KS3 PHSE Scheme of Work

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year A	**Skills For Learning**	**Personal Space**	**Mental Wellbeing**	**Puberty & RSE (as appropriate)**	**Healthy Lifestyles: Medicines**	**Public & Private: Online**
	Pupils learn the skills and attitudes required for learning	Pupils learn how to assert their own, and respect others' personal privacy	Pupils learns about strong feelings and how these can affect wellbeing	Pupils learn about, and how to manage, the changes in puberty	Pupils learn about staying healthy when using medicines	Pupils learn how to navigate public and private spaces inc. online
Year B	**What is Prejudice**	**Managing Risk**	**Self-Esteem**	**Puberty & RSE (as appropriate)**	**Healthy Lifestyles: Meals**	**Communicating Online**
	Pupils consider the protected characteristics and how to treat others fairly	Pupils learn how to respond in risky and emergency situations	Pupils learn skills to maintain self-esteem and respond to unkind comments inc. online	Pupils learn about, and how to manage, the changes in puberty	Pupils learn about, and how to prepare healthy meals	Pupils learn ways to safely communicate online
Year C	**Managing Pressure**	**Healthy Relationships**	**Romantic Relationships & Attraction**	**Puberty & RSE (as appropriate)**	**Healthy Lifestyles: Body Image**	**Online Harms & AI**
	Pupils learn about when people might be under pressure and how to respond or get help	Pupils learn about healthy and unhealthy relationship behaviours	Pupils explore what might shape our expectations of romantic relationships	Pupils learn about, and how to manage, the changes in puberty	Pupils learn about how body image is affected as we get older	Pupils learn how to manage online harms inc. AI and sharing images

KS3 PHSE
Academic Year 26-27
Owner: Alison Scotney