

PSHCRE KS3 Programme of Study

YEAR 7

Year 7	Autumn Term	Spring Term	Summer Term
Theme	Health, Wellbeing and Safety	Relationships	PiXL Edge Programme: Gaining the Edge
Topics	<ol style="list-style-type: none"> 1. What is PSHCRE? 2. How can we look after ourselves? 3. How can we stay healthy? 4. How can we eat healthily? How is my body changing? 5. How can we stay safe online? 6. How can we look after ourselves online? 	<ol style="list-style-type: none"> 1. What are the characteristics of positive and healthy friendships? 2. How do we deal with bullying at THS? 3. How can we respect each other? 4. What are my responsibilities as a citizen? 5. Who is responsible for us and what happens when it changes? 6. How do we know if someone is trustworthy? 	<ol style="list-style-type: none"> 1. What is PiXL EDGE? 2. Leadership 3. Organisation 4. Resilience 5. Initiative 6. Communication 7. Can you work together using LORIC?

YEAR 8

Year 8	Autumn Term	Spring Term	Summer Term
Theme	Health, Wellbeing and Safety	Citizenship & Careers	Relationships
Topics	<ol style="list-style-type: none"> 1. How can we look after our wellbeing? 2. How do I say 'no' to peer pressure? 3. What does the law say about drug, alcohol and tobacco? 4. How can we look after our sexual health? 5. How can I stay safe online? 6. How should I behave online? 7. How can we keep a positive body image? 	<ol style="list-style-type: none"> 1. What are our careers options? 2. What do I want to be in the future? 3. Who runs our country and what is a citizen? 4. How does Parliament work? 5. Why do we need rules, laws and a justice system? 6. How do I look after my money? 	<ol style="list-style-type: none"> 1. What are the characteristics of a strong relationship? 2. How have families changed overtime? What different types of relationships are there? 3. How can stereotypes cause damage? 4. When is the time 'right'? Why do we need to practice 'safe sex'? 5. What is relationship abuse? 6. What is consent?