

Key Stage 3 PSHE & RSE Themes Autumn 2

(Please also refer to the DfE Guidelines which provide more information around each area of study -p.27-29 and p.20-22.)

| | <u>Year 7</u> | <u>Year 8</u> | <u>Year 9</u> |
|--|---|---|---|
| C.M Project: | C/S- 'Street Detectives' T- 'Marvellous Machines' | C.S- 'Dinosaurs' T- 'Puppets and pop ups' | C/S- 'Fallen Fields' T- 'Me and my community' |
| <u>Week 1</u> 1 st -5 th Nov | Our daily routine- school | Growing and changing: differences between male and female. | Body image and the media- how things can be distorted/unrealistic. Positive physical and emotional health (how they are linked) and choices. |
| <u>Week 2</u> 8 th - 12 th Nov | Our daily routine- home | Puberty and body parts | On-line safety: image sharing, communicating with others. - To include law and regulations and where and how to get help. |
| <u>Week 3</u> 15 th - 19 th Nov | Anti-bullying Week https://anti-bullyingalliance.org.uk/anti-bullying-week/anti-bullying-week-2021-one-kind-word | Anti-bullying Week https://anti-bullyingalliance.org.uk/anti-bullying-week/anti-bullying-week-2021-one-kind-word | Anti-bullying Week https://anti-bullyingalliance.org.uk/anti-bullying-week/anti-bullying-week-2021-one-kind-word |
| <u>Week 4</u> 22 nd - 26 th Nov | Looking after my body- simple choices: activities, food and sleep. | Living a healthy lifestyle: diet, exercise, happiness and hygiene. (To also include sleep) | Puberty: the changing adolescent body. Menstruation and reproduction. To include laws and concepts relating to consent, exploitation, abuse. |

| | | | |
|---|--|--|--|
| <u>Week 5</u> 29 th - 3 rd Dec | Hygiene and keeping clean; to include dental health | Respect: for self and others. | Pregnancy and contraception, where to get help and advice. |
| <u>Week 6</u> 6 th - 10 th Dec | Growth and change- young to old (generic) | Personal space & touch (concept of consent) | Looking after your body: hygiene, STIs |
| <u>Week 7</u> 13 th - 17 th Dec | Differences between boys and girls/males and females | Stereotypes (sex, race, gender, religion, sexual orientation, disability) - How they can cause damage | Relationships - different types of committed and stable relationships |