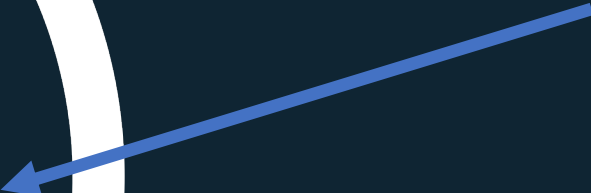


PSHE AND RSE CURRICULUM KS3-4 2023/4

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PSHE/RSE 2023/24 JWr

PSHE AND RSE CURRICULUM KS3-4 2023/4

Curriculum overview for KS3-4 2023 24



- The document contains an overview of all topics to be covered in each Year Group (2023/24)

The topics contained within the document are dynamic and subject to change depending on the needs of the age range and the central topics covered by the academy.

- Topics contained within the document link with the statutory guidance for PSHE and RSE and cover the elements recommended within the document Teaching Sex education and RSE provided by the DfE.
- The Grange Academy will change the topics to meet the needs of the individual and the requirements of the specific Year groups.
- The Topics will be adapted and reviewed on a regular basis and any additions or subtractions from the document will be discussed and reviewed by the Senior Leadership Team.

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Teaching and Learning: JWr 2020

PSHE AND RSE CURRICULUM KS3-4 2023/4

YEAR 7 CURRICULUM OVERVIEW



Year 7

Year 7	
Half Term 1 (Financial Educations SMSC & Careers)	
Managing Change	What is PSHE?
Managing Change	Getting to know people
Managing Change	What is a community?
Managing Change	Careers and your future
Managing Change	Sleep and Relaxation
Managing Change	Financial Education
Managing Change	Transition Points in your life

Half Term 2 (Health, PSHE and Wellbeing)	
Puberty & Development	Introduction to Puberty
Puberty & Development	Girls Puberty and Periods
Puberty & Development	Boys Puberty
Puberty & Development	Personal Hygiene
Puberty & Development	Growing Up

Year 7	
Half Term 3 (Health, RSE and PSHE Education)	
Friend Respect and Relationships	Consent and Boundaries
Friend Respect and Relationships	Respect and Relationships
Friend Respect and Relationships	What makes a good friend?
Friend Respect and Relationships	Friendships & Online Relationships
Friend Respect and Relationships	Being Positive
Friend Respect and Relationships	Pressure, Influence and Friends
Friend Respect and Relationships	What does it mean to be a Man today?

Half Term 4 (Health and RSE, Drugs Education)	
Staying Safe Online & Offline	Avoiding Gangs and Criminal Behaviour
Staying Safe Online & Offline	Staying Safe Online
Staying Safe Online & Offline	Online gaming, Grooming and Addiction
Staying Safe Online & Offline	Alcohol and Risk
Staying Safe Online & Offline	Nicotine and Smoking
Staying Safe Online & Offline	E-Cigs and Vapes
Staying Safe Online & Offline	Energy Drinks and Caffeine
Staying Safe Online & Offline	Knife crime and safety

PSHE AND RSE CURRICULUM KS3-4 2023/4

YEAR 7 CURRICULUM OVERVIEW



Year 7

Year 7	
Half Term 5 (Citizenship, PSHE and British Values)	
Celebrating Differences	What is your identity?
Celebrating Differences	Multicultural Britain
Celebrating Differences	Importance of being kind
Celebrating Differences	Breaking down stereotypes
Celebrating Differences	Learning Disabilities
Celebrating Differences	Prejudice and Discrimination
Celebrating Differences	Challenging Islamophobia

Half Term 6 (Citizenship and British Values)	
Politics and Parliament	Why is Politics Important?
Politics and Parliament	How is our Country run?
Politics and Parliament	The role of the Prime Minister
Politics and Parliament	The Monarchy and King Charles III
Politics and Parliament	Politics, Debates and Parliament
Politics and Parliament	Elections and campaigning
Politics and Parliament	Creating a Political Party

Additional Topics to be added throughout the Year	
	Attendance and Punctuality in school and work
	Intro to relationships and sex education
	Welcome to Secondary school
	Anti Bullying (Week)
	Homelessness and Poverty

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YEAR 8 CURRICULUM OVERVIEW



Year 8

Year 8	
Half Term 1 (SMSC, Careers)	
Proud to be me	Employability and Enterprise Skills
Proud to be me	Proud to be Me
Proud to be me	Careers and Aspirations
Proud to be me	Self Esteem and the Media
Proud to be me	The Importance of Happiness
Proud to be me	What Makes me Angry?
Proud to be me	Exploring Careers

Half Term 2 (Health, PSHE and Wellbeing)	
Physical Health and Mental Well-being	Health and Wellbeing
Physical Health and Mental Well-being	What is Mental Health?
Physical Health and Mental Well-being	Positive body image
Physical Health and Mental Well-being	Child Abuse
Physical Health and Mental Well-being	Types of bullying
Physical Health and Mental Well-being	Healthy Eating and Cholesterol
Physical Health and Mental Well-being	Stress Management

