

PSHCRE CURRICULUM

The overview for each KS3 area below demonstrates the spiral curriculum and coverage:

Year 7 overview

Year 8 overview

Year 9 overview

AUTUMN TERM

H – Health



Introduction to PSHCRE
Caffeine
Food choices
What is a healthy lifestyle?

A – Ambition



Learning Skills/lifelong learner
Growth Mindset
Stereotypes & Racism

M – Media and government



Respect online
Respect and rights
Respect for communities

B – Being me



Changing adolescent bodies
Emotional and physical well-being in puberty
Dental health

L – Love and respect



Types of families
Commitment & marriage
Parenting and raising children

E – Emotional and physical wellbeing



What is mental health and well-being
Happiness
Resilience

SPRING TERM

H – Health



Introduction to PSHCRE
Tobacco and risks
Alcohol and Risks
Vaccinations

A – Ambition



What will happen after THS?
Exploring Careers
Values

M – Media and government



Who runs our country?
Parliament
Rules and justice

B – Being me



Emotional wellbeing
Managing change, loss and grief
Resilience

L – Love and respect



Healthy and unhealthy relationships
Stereotypes and prejudice
Valuing Diversity

E – Emotional and physical wellbeing



First aid
Allergies
Mental Health and Ill Health

H – Health



Exploring attitudes
Drugs and the law
Drugs and their effects
Managing Influences

A – Ambition



Banking and accounts
Budgeting
Managing financial risks

M – Media and government



Body Image
Cybercrime 1
Cybercrime 2

B – Being me



Equality and discrimination
Respect and sexuality
Respect and racism
Understanding and Preventing Extremism

L – Love and respect



Intro to consent
Avoiding assumptions
Freedom and capacity to consent

E – Emotional and physical wellbeing



Attitudes to Mental Health
Unhealthy Coping Strategies
Healthy Coping Strategies

SUMMER TERM

The overview for KS4 is below:

Term	Year 10	Year 11
Health	<ol style="list-style-type: none"> 1. Recognising Gang Behaviour 2. Substance use and addressing risk 3. Substance use and managing influence 4. Seeking help 	<ol style="list-style-type: none"> 1. Vaccination and Disease 2. Coping with exam stress 3. The importance of sleep 4. Benefits of self examination
Ambition	<ol style="list-style-type: none"> 1. Choices and pathways 2. Careers Advice and Guidance 3. Getting a job/CV/LOA/Interview 	<ol style="list-style-type: none"> 1. Employment rights and harassment 2. Employability/skills 3. Digital comms in the workplace
Media & Government	<ol style="list-style-type: none"> 1. Responsible reporting/Free press/misinformation 2. Types of government 3. Public money 	<ol style="list-style-type: none"> 1. Components of UK law 2. UK Constitution 3. Multicultural Britain
Being Me	<ol style="list-style-type: none"> 1. Addiction - Gaming and Gambling 2. Addiction & dependency: alcohol and prescription drugs 3. Addiction and dependency: social media 	<ol style="list-style-type: none"> 1. Organ donation 2. Human Rights 3. Community involvement
Love and Respect	<ol style="list-style-type: none"> 1. Healthy Choices & relationships (inc not having sex) 2. Fertility 3. Pregnancy Choices and miscarriage 	<ol style="list-style-type: none"> 1. STI's transmission 2. contraception 3. Preparing for next steps.
Emotional and physical wellbeing	<ol style="list-style-type: none"> 1. Coping with pressure 2. Supporting someone in crisis 3. Mental Health 	Covered in PSHCRE day - 'Managing exam stress and wellbeing'



THE HAMBLE SCHOOL

ACHIEVING EXCELLENCE TOGETHER