



Personal Social and Health Education at Sibford School at Key Stage Three (students aged 11-14)

The resources for this course are:

- A Pupil's Book
- An Interactive Whiteboard e Textbook
- A Teaching and Learning Dynamic Learning resource

PSHE Education for Key Stage 3 is a planned programme of learning opportunities and experiences that help young people grow and develop as individuals, as members of families and of social and economic communities.

This course aims to be used in the context of a whole-school approach to meet the statutory aims of the PSHE curriculum. The aims are to enable all young people to become:

- successful learners who enjoy learning, make progress and achieve.
- confident individuals who are able to live safe, healthy and fulfilling lives
- responsible citizens who make a positive contribution to society.

Personal, Social, Health and Economic (PSHE) Education

Section 2.1 of the National Curriculum framework states that all schools have the following statutory duties:

- *promotes the spiritual, moral, cultural, mental and physical development of pupils at the school and of society*
- *prepares pupils at the school for the opportunities, responsibilities and experiences of later life ...*

These duties are set out in the [2002 Education Act](#). Schools also have statutory responsibilities regarding pupil wellbeing and safeguarding ([Children Act 2004](#)) and community cohesion ([Education Act 2006](#)). PSHE Education plays an important part in fulfilling all of these responsibilities.

About the course

This course includes the following resources:

- The pupil book which covers topics from the PSHE Association's revised Programme of Study (we also have this available as a whiteboard e Textbook)
- Activity worksheets, available for free on <http://bit.do/PSHE>, to support various activities in the book.
- Notes on delivery of each lesson including more worksheets, images, interactive activities and weblinks, for all chapters, as part of this product, *PSHE Education Dynamic Learning Teaching Resources*.

The course is organised into 11 sections:

- 1 Introducing PSHE education
- 2 Relationships and Sex Education: Facts
- 3 Relationships and Sex Education: Feelings
- 4 Drugs
- 5 Emotional Wellbeing
- 6 Healthy Lifestyles
- 7 Risk and Safety
- 8 Identity
- 9 Communities
- 10 Planning for the Future

Each section is made up of a series of lessons. The sections are numbered for ease of use but can be used in any order.

The lessons in each section are organised into three year groups: 7, 8 and 9.

The lessons are colour-coded for ease of reference in the book: blue for Year 7, red for Year 8 and green for Year 9, and categorised by these year groups in this Dynamic Learning. This allows for the 'spiral curriculum' approach which revisits topics each year at a different developmental stage. Research into PSHE identifies the spiral curriculum as an essential component of effective teaching and learning.

Within any section the lessons must be delivered in the order they are presented as they have been designed to be progressive. Not all lessons are of equal length but they average 35–45 minutes when all activities are undertaken.

Sex and relationships Education

We use the Christopher Winter project resources to cover this aspect of the course. These can be found on firefly. <https://intranet.sibford.school/pshe-1/sex-education-for-both-key-stage-3-and-4>

The following provides a typical list of topics taught in each year group (there is some rotation to reflect the lesson lead by the librarian). Individual plans pertaining to each tutor group can be found on firefly <https://intranet.sibford.school/pshe-1/key-stage-3/pshe-education-for-ks3-resources/timetables-and-admin>. Also at this link is a detailed programme of study showing how the course links to the aims of the PSHE curriculum and Teaching notes. Detailed lesson plans can also be found which show how each lesson links to the PSHE syllabus and all the resources that we use.

	Year 7	Year 8	Year 9
Term 1	What is PSHE?	What's it like here?	What does the law say?
	How will we work together?	How do drugs affect people?	What do we see about sex in the media?
	How is year 7 different?	Research skills with FK	Is commitment important
	What am I good at?		What if I don't want to?
	Woodbrook learning about Quaker values		
Term 2	What happens at puberty?	What happens when we are feeling down?	Careers booklet produced by our careers advisor Lois Self
	Pregnancy and an introduction to Sex and relationships education?	Research skills quiz (run by tutor)	
	Why am I feeling like this?	What does 'resilience' mean?	
		Is anybody perfect?	
Term 3	Boys and girls is there a difference?	How do I keep healthy?	How do I manage my feelings?
	Research skills with FK	What is contraception?	Activity 3
			What happens when relationships break down?
Term 4	What do we mean by drugs?	STIs and Aids	How do we cope with loss and bereavement?
	Research skills quiz (run by tutor)	Why are friends important?	Who can I talk to about my health?
	Drugs fact or fiction	What are the different types of relationships?	Who can help keep me safe?
			Where can I find help on?
Term 5	What do we mean by risk	How can we value each other?	What do voluntary agencies do?
	How do we manage risky situations?	What makes a successful community?	How can we challenge prejudice and discrimination?

	How can I practice refusal skills?	What can cause problems in communities?	What does the law say about work?
	How can we tackle bullying?		
Term 6	How do I plan for my future?	What do I need to plan for?	How enterprising am I?
	How do I save and how do I budget?	What opportunities are out there for me?	What are my rights and responsibilities?
		What influences are spending?	

Note in this context Term refers to a half term