

KS3 Long term plan: Lifeskills: Year 9

Curriculum Aim: Curriculum Aim: We aim to adhere to statutory guidance from the government and PSHE Association to ensure that we cover the 3 core themes and criteria in their entirety. As early RSE adopters, we are malleable and constantly changing to ensure that PSHE provision for year 9 is not only adhering to this guidance, but is targeted at local need.

Link to prior learning: Link to prior learning: In key stages 1 and 2, learners cover the same 3 main themes as KS3 and 4. The topics in year 9 are a natural progression from the year 7 and 8 Lifeskills SOL.

Rationale of sequencing: Following statutory and PSHE association guidance, the course is split into 3 core themes: Core theme 1: Health and well-being (HWB), 2: Relationships (R) and 3: Living in a wider world (LWW). The lessons in all years (7-11) follow these themes in that order. The lessons have then been grouped to ensure the topics are very similar and not too randomised.

NOTE 1: There are 100 Statutory Core theme criteria. Those listed below are examples of criteria covered, but they are not definitive. Most lessons/ sessions link to 2 or more criteria.

NOTE 2: A number of the statutory criteria link to cross curricular subjects and are delivered elsewhere in other subjects.

	Focus/ topic:	Knowledge/ skills (from NC/ programmes of study): Students will develop skills and knowledge in:	Assessment
Autumn 1	Core theme 1: Health and well-being and Core theme 2: relationships	5 lessons on CT1 (Health and well-being) covering Personal safety (<i>H22. ways to identify risk and manage personal safety in new social settings, workplaces, and environments, including online and H23. strategies for identifying risky and emergency situations, including online; ways to manage these and get appropriate help, including where there may be legal consequences (e.g. drugs and alcohol, violent crime and gangs)</i>). Healthy Lifestyle, Self-examination (<i>H16. how to take increased personal responsibility for maintaining and monitoring health including cancer prevention, screening and self-examination</i>), immunisation/ vaccination and First Aid. We then move onto Core theme 2 (Relationships) with 2 lessons on 'teen relationship issues' (<i>R11. strategies to manage the strong emotions associated with the different stages of relationships</i>) parenting (<i>R25. the importance of parenting skills and qualities for family life, the implications of young parenthood and services that offer support for new parents and families</i>) and conflict.	Questioning, discussions. Self-assessment statements no.1
Autumn 2	Core theme 2: relationships	Continuing with CT2, we commence with CSE, sexual bullying (<i>R30. to recognise when a relationship is abusive and strategies to manage this R31. the skills and strategies to respond to exploitation, bullying, harassment and control in relationships</i>) and then lessons 1-3 of homophobia (<i>R5. the legal rights, responsibilities and protections provided by the Equality Act 2010</i>).	Questioning, discussions.
Spring 1	Core theme 2: relationships	In Spring 1 we continue with CT2: Homophobia L4, Trans 1 and 2 and equality laws (<i>R5. the legal rights, responsibilities and protections provided by the Equality Act 2010</i>).	Questioning, discussions.
Spring 2	Core theme 2: relationships	CT2 concludes with Sex FM (visiting theatre group), contraception (<i>R23. how to choose and access appropriate contraception (including emergency contraception and negotiate contraception use with a partner)</i>), sexual facts and myths, hate crime (2 lessons) (<i>R34. strategies to challenge all forms of prejudice and discrimination</i>) and Extremism.	Questioning, discussions. Self-assessment statements no.2
Summer 1	Core theme 3: Living in a wider world	British Values is followed by a bespoke programme which links PSHE with the wider community (charity) through 7 'first give' lessons.	Questioning, discussions.
Summer 2	Core theme 3: Living in a wider world	We complete the year and CT3 with 'stereotyping', stereotypes and the media (2 lessons) racism, careers (options) (<i>L11. the benefits and challenges of cultivating career opportunities online</i>) and (<i>L12. strategies to manage their online presence and its impact on career opportunities</i>) and Science/ organ stem cell.	Questioning, discussions. Self-assessment statements no.3