

PSHE KS3 Learning Journey



Top 3 tips for parents and carers during KS3

- ✓ PSHE education is a partnership between parents and schools.
- ✓ Discuss topics that have been covered in school.
- ✓ Ask questions about their day, their concerns, their hopes and dreams. Always be ready to listen.



Places to visit during KS3

Farms are a great way to get students thinking proactively about what we eat. The Science and Industry Museum, Manchester and the National Science and Media Museum, Bradford are places to learn more about the topics covered. The Sill: National Landscape Discovery Centre, Hexham, has a permanent exhibition where you can discover poetry, stories, music and interactive games.



Online learning during KS3

[Oak Academy](#)
[Life to the Full - Online Parent Portal](#)



Student development opportunities during KS3

Visits from the police and local health team on key issues in the local area happen at different points and other external speakers throughout the year.



Key assessment pieces during KS3

For each topic, students complete an MCQ assessment to monitor progress. There will also be regular reflections to show their understanding of the different topics covered.

Students will also have the opportunity to share their opinions on the programme each term.



Picture News

Each week students will spend one morning form time exploring a news item focusing on the British value, protected characteristic and right of the child impacted in this event.

Knowledge, skills and understanding

Autumn Term - Community - My place at Thornleigh

This unit will consist of sessions taught in tutor time by their form teachers, provided by the year team based around the theme of community within their year group. The sessions will include topics such as Getting to know people, community, friendships and managing them,

Year 7

Autumn Term - Well-Being - My Healthy Life

This unit will focus on mental and physical health. It will address topics that are important to year 7 students in an age-appropriate way. These topics include an introduction to puberty, personal hygiene, assertive consent, self esteem, sleep, oral health, road and winter safety.

Year 7

Spring Term - Citizenship - Me and the World

In this unit, students will examine our national community and how we can have an impact on it. Politics, how our country is run, elections and campaigns, parliament, multicultural Britain, The Equality Act, stereotypes and Challenging Islamophobia.

Year 7

Spring Term - Character - Developing Myself

This unit will allow the students to explore issues that they may face in the local community that could impact them directly or indirectly. They will cover topics such as avoiding gangs, staying safe online, gaming, addictive substances and knife crime and safety.

Year 7

Autumn Term - Community - My Place at Thornleigh

This unit will consist of sessions provided by the year team based around the theme of community within their year group. There will be a number of opportunities for the students to participate in activities to make their mark on and improve the Thornleigh Community.

Year 8

Summer Term - RSE - Myself and Others

In this unit students will mainly use the Catholic RSE programme Life to the Full. Parents can access materials on the TenTen Resources website. We cover the statutory content for RSE along with other topics that will help them to develop an understanding of the different types of relationships that they have. Topics include changing bodies, healthy inside and out, where we come from, living responsibly, and relationships.

Year 7

Autumn Term - Character - Developing Myself

This unit will cover issues that they may face in the local community and how it will impact them. All of the sessions will signpost students to further information. They will cover topics such as Dealing with conflict, Self esteem and the media, County Lines, substance misuse, Online safety and cyberbullying, grooming, drugs and alcohol safety and child exploitation.

Year 8

Spring Term - Well-Being - My Healthy Life

This unit will consist of topics to help students develop their mental and physical health in positive ways. Topics we will cover include health and wellbeing, what is Mental Health, positive Body image, the menstrual cycle, child abuse, bullying, healthy eating and stress management.

Year 8

Summer Term - Citizenship - Me and the World

In this unit, students will consider their place in the world by examining issues faced by the larger community. They will cover topics such as building a community, making decisions, criminals, law and society, law making in the UK, prison reform and punishment, and homophobia in school and society.

Year 8

Autumn Term - Well-Being: My Healthy Life

In this unit students will cover topics that impact mental and physical health such as self-esteem changes, bullying in all its forms, dealing with grief and loss, media airbrushing and cancer prevention.

Year 9

Autumn Term - Community - My Place at Thornleigh

This unit will consist of sessions provided by the year team based around the theme of community within their year group. There will be a number of opportunities for the students to participate in activities to make their mark on and improve the Thornleigh Community.

Year 9

Character - Developing Myself

This unit will focus on topics that will encourage students to develop themselves positively, such as from failure to success, first aid, importance of happiness, anger, social media and online stress, drugs, addictions, and substance abuse.

Year 9

Summer Term - RSE - Myself and Others

In this unit students will mainly use the Catholic RSE programme Life to the Full.

Summer Term - Citizenship

In this topic students will look at international issues such as conspiracy theorists and extremist narratives,

Year 9

Summer Term - RSE - Myself and Others

In this unit students will mainly use the Catholic RSE programme Life to the Full. We will cover the statutory content for RSE along with other topics that will help them to develop an understanding of the different types of relationships that they have.