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

'Raising the Achievement of All'

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

SUBJECT: PSHE **Year: 8**

	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	**Peer Influence & Substance Use**	**Discrimination**	**Setting goals**	**Emotional Well-being**	**Building Relationships**	**Using the world's resources**
Key Questions	How can we combat pressures involving drugs and knife carrying? What are the risks involved with cannabis and alcohol and consumption? What are County Lines?	What is bullying? What are the impacts of bullying? What is Cyberbullying? How can we challenge prejudice? What is self-esteem	What Skills do I have? How do my skills suit different careers? What skills are required for an interview?	What is Mental Well-being? What are the 5 ways to Mental Well Being? Why is sleep so important?	What are relationship values? What are relationship Red Flags? What is the difference between a healthy and unhealthy relationship? What is consent? What different types of contraception are there? What are the relationship risks might arise due to online activity?	Do our choices impact the global economy? What is Global Warming and how does our carbon footprint impact it? What are single use plastics and what impacts are they making on the environment?

					What are the laws and risks relating to sharing nude images?	
Content: 'Know what'	**Students will learn about:** Alcohol & drugs. Knife crime & County Lines	**Students will learn about:** Types of Bullying Assertiveness and communication skills The Felix Alexander Bullying story Self-promotion	**Students will learn about:** Transferable skills and qualities Pathways to careers	**Students will learn about:** Mental wellbeing Meditation Sleep	**Students will learn about:** Healthy vs unhealthy relationships. Consent Contraception Online Safety the risks and legal implications of sharing nude or semi-nude images	**Students will learn about:** Children labour UNICEF Carbon footprints Single use plastics
Expertise: 'Know how'	**Students will know how:** to communicate in small and large groups and sensitively discuss topics to assertively decline drugs when offered to recognise how to positively support a friend	**Students will know how:** to recognise different forms of bullying to get the necessary support to overcome a bullying situation to support someone being bullied to challenge prejudicial behaviour	**Students will know how:** to link their skills & qualities to self-promotion to target careers which match their skill profile	**Students will know how:** the 5 ways to Mental Well-being can guide them towards positive life habits to meditate to calm a busy mind using mindfulness To avoid unhealthy coping strategies e.g. eating disorders and self-harm	**Students will know how:** to recognise how healthy a relationship is to request consent to keep themselves safe to know how to safely respond to pressure to share images	**Students will know how:** to support overseas farmers they can reduce their Carbon Footprint

	to keep themselves safe in their community	to promote positive behaviour		to demonstrate their appreciation of others		
Literacy/ Numeracy/ SMSC/	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	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	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	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	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	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
Disciplinary Literacy	Key Words: Influence Cannabis Marijuana	Key Words Resilience Isolation Cyber bullying	Key Words Credit Debit Debt	Key Words Anxiety Stress Resilience Mindfulness Well-	Key Words Values Communication	Key Words Global warming Emissions Deforestation Single

	Paranoia, Dependence Gangs, Consequences, Reputation, Criminal record Alcohol, Long term/short term risks, Dependence Import, Production, Distribution, Organised crime, Faces Elders Street gangs, Cuckooing **Further Reading:** **Every Shiny Thing** By Cordelia Jensen **When Shadows Fall** By Sita Brahmachari	Verbal Psychological Well being Positivity Self-belief **Further Reading:** **A Monster Calls** By Patrick Ness **Ghost Boys** By Jewell Rhodes **I am Malala** by Malala Yousef **Looking at the Stars** By Lewis Hine **Looking for JJ** by Anne Cassidy **You're Not Proper** by Tariq Mehmood **Refugee** By Alan Gratz	Budgeting Salary Wages Body Language Impression Confidence **Further Reading:** **Simone Biles** by Simone Biles	being Self-harm Eating disorders Coping habits Habit Routine Caffeine **Further Reading:** **There is no Planet B** By Mike Berniers Lee **Mind Your Head** By Juno Dawson	Negotiation Consent Contraception Condom, barrier Hormonal Sext Sexually explicit Pressures **Further Reading:** **The Balloon Thief** By Aneesa Marufu **Mind Your Head** By Juno Dawson **All the bright Places** By Jennifer Niven	use Plastics Savannah Poverty Empathy **Further Reading:** **The Territory** by Sarah Govett
Careers	Explore peer influence and personal decision-making. Identify how	Recognise the importance of inclusion, equality and	Link interests and transferable skills to different career	Explore how wellbeing, sleep and managing stress	Practise negotiation, teamwork and constructive feedback	Investigate green careers and how industries respond to

	confidence, resilience and responsible choices support career aspirations.	respectful communication at work. Challenge stereotypes about who can do particular jobs.	pathways. Practise interview introductions, active listening, body language and giving examples of strengths.	support study and workplace readiness. Create a realistic personal improvement target.	through a workplace scenario. Explain professional boundaries and respectful behaviour.	environmental challenges. Identify local and national jobs connected to sustainability.