Year 8	
Half Term 3 (Health, RSE and PSHE Education)	
Identity, Relationships & Sex Education	Relationships and Sex Education
Identity, Relationships & Sex Education	Being yourself and Self Love
Identity, Relationships & Sex Education	Healthy Respectful Relationships
Identity, Relationships & Sex Education	What is Love?
Identity, Relationships & Sex Education	Dealing with Conflict
Identity, Relationships & Sex Education	Periods and Menstrual Cycle
Identity, Relationships & Sex Education	Introduction to Contraception
Identity, Relationships & Sex Education	Sexual Orientation

Half Term 4 (Health and RSE, Drugs, Gangs Education)	
Dangerous society online & off	County Lines- What is it?
Dangerous society online & off	County Lines- Who is at Risk?
Dangerous society online & off	Substance Misuse
Dangerous society online & off	Cyberbullying
Dangerous society online & off	Online Grooming
Dangerous society online & off	Alcohol Safety
Dangerous society online & off	Child Exploitation and online protection

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YEAR 8 CURRICULUM OVERVIEW



Year 8

Year 8	
Half Term 5 (Citizenship, PSHE and Equality)	
Equality & Diversity Explored	Equality Act 2010
Equality & Diversity Explored	LGBTQ+ What is it?
Equality & Diversity Explored	LGBTQ+ Rights across the World
Equality & Diversity Explored	Gender Equality
Equality & Diversity Explored	Ableism and Disability Discrimination
Equality & Diversity Explored	Removing the barriers, Equality for All
Equality & Diversity Explored	Racism and Discrimination in Society

Half Term 6 (Citizenship and British Values)	
Law, Crime and Society	Desert Island Living
Law, Crime and Society	Desert Island -Building a community
Law, Crime and Society	Desert Island- Making Decisions
Law, Crime and Society	Desert Island- Criminals Law and Society
Law, Crime and Society	How Laws are made
Law, Crime and Society	Prisons, Reform and Punishment

Half Term 6 (Citizenship and British Values)	
Law, Crime and Society	Desert Island Living
Law, Crime and Society	Desert Island -Building a community
Law, Crime and Society	Desert Island- Making Decisions
Law, Crime and Society	Desert Island- Criminals Law and Society
Law, Crime and Society	How Laws are made
Law, Crime and Society	Prisons, Reform and Punishment

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YEAR 9 CURRICULUM OVERVIEW



Year 9

Year 9	
Half Term 1 (Financial, Enterprise & Careers)	
Essential Life Skills	From Failure to Success
Essential Life Skills	Assertiveness
Essential Life Skills	First Aid
Essential Life Skills	Saving and Managing Money
Essential Life Skills	Labour Market Information
Essential Life Skills	Finance, Budgeting and Employment
Essential Life Skills	Social Media and Online Stress
Half Term 2 (Health, PSHE and Wellbeing)	
Body Confidence	How Self Esteem Changes
Body Confidence	What is a Penis?
Body Confidence	What is a Vulva?
Body Confidence	Bullying in all its forms
Body Confidence	Dealing with Greif and Loss
Body Confidence	Media and Airbrushing
Body Confidence	Cancer prevention and Healthy lifestyles

Year 9	
Half Term 3 (Health, RSE and PSHE Education)	
Sex, the law and consent	Sexual Consent and the Law
Sex, the law and consent	FGM and the Law
Sex, the law and consent	Relationship and Partners
Sex, the law and consent	Domestic Abuse and Domestic Violence
Sex, the law and consent	Why have sex?
Sex, the law and consent	Delaying Sexual activity?
Sex, the law and consent	Sexual Harassment and Stalking
Half Term 4 (Health and Drug Education)	
Legal and Illegal Drugs	What is a Drug?
Legal and Illegal Drugs	Different types of addictions
Legal and Illegal Drugs	Cannabis Products
Legal and Illegal Drugs	Drug Classifications
Legal and Illegal Drugs	Party Drugs and Illegal Drugs
Legal and Illegal Drugs	The War on Drugs
Legal and Illegal Drugs	Volatile Substance Abuse

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YEAR 9 CURRICULUM OVERVIEW



Year 9

Year 9	
Half Term 5 (Health, RSE, PSHE)	
Contraception and STI'S	What are STI's?
Contraception and STI'S	Treating STI's and the clinic
Contraception and STI'S	Contraception Explored
Contraception and STI'S	Contraception- Condoms
Contraception and STI'S	Contraception explored further
Contraception and STI'S	HIV and AIDS
Contraception and STI'S	HIV and AIDS Prejudice and Discrimination

Half Term 6 (Citizenship and Prevent)	
Combatting Extremism and Terrorism	Conspiracy Theories & Narratives
Combatting Extremism and Terrorism	Forms of Extremism
Combatting Extremism and Terrorism	What is Terrorism
Combatting Extremism and Terrorism	War and Conflict
Combatting Extremism and Terrorism	The Radicalisation Process
Combatting Extremism and Terrorism	How does counter terrorism work?
Combatting Extremism and Terrorism	Antisemitism in the UK

Additional Topics to be added throughout the Year	
	Sexual Violence
	What are the Gatsby Benchmarks
	Male Body Image
	Anti-Social Behaviour
	Protective Characteristics

