



Sunninghill
PREP SCHOOL DORCHESTER

Personal, Social, Health, Economic (PSHE)

and

Relationship and Sex Education

Scheme of Work

Year 7 and 8 (Key Stage 3)

2021-2022

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3D DIMENSIONS PSHE

Year 7 PSHE Coverage Matrix

Transition Unit		<ul style="list-style-type: none"> • To develop confidence to deal positively with new places, people and situations • To learn to cope with change
		<ul style="list-style-type: none"> • To identify successful behaviours for learning • To consider strategies to support learning

Core 1 Unit 1 My Identity	Personal Strengths	<ul style="list-style-type: none"> • To decide upon and construct a set of ground rules • To understand and recognise personal strengths in others • To know and understand how self-confidence and self-esteem can be affected
	Self-Confidence and Self-Esteem	<ul style="list-style-type: none"> • To recognise their own personal strengths • To understand how knowing their own personal strengths can affect their self-confidence and self-esteem
	Personal Qualities	<ul style="list-style-type: none"> • To know and understand the meaning of personal qualities, attitudes, skills and achievements
	Personal Skills	<ul style="list-style-type: none"> • To know and understand the meaning of personal skills
	Personal Achievements	<ul style="list-style-type: none"> • To know and understand the meaning of personal achievements and how they are evaluated by others

Core 1 Unit 2 Evaluating Self and Others	Self-Reflection	<ul style="list-style-type: none"> • To understand how personal qualities, attitudes, skills, and achievements are evaluated by others and how it can affect confidence and self-esteem
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	Accepting Feedback	<ul style="list-style-type: none"> To be able to accept helpful feedback or reject unhelpful criticism
	Influences on Self-Esteem	<ul style="list-style-type: none"> To understand that self-esteem can change with personal circumstances

Core 2 Unit 1 Communication	Active Listening	<ul style="list-style-type: none"> To develop the communication skills involved in active listening
	Persuasion	<ul style="list-style-type: none"> To use the communication skill of persuasion, alongside active listening
	Negotiation	<ul style="list-style-type: none"> To develop negotiating skills
	Motivational Speaking 1	<ul style="list-style-type: none"> To be able to offer and receive constructive feedback To understand the meaning of the word 'motivation'
	Motivational Speaking 2	<ul style="list-style-type: none"> To be able to offer and receive constructive feedback To develop confidence

Core 2 Unit 2 Connections	Different Relationships	<ul style="list-style-type: none"> To Understand that different kinds of relationships lead to different kinds of feelings and emotions
	Healthy and Unhealthy Relationships	<ul style="list-style-type: none"> To recognise the features of positive, stable relationships To recognise the features of unhealthy relationships
	Media Portrayal of Relationships	<ul style="list-style-type: none"> To know that the media portrayal of relationships may not reflect real life

	Trustworthiness	<ul style="list-style-type: none"> To understand how to determine whether other children, adults or sources of information are trustworthy
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Core 2 Unit 3 Abusive Relationships	Bullying	<ul style="list-style-type: none"> To recognise bullying and abuse in all its forms, including physical and verbal To know how bullying can impact on other people's lives
	Online Bullying	<ul style="list-style-type: none"> To recognise and respond appropriately to online bullying

Core 2 Unit 4 Sex, Gender and Sexual Orientation	Dignity for All	<ul style="list-style-type: none"> To know the difference between sex, gender identity and sexual orientation To know the terms associated with sex, gender identity and sexual orientation and to understand accepted terminology
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Core 3 Unit 1 Core Values	Beliefs about Values	<ul style="list-style-type: none"> To recognise, clarify and, if necessary, challenge own core values To understand how their own values influence their choices
	British Values	<ul style="list-style-type: none"> To understand what British values are To recognise your own personal values

Core 3 Unit 2 Personal Finance	Budgeting	<ul style="list-style-type: none"> To know what a budget is To know how to manage a budget To understand the purpose of banks
	Gambling	<ul style="list-style-type: none"> To understand why people might choose to gamble To understand that gambling can become an

		addictive behaviour
	Consequences of Gambling	<ul style="list-style-type: none"> • To understand different forms of gambling and their consequences • To be aware of how the gambling industry encourages people to gamble and who the winners and losers are

Core 3 Unit 3 First Aid and Life-Saving Skills	Emergency Contacts	<ul style="list-style-type: none"> • To gain some knowledge of basic first aid and life-saving skills
	Basic First Aid	<ul style="list-style-type: none"> • To gain some knowledge of basic first aid and life-saving skills

