## Key Stage 3 - Year 9 PSHE

|  | | **Autumn 1**  **Health and Wellbeing** | **Autumn 2**  **Living in the wider world** | **Spring 1**  **Relationships** | **Spring 2**  **Health and Wellbeing** | **Summer 1**  **Relationships** | **Summer 2**  **Living in the wider world** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Learning outcomes/ composite knowledge:  Pupils will be able to… | | **Peer influence, substance use and gangs** Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation | **Setting goals** Learning strengths, career options and goal setting as part of the GCSE options process | **Respectful relationships** Families and parenting, healthy relationships, conflict resolution, and relationship changes | **Healthy lifestyle** Diet, exercise, lifestyle balance and healthy choices, and first aid | **Intimate relationships** Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography | **Employability skills**  Employability and online presence |
| Knowledge  Components | Health and wellbeing | * about the legal and physical risks of carrying a knife * about positive social norms in relation to drug and alcohol use * about legal and health risks in relation to drug and alcohol use, including addiction and dependence | * how to manage feelings relating to future employment |  | * about the relationship between physical and mental health * about balancing work, leisure, exercise and sleep * how to make informed healthy eating choices * how to manage influences on body image * to make independent health choices * to take increased responsibility for physical health, including testicular self-examination |  |  |
| Relationships | * how to distinguish between healthy and unhealthy friendships |  | * about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering * about positive relationships in the home and ways to reduce homelessness amongst young people * about conflict and its causes in different contexts, e.g. with family and friends * conflict resolution strategies * how to manage relationship and family changes, including relationship breakdown, separation and divorce |  | * about readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex * about myths and misconceptions relating to consent * about the continuous right to withdraw consent and capacity to consent * about STIs, effective use of condoms and negotiating safer sex * about the consequences of unprotected sex, including pregnancy * how the portrayal of relationships in the media and pornography might affect expectations |  |
| Living in the wider world | * how to assess risk and manage influences, including online * about ‘group think’ and how it affects behaviour * how to recognise passive, aggressive and assertive behaviour, and how to communicate assertively * to manage risk in relation to gangs | * about transferable skills, abilities and interests * how to demonstrate strengths * about different types of employment and career pathways * how to work towards aspirations and set meaningful, realistic goals for the future * about GCSE and post-16 options * skills for decision making | * how to access support services |  | * how to assess and manage risks of sending, sharing or passing on sexual images * how to secure personal information online | * about young people’s employment rights and responsibilities * skills for enterprise and employability * how to give and act upon constructive feedback * how to manage their ‘personal brand’ online * habits and strategies to support progress * how to identify and access support for concerns relating to life online |
| National Curriculum reference | | H24, H25, H27, H28, H29, R1, R20, R37, R42, R44, R45, R46, R47 | L2, L3, L6, L7, L8, L9, L11, L12, L13, L14 | H2, R1, R6, R19, R21, R22, R23, R35, R36 | H3, H14, H15, H16, H17, H18, H19, H21 | R7, R8, R11, R12, R18, R24, R26, R27, R28, R29, R30, R31, R32, R33, R34, L21 | R13, R14, L2, L4, L5, L8, L9, L14, L21, L24, L27 |
| Common misconceptions | | These vary from pupil to pupil and their experience of PSHE at previous schools. Misconceptions will be addressed in lessons and through assessment. | | | | | |