KS3 PSHE Curriculum 2020/2021

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| Year | Autumn | Spring | Summer |

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| **8** | **Emotional Wellbeing**  **How do the pupils feel after covid/lockdown?**  **What am I good at?**  **What does assertiveness mean?**  **What happens when we are feeling down?**  **What does resilience mean?**  **Is anybody perfect?**  **How do I manage my feelings?**  **What happens when relationships break down?**  **How do we cope with loss and bereavement?** | **Healthy Lifestyle**  **What do we need to keep healthy?**  **What is my personal health profile?**  **How do I keep healthy?**  **Who can I talk to about my health?**  **Money and Me**  **How do I save and how do I budget?**  **What influences our spending?**  **How enterprising am I?** | **Identity**  **Who am I?**  **What does ‘family’ mean?**  **How can I contribute to family life?**  **How do I respond to other people?**  **How am I doing?**  **What are my rights and responsibilities?** |