



## KS3 PSHE and RSE Scheme of Work (4 year rolling programme)

Year 1 - Term 1 – Health and Well-being	Year 1 - Term 2 – Understanding Relationships	Year 1 - Term 3 – The World Around Us
<p>MHM Meet your brain To know that mental health is part of our daily lives. To identify and understand a range of emotions and why they may feel like this (Step 1H, 1I and 1J) To recognise the elements of a healthy, balanced diet and make informed decisions on choosing foods.</p>	<p>MHM Celebrate To identify how families can care and support each other in different ways. To know that positive friendships can have a meaningful impact on wellbeing. To identify the characteristics of positive relationships.</p>	<p>MHM Appreciate To respect and empathise with people's lives and situations in different global settings To recognise rules and regulations that affect laws around them. To identify different groups of people that make up their local community.</p>
SoSafe/RSE Objectives	SoSafe/RSE Objectives	SoSafe/RSE Objectives
<p>To recap the names of the different genitalia and to understand that these body parts are private.</p> <p>To understand private and public body parts and places (Step 1A and 1B)</p>	<p>Learn to Thrive resources: To understand that boys' and girls' bodies need to change. To identify how boys' and girls' bodies change on the outside during this growing up process (including menstruation and wet dreams) To recognise how I feel about these changes happening to me and know how to cope with those feelings.</p>	<p>To identify and describe different types of physical contact and understand when it's safe and appropriate (including boundaries, consent and recognising when touching would be harmful or unsafe). Step 1G (consent) Step 2D (hold hands) Step 2E (hug) Step 2F (cuddle) Step 2G</p>
Vocabulary:	Vocabulary:	Vocabulary:
<p>Mental health, emotions, physical exercise, hobbies, balanced diet, hygiene, self-care, oral care, cleaning, genitalia, penis, testicles, vulva, vagina, breasts, public, private</p>	<p>Families, positive friendships, family units, boys, girls, bodies, puberty, babies, breasts, vagina, penis, erection, testicles, vulva, changes</p>	<p>Empathise, community, diverse, religious beliefs, physical contact, safe, appropriate, boundaries, consent, harmful, unsafe</p>



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Year 2 - Term 1 - Health and Well-being	Year 2 - Term 2- Understanding Relationships	Year 2 - Term 3 – The World Around Us
<p>MHM Relate</p> <p>To understand that people (including themselves) identify with different cultures, hobbies, likes and dislikes.</p> <p>To identify their strengths and celebrate their achievements.</p> <p>To identify that technology and the internet have many benefits for our physical and mental health.</p>	<p>MHM Engage</p> <p>To respect themselves and understand self-worth and self-esteem.</p> <p>To identify different forms of bullying and strategies for dealing with them.</p> <p>To understand that not all information on the internet is true.</p>	<p>MHM Consolidation/Catch Up</p> <p>To make an active commitment to helping and supporting others in their local community.</p> <p>To compare a range of types of employment.</p> <p>To identify simple ways that they can look after money (bank accounts, piggy banks etc).</p> <p>To share and explain their views on experiences and topics with reasoning.</p>
SoSafe/RSE Objectives	SoSafe/RSE Objectives	SoSafe/RSE Objectives
<p>To understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow.</p> <p>To express how I might feel if I had a new baby in my family.</p>	<p>To identify there are other types of relationships outside of family e.g friends, boyfriends/girlfriends (Step 3A, Step 4A, Step 4G)</p> <p>To understand and express the difference between liking and liking something a lot (Step 2C).</p>	<p>To identify how boys' and girls' bodies change on the inside during the growing up process (e.g menstruation, sperm and wet dreams – RECAP) - Step 1E</p> <p>To recognise how I feel about these changes happening to me and how to cope with these feelings.</p>
Vocabulary	Vocabulary	Vocabulary
<p>Strengths, achievements, internet, technology, rules, fire safety, trusted adult, immune system, germs, diseases, babies, uterus,</p>	<p>Bullying, trusted adult, boyfriends, girlfriends, like, like a lot</p>	<p>Puberty, menstruation, sperm, wet dreams, changes, feelings, employment, money, bank account, right, wrong, decisions</p>
Year 3 - Term 1 - Health and Well-being	Year 3 - Term 2- Understanding Relationships	Year 3 - Term 3 – The World Around Us
<p>To know the benefits of physical exercise and hobbies can help positive mental health.</p> <p>To understand the characteristics of physical wellbeing.</p> <p>To know and undertake many of the different aspects of hygienic routines (self-care, oral hygiene, cleaning).</p>	<p>To know ways in which to choose and build new friendships.</p> <p>To understand the importance of respect when speaking to others.</p>	<p>To recognise the benefits of a diverse community and how it can positively impact communities.</p> <p>To understand there are a range of personal and religious beliefs both globally and locally.</p>