Year 8 PSHE Coverage Matrix

Core 1 Unit 1 Managing Change	Mental and Emotional Health	<ul style="list-style-type: none"> • To recognise the characteristics of mental and emotional health • To know some strategies for managing mental and emotional health
	Growing and Changing	<ul style="list-style-type: none"> • To understand that the rate at which we grow differs from person to person • To show awareness and understanding of the changes that are taking place
	Adolescence	<ul style="list-style-type: none"> • To recognise the physical and emotional changes of adolescence
	Life Changes	<ul style="list-style-type: none"> • To understand why and how our bodies change during puberty and adolescence

Core 1 Unit 2 Food and Health	Food Types	<ul style="list-style-type: none"> • To recognise different types of food and their classification • To reflect on what we eat
	A Balanced Diet	<ul style="list-style-type: none"> • To know what a balanced diet is • To understand the benefits of a balanced diet
	Eating Disorders	<ul style="list-style-type: none"> • To understand the risks associated with diet including obesity and dieting • To recognise when they or others need help • To know some sources of help and how to access them
	Eating Choices	<ul style="list-style-type: none"> • To recognise what influences their decisions about eating a balanced diet
	Dental Health	<ul style="list-style-type: none"> • To understand the importance of dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist

Core 2 Unit 1 Language and Behaviour	Discrimination	<ul style="list-style-type: none"> • To know what sexist, homophobic, transphobic and disablist language and behaviour is • To understand that sexist, homophobic, transphobic and disablist language and behaviour is unacceptable
	Challenging Bullying	<ul style="list-style-type: none"> • To understand the need to challenge sexist, homophobic, transphobic and disablist language and behaviour • To know some ways to challenge sexist, homophobic, transphobic and disablist language and behaviour
	Peer Pressure	<ul style="list-style-type: none"> • To recognise peer pressure • To develop strategies to manage peer pressure
	Peer Approval	<ul style="list-style-type: none"> • To be aware of and understand the feelings and pressure that the need for peer approval can generate

Core 2 Unit 2 Complex Forms of Bullying	Prejudicial Bullying	<ul style="list-style-type: none"> • To recognise more complex forms of bullying including prejudicial bullying
	Online Bullying	<ul style="list-style-type: none"> • To know about online bullying • To know how they can protect themselves

Core 2 Unit 3 Connections	Marriage and Committed Relationships 1	<ul style="list-style-type: none"> • To know about the importance of marriage, civil partnerships and other stable, long-term relationships for family life and bringing up children
	Marriage and Committed Relationships 2	<ul style="list-style-type: none"> • To understand that marriage is a commitment, entered into freely, never forced through threat or coercion • To know how to safely access sources of support for themselves or their peers should they feel vulnerable

	When Relationships End 1	<ul style="list-style-type: none"> • To know how to deal with the effects of change, as a result of parental separation and divorce • To be aware of harmful behaviours that can result from negative life changes, such as family splits • To know how to safely access sources of support for themselves or their peers should they feel vulnerable
	When Relationships End 2	<ul style="list-style-type: none"> • To introduce pupils to the subject of death • To know how to deal with the effects of change, as a result of bereavement • To know how to safely access sources of support for themselves or their peers should they feel vulnerable

Core 3 Unit 1 Diversity	Similarities and Differences	<ul style="list-style-type: none"> • To become aware of the similarities, differences and diversity among people of different ethnicity, culture, ability, disability, sex, gender identity, age and sexual orientation
	Stereotyping	<ul style="list-style-type: none"> • To understand the impact of stereotyping, prejudice, bullying, discrimination on individuals and communities
	Responding to Prejudice	<ul style="list-style-type: none"> • To know how to respond appropriately to prejudice and discrimination
	Dealing With Discrimination	<ul style="list-style-type: none"> • To know how to seek support for victims of stereotyping, prejudice, bullying or discrimination

Core 3 Unit 2 E-Safety	E-Safety 1	<ul style="list-style-type: none"> • To understand what the law says about E-safety • To be able to describe what is safe practice on the internet • To know where to get support
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	E-Safety 2	<ul style="list-style-type: none"> • To be able to recognise and describe potential dangers of the internet
	Online Risks	<ul style="list-style-type: none"> • To recognise the risks associated with internet use • To understand how online activities can expose you and others to risks
	Privacy Settings	<ul style="list-style-type: none"> • To know how to set privacy settings

Core 3 Unit 3 Radicalisation	Features of Extremism	<ul style="list-style-type: none"> • To recognise the features of extremism • To identify why and how people are recruited into extremist activities
	Vulnerability	<ul style="list-style-type: none"> • To identify why and how people are recruited into extremist activities • To know why some people are vulnerable to radicalisation

Core 3 Unit 4 Democracy	Who's in Charge?	<ul style="list-style-type: none"> • To understand what nationality means • To recognise what it means to be 'British'
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