

Key Stage 3 Subject Timeline Year 7 to 8

Subject: PSHCEE / RSE

Exam Board:

		Year 7					
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topics		<i>Health and Wellbeing</i>	<i>Living in the Wider World</i>	<i>Relationships</i>	<i>Health and Wellbeing</i>	<i>Relationships</i>	<i>Living in the Wider World</i>
Key skills and Concepts	<p><i>Key Skills</i> <i>Classify</i> <u>Lesson 1: Transition</u> <i>What is PSHCEE?</i> <i>Classroom contract.</i> <i>To identify factors that predict successful and difficult transitions to secondary school. Icebreaker activities (Have you ever / Majority Minority).</i> <i>Transition video about moving up. Plenary.</i> <u>Lesson 2: Managing Emotions and Friendships</u> <i>To develop knowledge on how to build healthy friendships. Why is making friends important? What makes a good friend? Look at famous friends, why are they good friends? The golden rule (videos). Mean girls, are they good examples of friendship? Self-awareness task why is it important when building friendships. Plenary.</i> <u>Lesson 3: Personal Safety</u> <i>Starter – Scenario. Key terms. Starter feedback on order of help. Moped video</i></p>	<p><i>Key Skills</i> <i>Classify</i> <u>Lesson 1: Developing skills (Skills / Qualities)</u> <i>To develop knowledge on personal skills and qualities</i> <i>What is a skill? What is a quality? Identify personal skills and qualities. What skills and qualities are needed for all jobs. What are employability skills? Rate yourself task. What is a CV? Choose a specific job and tell an employer what you can offer.</i> <u>Lesson 2: Personality quiz / careers for the future.</u> <i>To develop a Poster based on a job of their choice.</i> <i>Complete the personality quiz to identify key personality traits. Look to research and create a poster based on a career of their choice.</i> <u>Lesson 3: Study skills – Ways to revise.</u> <i>To develop knowledge on different studying techniques.</i> <i>Why revision? Rules of Revision. How do you learn?</i></p>	<p><i>Key Skills</i> <i>Classify</i> <u>Lesson 1: Relationships – Respectful</u> <i>What is love? What is happiness? What brings us happiness? What makes a happy relationship? What makes a happy family? What makes you happy? Importance of our Marlborough values for respectful relationships at school and in life.</i> <u>Lesson 2: Family – Types of family / Parent responsibilities.</u> <i>Identify the different types of relationships within families. Marriage / Civil partnership – the law. What is a long-term relationship? Identify what they see as a parent’s role. Key characteristics and attributes. Why is this? What is the role of the child in the family? When might this change? Look at young carers? Single parents.</i> <u>Lesson 3: Bullying – Types</u> <i>Bullying – Types of bullying,</i></p>	<p><i>Key Skills</i> <i>Classify</i> <u>Lesson 1: Healthy Lifestyle choices – About me</u> <i>-Personal Hygiene – Looking into the different types of hygiene, Why this is important for health?</i> <i>-Dental Health – Why is dental health important? Look into the private and NHS healthcare. Braces and orthodontal care.</i> <i>-Immunisation – Identify key immunisations used and why they are needed. Look at the different viewpoints in society.</i> <u>Lesson 2: Health and Puberty – Physical and Emotional Change.</u> <i>Identify changes in the male and female body. Physical and emotional. Male and female hormones. Menstruation. What are the reproductive cells - Egg and Sperm.</i> <u>Lesson 3: Unwanted Contact / Grooming / FGM</u> <i>What is consent – giving permission. Everyday situations.</i></p>	<p><i>Key Skills</i> <i>Classify</i> <u>Lesson 1: Positive qualities and behaviours.</u> <i>Looking at personal positive qualities and behaviours. Promoting self-belief and good mental health. Identifying what personal strengths are and how behaviours influence life inside and outside of school.</i> <u>Lesson 2: Recognising unhealthy relationships.</u> <i>What are signs of an unhealthy relationship? Why do relationships breakdown? Divorce and Separation. Effects of a relationship breakdown. Abuse within different types relationships – physical, emotional - Where can you seek support?</i> <u>Lesson 3: Assertive Consent – Arranged vs Forced / Honour Based Violence.</u> <i>What is an arranged marriage, what is a forced marriage? The law in the UK. Why do they happen? What is honour based violence. Why</i></p>	<p><i>Key Skills</i> <i>Classify</i> <u>Lesson 1: Financial decisions – bank accounts, saving money, budgeting.</u> <i>Why is saving money important? Difference between needs and wants. How do you save money? What bank accounts are there for young people? Shopping list task, budget given, plan a weeks’ worth of food shop including essentials vs luxury items.</i> <u>Lesson 2: Work Shadowing Preparation.</u> <i>Use of Unifrog online platform. Introduction to the work shadowing booklet. Skills and Qualities they can offer a workplace. Expectations of a workplace. What is professional behaviour / conduct.</i> <u>Lesson 3: Catch up lesson – Any missed lesson in the year.</u> <u>Lesson 4: Catch up lesson – Any missed lesson in the year.</u></p>	