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RSE/SoSafe	RSE/SoSafe	RSE/SoSafe
<p>To recap the names of the different genitalia and to understand that these body parts are private.</p> <p>To understand private and public body parts and places (Step 1A and 1B)</p>	<p>Learn to Thrive resources:</p> <p>To understand that boys' and girls' bodies need to change.</p> <p>To identify how boys' and girls' bodies change on the outside during this growing up process (including menstruation and wet dreams)</p> <p>To recognise how I feel about these changes happening to me and know how to cope with those feelings.</p>	<p>To understand what a private helper (Step 1D)</p>
<p><b>Vocabulary:</b></p> <p>Mental health, emotions, physical exercise, hobbies, balanced diet, hygiene, self-care, oral care, cleaning, genitalia, penis, testicles, vulva, vagina, breasts, public, private</p>	<p><b>Vocabulary:</b></p> <p>Families, positive friendships, family units, boys, girls, bodies, puberty, babies, breasts, vagina, penis, erection, testicles, vulva, changes</p>	<p><b>Vocabulary:</b></p> <p>Empathise, community, diverse, religious beliefs, physical contact, safe, appropriate, boundaries, consent, harmful, unsafe</p>
<b>Year 4 - Term 1 - Health and Well-being</b>	<b>Year 4 - Term 2- Understanding Relationships</b>	<b>Year 4 - Term 3 – The World Around Us</b>
<p>To identify situations where they feel 'peer pressure'.</p> <p>To identify and describe many common shared rules in their environments and why they are important.</p> <p>To understand fire safety procedures and actions to take at school, home and the wider community.</p> <p>To identify who they can speak to in school.</p> <p>To understand the role of our immune system in relation to germs and diseases.</p>	<p>To know who to speak to in school if they are worried.</p> <p>To know strategies for dealing with hurtful behaviour to themselves and others.</p>	<p>To understand the difference between right and wrong actions.</p> <p>To set goals and targets whilst tracking their own progress.</p> <p>To display enthusiasm and excitement in their own learning.</p> <p>To reflect on personal growth and learning, and consider steps to continuing</p>
RSE/SoSafe	RSE/SoSafe	RSE/SoSafe
<p>To understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow.</p>	<p>To understand and express the difference between liking and liking something a lot (Step 2C).</p>	<p>To identify how boys' and girls' bodies change on the inside during the growing up process (e.g menstruation, sperm and wet dreams – RECAP) - Step 1E</p>



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To express how I might feel if I had a new baby in my family.		To recognise how I feel about these changes happening to me and how to cope with these feelings.
<b>Vocabulary</b> Strengths, achievements, internet, technology, rules, fire safety, trusted adult, immune system, germs, diseases, babies, uterus,	<b>Vocabulary</b> Bullying, trusted adult, boyfriends, girlfriends, like, like a lot	<b>Vocabulary</b> Puberty, menstruation, sperm, wet dreams, changes, feelings, employment, money, bank account, right, wrong, decisions