

### Curriculum Plans – Key Stage 3 Year 9 PSHE

Please find below a detailed outline of the curriculum covered in PSHE through Year 9 in Key Stage 3.

#### Year 7

	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
<b>Topics</b>	<p>“Why are good family relationships important?”</p> <p>“How do we know when we can trust?”</p> <p>“What features form an ‘unsafe’ family relationship?”</p>	<p>“What do you think the word anxiety means?”</p> <p>“What do you think depression is?”</p> <p>“What is stress?”</p> <p>“Why do some people have eating disorders?”</p>	<p>“What is meant by the term ‘social media’?”</p> <p>“Why do people overshare on social media?”</p> <p>“What is the difference between a real friend and an online friend?”</p>	<p>“In what way does social media influence what we do?”</p> <p>“What are some of the ways we can maintain a healthy relationship with social media?”</p>	<p>“How do you behave to achieve?”</p> <p>“What are important interpersonal skills to have?”</p> <p>“What is the difference between a growth mindset and a fixed mindset?”</p> <p>“How to cope with stress?”</p>	<p>“How do you take care of your life?”</p> <p>“What does enterprise mean?”</p> <p>“What are some of the important enterprise and workplace characteristics to have?”</p>
<b>Support Materials</b>	Oxford and further teacher created materials.					
<b>Extension (Stretch/Challenge)</b>	Teacher made.					