

**BIG PICTURE CURRICULUM PLANNING - KEY STAGE 3**

<p><b>The big aims of KS3</b></p>	<p>PSHE education acknowledges and addresses the changes that young people are experiencing, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the skills which will equip them for the opportunities and challenges of life. Pupils are encouraged to manage diverse relationships and the increasing influence of peers and the media. PSHE education allows them to be more confident in addressing the challenges of effective learning and making a full and active contribution to society.</p>
<p><b>Characteristic of a compelling learning experience</b></p>	<ul style="list-style-type: none"> <li>• Curriculum relevance based on national and local data - pupil voice and staff voice plays a key part in shaping the curriculum to ensure the topics covered reflect the needs of our pupils e.g., healthy relationships, exploitation, mental health and well-being</li> <li>• Subject matter relevant, appropriate and meaningful and matched to pupil needs/attitudes/beliefs and experiences</li> <li>• Discussion and critical thinking allowing for pupils to be pushed into liminal zone</li> <li>• Deeper learning through in-depth exploration of concepts which are visited in further depth through a spiral curriculum</li> <li>• Learning which challenges perceived social norms – normative education</li> </ul>
<p><b>Key concepts</b></p>	<ul style="list-style-type: none"> <li>• Identity – personal qualities, attitudes, attributes and achievement</li> <li>• Healthy lifestyles – physically, emotionally and socially</li> <li>• Risk – safety</li> <li>• Diversity and equality with regard to the protected characteristics</li> <li>• Career including enterprise and economic understanding</li> <li>• Power in a variety of contexts including online ; how it manifests through behaviours including online</li> <li>• Change</li> <li>• Relationships (including different types and in different settings, including online)</li> </ul>
<p><b>Key knowledge</b></p>	<p><b><u>Health and wellbeing</u></b>          Healthy choices, diet exercise • Alcohol and drugs • Unhealthy coping strategies • Mental health • Self-esteem • Puberty • Loss</p> <p><b><u>Living in the wider world</u></b>          Enterprise • Rights and responsibilities • Careers and work experience • Finance</p> <p><b><u>Relationships</u></b>          Friendships and family • Diversity and prejudice • Bullying • online safety • relationship myths, challenges and reality • consent • sex •sexual safety • extremism • gangs and knife crime •emotional well being • influence</p>
<p><b>Key skills/attributes</b></p>	<p><b>Personal effectiveness</b>          Self improvement • Identifying thinking traps • resilience • self-regulation • managing peer influence • self-organisation • addressing support • clarifying values • application • healthy self-concept</p> <p><b>Interpersonal and social effectiveness</b>          Empathy • compassion • respecting others • evaluating arguments • skills for employability • enterprise • valuing diversity •building healthy relationships</p> <p><b>Managing risk and decision-making</b>          Identifying and assessing positive and negative risk • Formulating questions • analysis • assessing validity • link between values and beliefs • making decisions</p>