PSHE AND RSE CURRICULUM KS3-4 2023/4

YEAR 10 CURRICULUM OVERVIEW



Year 10

Year 10	
Half Term 1 (Financial Education & Citizenship)	
Rights and Responsibilities	Instagram and TikTok generation
Rights and Responsibilities	Targeted advertising and your data
Rights and Responsibilities	What is Marriage?
Rights and Responsibilities	Rights and Responsibilities
Rights and Responsibilities	Consumer Rights
Rights and Responsibilities	Employment Rights
Rights and Responsibilities	Exploring a pay cheque

Half Term 2 (Health, PSHE and Wellbeing)	
Mental Health and Wellbeing	Child Sex Abuse
Mental Health and Wellbeing	Screen Time
Mental Health and Wellbeing	Mental Health Illness
Mental Health and Wellbeing	Self-Harm
Mental Health and Wellbeing	Suicidal Thoughts and Feelings
Mental Health and Wellbeing	Promoting Emotional Wellbeing

Year 10	
Half Term 3 (Health, RSE and PSHE Education)	
Exploring Relationships and Sex Education	Pleasure and delaying sexual activity
Exploring Relationships and Sex Education	Campaigning against FGM
Exploring Relationships and Sex Education	Sexting and Nudes
Exploring Relationships and Sex Education	Online Pornography (Myths v Reality)
Exploring Relationships and Sex Education	Porn and its impact on Society
Exploring Relationships and Sex Education	Unhealthy Relationships and Sexual Assault
Exploring Relationships and Sex Education	Sexualisation and the Media

Half Term 4 (Health Education)	
Violence, Crimes and seeking safety	Honour based violence
Violence, Crimes and seeking safety	Forced Marriages and Breast Ironing
Violence, Crimes and seeking safety	Online Gaming and Gambling
Violence, Crimes and seeking safety	Social Media Validation
Violence, Crimes and seeking safety	Modern day Slavery
Violence, Crimes and seeking safety	Keeping your data safe
Violence, Crimes and seeking safety	Causes of Knife Crime

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YEAR 10 CURRICULUM OVERVIEW



Year 10

Year 10	
Half Term 5 (Citizenship, Human Rights, PSHE)	
Exploring World Issues	International Organisations
Exploring World Issues	Peace, War and Conflict
Exploring World Issues	Human Rights During War
Exploring World Issues	Aid and supporting other countries
Exploring World Issues	Striking and Trade Unionism
Exploring World Issues	Women's rights and Equality
Exploring World Issues	Fair Trade and Free Trade

Half Term 6 (Citizenship and British Values)	
Exploring British Values	Critical Thinking and Fake News
Exploring British Values	Hate Crime in the UK
Exploring British Values	British Values and Identity
Exploring British Values	Mutual Respect and Tolerance
Exploring British Values	Individual Liberty
Exploring British Values	What are Human Rights
Exploring British Values	Democracy explained

Additional Topics to be added throughout the Year	
	Porn materials and attitudes
	Gaslighting and Emotional Abuse
	Coercion and Controlling behaviour
	People and Human Trafficking
	Consent Sex and the law
	Gaming v Gambling

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YEAR 11 CURRICULUM OVERVIEW



Year 11

Year 11	
Half Term 1 (Health, Wellbeing, PSHE)	
Adult Health and Looking after yourself	Organ and Blood Donation
Adult Health and Looking after yourself	Teenage Pregnancy Choices
Adult Health and Looking after yourself	Abortion Laws, Morals and Ethics
Adult Health and Looking after yourself	Parenthood for Teenagers
Adult Health and Looking after yourself	Testicular and Prostate Cancer
Adult Health and Looking after yourself	Breast Cancer, Cervical cancer and screening
Adult Health and Looking after yourself	Love and Abuse
Half Term 2 (Health, RSE, PSHE)	
Sexual Health	Child on Child Abuse
Sexual Health	Fertility and what impacts it
Sexual Health	Alcohol, Parties, and bad choices
Sexual Health	Importance of Sexual Health
Sexual Health	Revisiting STI's
Sexual Health	Revisiting Contraception
Sexual Health	Respect, Love and Relationships

Year 11	
Half Term 3 (Health, RSE and Drugs Education)	
Staying Safe	Virtual Reality and Live Streaming
Staying Safe	Online reputation and digital footprint
Staying Safe	Group chats and anti-bullying
Staying Safe	Cosmetic and Aesthetic Procedures
Staying Safe	New Psychoactive Substances
Staying Safe	Festivals and Nitrous Oxide
Staying Safe	Substance Addiction

Half Term 4 (Careers and Applications)	
Your Future and Beyond	Screen Addiction and Studying
Your Future and Beyond	Post 16 options
Your Future and Beyond	Exam Stress and Anxiety
Your Future and Beyond	Social Media v Real Life
Your Future and Beyond	CV Writing
Your Future and Beyond	Writing a Personal Statement

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YEAR 11 CURRICULUM OVERVIEW



Year 11

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“

PSHE education is a school subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare for life and work in modern Britain.

”



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