Minister Candidate Budgeting Income Expenditure Lifestyle,

	Further Reading: **Flowers in the Gutter** by KR Gaddy **Long Way Down** by Jason Reynolds **Too much trouble** By Tom Avery **Every Shiny Thing** By Cordelia Jensen **When Shadows Fall** By Sita Brahmachari	**Further Reading:** **A Monster Calls** by Patrick Ness **Katherine Johnson - Life Series** By Katherine Johnson **Refugee Boy** By Benjamin Zephaniah **The Other Side of Truth** By Beverley Naidoo	**Further Reading:** **Simone Biles** By Simone Biles	Railway Trespass level crossing open water cold water shock, hazard risk safety emergency **Further Reading:** **Hatchet** By Gary Paulsen	**Further Reading:** **Wonder** **By** R J Palacio	**Further Reading** **David Attenborough** - Life Stories Series By David Attenborough **Wild** By Eel Fountain **Kensuke's Kingdom** By Michael Morpurgo
Careers	Identify personal strengths, interests and values. Create a strengths profile and recognise that abilities can develop with practice.	Explore how teamwork, respect and communication help in school and work. Match these skills to everyday jobs.	Explore a broad range of careers and sectors. Identify transferable skills, qualifications and where to find reliable careers guidance at Icknield.	Consider how wellbeing, healthy routines and resilience support learning and future working life. Set one achievable skills goal.	Challenge gender and other career stereotypes. Explore role models from different backgrounds and how people enter different professions.	Introduce earnings, spending and budgeting. Compare needs and wants, and explain how education and skills can affect future choices.