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?** |