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	<p>and question task. Personal safety match up task. First aid infographic (bleeding, choking, unconscious, CPR.) Plenary.</p> <p><u>Lesson 4: Social Media</u></p> <p>Starter – Types of computers. Fakebook profiles task – answer challenge questions. Video clips task – Negative uses of internet / social media. Impact on individuals. Literacy focus task – read through infographic and answer challenge questions. Reflection time. Plenary.</p>	<p>Review the different techniques for revision.</p> <p><u>Lesson 4: Work Life Balance – home learning, leisure, time online.</u></p> <p>To understand what is and isn't a healthy work life balance. What is it? What factors do we need to consider? Adults vs Children? Look at different job roles and consider the work life balance they have. Men vs Women in the workplace. Work statistics. Top tips for achieving a healthy work life balance.</p>	<p>Effects of bullying, Why do people bully?</p> <p>Stereotypes – What are stereotypes? How do they affect us?</p> <p>-Respect – What is respect? Why is it important?</p>	<p>What is unwanted contact? Difference between appropriate and inappropriate contact. What is grooming? Signs to look out for and how to protect themselves.</p> <p>Introduction to FGM – the law and what it is.</p> <p>Where to seek support for topics covered,</p>	<p>does it happen? Where can you seek support?</p> <p><u>Lesson 4: Media Stereotypes</u></p> <p>Do the media promote prejudice through advertising? Filters, photoshopping, beauty standards. Men and Women. Body image pressure. Mental health stigma. Relationship with self. How do stereotypes affect us?</p>	
Endpoints	<p>Students will have developed knowledge and understanding on key health and wellbeing factors that impact their lives in the lessons of Transition, building friendships and managing emotions. Also, in lessons on personal safety and the use of social media accounts.</p>	<p>Students will have developed knowledge and understanding on key life skills preparing them for living in the wider world. Knowledge of their skills and qualities and potential careers for the future. How to effectively prepare for examinations and how to effectively manage time between home and school life.</p>	<p>Students will have developed knowledge and understanding on different types of respectful relationships and types of family that people come from. Developing an understanding on the different types of bullying and how to seek support.</p>	<p>Students will have developed knowledge and understanding on key health and wellbeing factors that help them understand their own physical needs and boundaries. Understanding that their body is their own.</p>	<p>Students will have developed knowledge and understanding on different types of relationships people can have with each other and the influence that media has on these. Understanding the signs of a negative relationship and how to seek help and support.</p>	<p>Students will have developed knowledge and understanding of key life factors for living in the wider world. Having an understanding on money management and the importance of budgeting. Looking at practical experience of working in the wider world and preparing for the expectations.</p>
Assessment	<p>Types of assessment will include;</p> <ul style="list-style-type: none"> - Self - Peer - Teacher <p>Assessment sheets / Rubrics with strengths, action point and now tasks.</p> <p>Verbal assessment will take place throughout all lessons</p>	<p>Types of assessment will include;</p> <ul style="list-style-type: none"> - Self - Peer - Teacher <p>Assessment sheets / Rubrics with strengths, action point and now tasks.</p> <p>Verbal assessment will take place throughout all lessons</p>	<p>Types of assessment will include;</p> <ul style="list-style-type: none"> - Self - Peer - Teacher <p>Assessment sheets / Rubrics with strengths, action point and now tasks.</p> <p>Verbal assessment will take place throughout all lessons</p>	<p>Types of assessment will include;</p> <ul style="list-style-type: none"> - Self - Peer - Teacher <p>Assessment sheets / Rubrics with strengths, action point and now tasks.</p> <p>Verbal assessment will take place throughout all lessons</p>	<p>Types of assessment will include;</p> <ul style="list-style-type: none"> - Self - Peer - Teacher <p>Assessment sheets / Rubrics with strengths, action point and now tasks.</p> <p>Verbal assessment will take place throughout all lessons</p>	<p>Types of assessment will include;</p> <ul style="list-style-type: none"> - Self - Peer - Teacher <p>Assessment sheets / Rubrics with strengths, action point and now tasks.</p> <p>Verbal assessment will take place throughout all lessons</p>

