

WALTON HIGH SCHOOL – KS3 CURRICULUM OVERVIEW FOR PSHE

The PSHE modules run mostly in 6 week cycles and split into 3 themes, which are colour-coded on the overview below. The content is based on best practice from The PSHE Association and cover all of the statutory requirements for PSHE.

Theme 1 - Health and Wellbeing

Theme 2 - Living in the Wider World

Theme 3 - Relationships

Term	Week	7	8	9
HT1	1	Introduction to PSHE	Welcome Back Retrieval Quiz	Welcome Back Retrieval Quiz
	2	Dealing with Change/Transition	Prescription and Class C Drugs	Alcohol Awareness
	3	Changing Friendships	Drugs Awareness	Drugs and the Law
	4	Managing Anger	Dan Gibbons talk	Gangs- How it Starts
	5	Basic First Aid	Energy Drinks	Gangs – Risks and Consequences
	6	Railway Safety	Vaping and Nicotine	Gangs- Getting Out
	7	CPR - PE	Smoking and Secondhand Smoke	Dan Gibbons Talk
	8	Resilience	Workplace Skills	Choosing a type of career
HT2	9	Aspiration	Teamwork skills	Employability and work skills
	10	What is a career?	Self-employment options	Growth Mindset
	11	Skills Strengths and Attributes	Inclusivity and Diversity in the workplace	Self-discipline to Achieve
	12	Setting Goals	Racial Equality in the Workplace	Showcasing Personal Skills
	13	Unifrog Treasure Hunt	Unifrog Refresher Session	GCSE Options – Unifrog
	14	Friendship and Empathy	Similarities and Differences	Roles in a Family
HT3	15	Bullies and Bystanders	I'm with Shan (Autism Awareness)	Children's Rights when Parents Separate
	16	Cyberbullying	Belonging (Refugees/Asylum Seekers)	Abusive Relationships
	17	Recognising and Preventing Discrimination	Sexuality and Gender Identity	The Adoptables
	18	A World of Difference	Racism	Homelessness
	19			
	20	Talk in the hall from Dan Gibbons	Attitudes towards Mental Health	Physical and Mental Wellbeing
	21	Maintaining Physical Health	Promoting Emotional Wellbeing	Coping with Stress
HT4	22	Healthy Sleep	Digital Resilience	Coping with Anxiety
	23	Growing Up: Physical and Mental Changes	Unhealthy coping strategies	Making Choices about Diet and Exercise
	24	Understanding Menstruation	Healthy coping strategies	Breast Cancer Awareness
	25	Talk in the hall – Diet and Exercise	Change, Loss and Grief	Keeping Safe - FGM
	26	Romance and Relationships	Relationship Values	Respectful Relationship Behaviours
	27	Healthy and Unhealthy Relationships	Influences on Relationship Expectations	Freedom and Capacity to Consent
	28	Understanding Changing Relationships	Consent - Avoiding Assumptions	Relationships in the Media
HT5	29	Healthy Online Friendships	Introduction to Contraception	Sexual Health
	30	Introduction to Consent	Healthy Relationships	Contraception
	31	Self-esteem and Confidence	Sexting and the Law	Sharing Nudes
	32	What is the UK parliament?	What is democracy? – I don't really do politics	Local & Central Government – What's the difference?
	33	Elections and Voting	What is democracy? – A country without democracy.	Local & Central Government – To spend or not to spend – that is the question!
	34	What is the UK Government?	What is democracy? – What's history got to do with it?	Local & Central Government – Who can I talk to?
	35	Who's who in the House of Commons?	What is democracy? – What do you know about Parliament?	What is a political party?
	36	Who's who in the House of Lords?	Voting – Let's vote on it / How do people vote in a general election?	What is a political party – Manifesting manifestos
	37	Why do we need laws?	Voting – Why don't some young people vote?	What is a political party? The role of an MP
	38	How can I get involved?	Voting – Breaking the barriers	What is a political party? Create your own party.