

### **KS3 PSHE Curriculum 2021-22**

The PSHE curriculum at Helston Community College aims to prepare students for adulthood; to help them to make critical decisions and to make informed choices about how to live a healthy and fulfilling life.

To this end the PSHE curriculum in KS3 Within each year group, all three elements of the PSHE curriculum will be studied: health and wellbeing, RSE and living in the wider world. In KS3 students will receive one lesson a fortnight which will cover the majority of the RSE and health and wellbeing curriculum in these lessons. Our tutorial PSHE programme will mainly focus on living in the wider world. Some elements of living in the wider world will be covered under the careers programme which is set out separately.

At the core of PSHE is the idea of respect. Respect for ourselves, each other, our community our family and the wider world. Understanding this concept allows us to have conversations about consent, equality and differences, rights and responsibilities and to explore current issues such as peer on peer abuse and how to be safe and gaining independence.

Year	Key Question	Rationale
7	How do I manage change?	As Year 7 make the transition from primary to secondary school they experience a great deal of change in their lives; from social changes to greater independence and freedom. The focus of the Year 7 PSHE plan is to ensure that students are equipped with practical skills to help them navigate these changes as well as emotional resilience. It is therefore essential that they understand the physical and emotional changes through their studies in health and wellbeing and the impact these will have on their relationships with others through the RSE curriculum.
8	Am I ready to take more responsibility?	In Year 8 the focus of all three areas of the curriculum is around greater self-responsibility. This covers taking responsibility for hygiene and food choices for example and understanding in greater depth about the changing nature of their relationships with others. In living in the wider world students will be introduced to concepts of financial responsibility. Healthy, informed choices will form a large part of the Year 8 curriculum.
9	Do I know how to be healthy?	Whilst the focus is on the idea of 'healthy' this covers a broad range of ideas in Year 9 from healthy food and lifestyle choices, establishing and maintaining healthy relationships, and healthy choices in terms of risk (e.g. drug and alcohol use). Financial management will also be covered in parts of the living in the wider world curriculum.