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Topics		Health and Wellbeing	Living in the Wider World	Relationships	Health and Wellbeing	Relationships	Living in the Wider World
Key skills and Concepts		<p><i>Key Skills</i> <i>Classify</i> <u>Lesson 1: What are Drugs, Alcohol & Tobacco.</u> <i>To develop knowledge on drugs and alcohol and the laws around them. Starter: write as many types of drugs/alcohol. What is a drug? What is alcohol? What are alcohol units? Rate the alcohol strengths. Law around alcohol and drugs. Classes of drugs & types of drugs. Legal drugs and the law. Debate: Are drugs / alcohol good or bad? Plenary.</i> <u>Lesson 2 & 3: Risks and Habit versus dependence.</u> <i>Starter: Why do people take drugs and alcohol? How drugs are taken into the body. Types of illegal drugs (what they are, how it is</i></p>	<p><i>Key Skills</i> <i>Classify</i> <u>Lesson 1 & 2: Pathways – School / Career (Unifrog)</u> <i>To understand the world of work and its purpose in Society and family settings. Log in and discover what Unifrog has to offer. Identify and research careers of interest. Complete the different profile quizzes. –GCSE option choices</i> <i>To discover and understand the different option choices available at Marlborough.</i> <u>Lesson 3: Types of employment</u> <i>Different types of employment including part time, full time, seasonal, temporary, zero hours, freelance, voluntary.</i> <u>Lesson 4: Stereotypes / Discrimination</u></p>	<p><i>Key Skills</i> <i>Classify</i> <u>Lesson 1: Protected Characteristics –</u> <i>What are they-race, colour, religion, sex, national origin, age, disability, and genetic information Human rights and Equality Act.</i> <u>Lesson 2: Types of Discrimination –</u> <i>Specifically looking at racism & religion. What is racism? What is religious prejudice? Why does it exist? Can everyone show racism? What is xenophobia? How does racism feel? Will there always be prejudice? LGBTQIA – sexism, homophobia, biphobia, transphobia. What do they mean? Why are people prejudice against LGBTQIA+? Sexism - Women vs Men stereotypes</i></p>	<p><i>Key Skills</i> <i>Classify</i> <u>Lesson 1: Attitudes towards Mental Health</u> <i>Signs of mental wellbeing concerns, types of mental ill health, negative effects on mental health, benefits of physicality,</i> <u>Lesson 2: Digital Resilience.</u> <i>What is resilience? How can this apply online? What are positive and negative emotions that can come from being online? How can we develop our digital resilience? Develop a toolkit. Scenarios of digital resilience.</i> <u>Lesson 3: Unhealthy coping strategies / healthy coping strategies – Managing emotions.</u> <i>Dealing with loss. What is grief? When can someone feel</i></p>	<p><i>Key Skills</i> <i>Classify</i> <u>Lesson 1: Identity – types of identity, gender, sexual orientation (LGBTQIA+)</u> <i>Look at the laws around when LGBTQ+ became legal to marry, different prejudices, men compared to women visa versa etc. Is there a difference? Gender neutral, non-binary, bisexual relationships etc. What do they mean? Developing knowledge and understanding that relationships are not just heterosexual.</i> <u>Lesson 2: Law of Consent</u> <i>Definition of consent. Age of consent in the UK vs other countries. What laws are in place to protect people. What factors are involved in consent? What happens if</i></p>	<p><i>Key Skills</i> <i>Classify</i> <u>Lesson 1: Online communication – Types of Social media logo quiz.</u> <i>Positive and negatives of the internet and social media. Look at the popular social media accounts that students have. Why are they so popular? Influencers – Are they good or bad? What is screen time? What is blue light and how does it affect people? How do you communicate with friends?</i> <u>Lesson 2: Online Grooming</u> <i>Online Risks, looking at the risks of the internet. Real life vs online life. Who could you be talking to? What are the signs of grooming? How can you protect yourself and others? Where to seek help and advice.</i></p>

