

KETTLEBROOK SHORT STAY SCHOOL : PSHE KEY STAGE 3 OVERVIEW 2025-26

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Scheme of Learning	<p>Positive behaviour Friendship values. Trust. Rules. Bullying. Managing strong feelings. Relationship break up. Conflict management. Bullying. Stereotyping. Prejudice and discrimination.</p> <p>Equalities Act 2010. Wear Yellow for Young Minds 10 Oct.</p>	<p>ESAFETY and the Media Online relationships, strengths and confidence. Healthy coping strategies. Growth mindset. Options and careers – how to research different training and career online . Consent and the law</p>	<p>Health and Wellbeing Recognising when help is needed. Where to get help. Sleep. Healthy lifestyle choices – physical activity. Hygiene and health services. Health services and FGM. Puberty. Contraception.</p> <p>PRIDE – celebration of diversity in gender identity and sexual orientation.</p>	<p>Positive choices Drugs, alcohol, tobacco. Staying safe and taking risks. What is addiction? Effects on relationships and health. Loss and bereavement.</p>	<p>Mental and emotional health. Resilience and healthy coping strategies. Causes and triggers for unhealthy coping strategies (self-harm, disordered eating).. Recognising when help is needed and where to go. Choices and values in relationships – delaying sex. Consent</p>	<p>Peer influence and First Aid 4 stages of gang membership. Carrying weapons. Peer influence. First aid strategies in an emergency – including common ailments.</p>
Link to KS2	H17, H20, R1, R2, R10, R11, R13-21,L1- L10, L27	H28, H49, R12, R22, R23, R24, L11-16, L25-32, R25, R26	H3-7, H30-H32, H45, L6-9, L25-28.	H1, H2, R32-34, L1, L2.	H15, H16, H21, H22, H23, H37, H40, H45-H50, R15, R25, R26	H38, H39, H41, H44,
KAT (Key Assess Task)	Autumn 1 Assessment	Autumn 2 Assessment (Report, PRD)	Spring 1 Assessment	Spring 2 Assessment (Report, PRD)	Summer 1 Assessment	End of Year Assessment, Report, PRD
Wellbeing and Enrichment	Positive relationships. 5 Ways to Wellbeing.	Accessing online positive messages, activities including meditation.	Promotion of exercise and access to health care.	Positive choices for healthy body and mind.	Support with resilience.	Promotion of healthy activities for the summer holidays.
Careers	The law protects us all against discrimination in the workplace.	Research different careers online – identification of careers that are conducted online.	Careers in the health sector; medicine, nursing, emergency support, pharmacy.	Careers in the support sector; helping those struggling with ill health and addiction.	Social work, mental health support, careers around pregnancy and childcare.	Careers within criminal justice, solicitor, barrister, police, probation.