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	<p><i>used, its effects on the body)</i> <i>Drugs include – cocaine, crack, ecstasy, speed, anabolic steroids, solvents, alcohol, tobacco, tranquilisers, LSD, heroin, cannabis. Plenary.</i> <u>Lesson 4: Influences / Effects on others.</u> <i>TO develop knowledge and understanding on the different affects and effects of drug and alcohol abuse on others.</i> <i>Starter – How many letters of the alphabet can you fill with names of drugs, alcohol and effects it has on people.</i> <i>Videos – covering cultural differences, teenage alcohol statistics, violence, homelessness, drugs driving, drink driving, sex.</i> <i>Babies born addicted.</i> <i>Information and videos.</i> <i>Young carers What might a young carer do? Videos attached. Where to seek help sources. Assessment task.</i> <i>Plenary.</i></p>	<p><i>–Stereotypes – What are stereotypes? How do they affect us?</i> <i>–Discrimination – What is it? How does it affect us?</i> <i>–Respect – What is respect? Why is it important? What is discrimination in the workplace. How is this dealt with? What is the law?</i> <i>Assessment task.</i></p>	<p><i>historical – do they still exist? Gender equality in the UK vs other countries.</i> <u>Lesson 3: Family Trees and Heritage:</u> <i>What are the British values? UK heritage – 2012 Olympic opening ceremony clip.</i> <i>Look into heritage & family trees. Start to create a family tree – talk about ancestry.</i> <i>Home learning project.</i> <i>Assessment task.</i></p>	<p><i>grief? Loss of in terms of friendship or loss in terms of losing a loved one. How do people cope? Healthy coping strategies to help with grief.</i> <i>Seeking advice, coping mechanisms, or where to turn to.</i> <u>Lesson 4: Self-Care – Healthy Lifestyle.</u> <i>Sleep, links between poor diet and health risks, science of health, positive associations between physical and mental wellbeing. Where to seek help and advice.</i> <i>Assessment task.</i></p>	<p><i>consent in not obtained? Consequences?</i> <i>Where can you seek advice?</i> <u>Lesson 3: Sharing Images - Sexting / Communication of consent.</u> <i>What is the law? What are the consequences? What is forced consent / pressured or threatened to comply? Do you know who you are talking to?</i> <i>What could happen after to the messages or images? Consequences?</i> <i>Where can you seek help / advice?</i> <u>Lesson 4: Contraception - Types available.</u> <i>Identify the different types of contraception available. Look at what they are. How do we access them? Look at their statistics of success when used properly.</i> <i>Assessment task.</i></p>	<p><u>Lesson 3: Misinformation</u> <i>What is media? What is the influence of media? Types of media – print, broadcast, internet. What is misinformation? What is the effect of misinformation? Should the media be regulated?</i> <u>Lesson 4: Online Safety – Privacy settings</u> <i>Look at different social media accounts. How do you check privacy settings. Look at setting privacy settings to private. Importance of this for personal safety. Follower hype, what is it? What is going viral? Why is this putting young people at risk?</i> <i>Assessment task.</i></p>
<p>Endpoints</p>	<p><i>Students will have developed knowledge and understanding on key health and wellbeing factors and the associated risk with taking drugs and alcohol. Students will develop knowledge of the law around drugs and alcohol, as well as the effects</i></p>	<p><i>Students will have developed knowledge and understanding different educational pathways and types of employment. Additionally, the types of discrimination people can experience in school and the workplace and how to effectively self care</i></p>	<p><i>Students will have developed knowledge and understanding on relationships within life. Understanding what the protected characteristics are and the different types of discrimination people face on a day to day basis due to their differences.</i></p>	<p><i>Students will have developed knowledge and understanding of key health and wellbeing factors in regard to mental health and people’s attitudes towards it. Looking at healthy and unhealthy coping strategies to managing emotions. Developed digital</i></p>	<p><i>Students will have developed knowledge and understanding of relationships in a sexual capacity. Develop understanding of different types of identity and the law around consent. Developed understanding of Sharing explicit material and the law</i></p>	<p><i>Students will have developed an understanding of the key concepts of Online Safety surrounding living in the wider world. Developed understanding on the types of social media and the dangers of online grooming. Knowledge surrounding</i></p>

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	<i>on other people and the emotional scars that drugs and alcohol can leave.</i>	<i>through gaining an understanding of the importance of sleep.</i>		<i>resilience and awareness to keep themselves safe.</i>	<i>surrounding this. Knowledge of the different types of contraception available for both men and women.</i>	<i>misinformation and how to ensure privacy settings are activated.</i>
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