



Subject	Year	Term
PSCHE	9	3
Topic		
Physical Health and Fitness; Self Care and Basic First Aid Careers: Personal Qualities & Skills; Skills & Jobs		
Content (Intent)		
Prior Learning (Topic)	Sexual Health; Know Your Limit; Careers: Choosing Your Options; Financial Education	
- How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others’ mental health - The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness - How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer - Basic First Aid: basic treatment for common injuries, life saving skills and the purpose of defibrillators and when one might be used		
Assembly Topics: - Term 2 Rewards - Choices - Mindfulness Assembly - Revision and Examination Preparation - Summer Celebration- whole school assembly		
Future Learning (Topic)	World Issues; Internet Safety and Harms; Democracy & Financial Education	
What Knowledge and Skills will be taught (Implementation)	How will your understanding be assessed & recorded (Impact)	
Knowledge - Develop understanding of what constitutes healthy lifestyle – physical health and healthy eating – & strategies for self-care - Concepts of basic First Aid – including head injuries, CPR, use of defibrillators - Set up GCSE Pod - Careers: Personal Qualities and Skills - Careers: Skills and Jobs	Understanding will be assessed in a variety of ways. For example, through baseline assessments at the start of topics, through formative assessment opportunities including self-reflection and through informal summative assessments to establish factual knowledge. The impact of the PHSCE curriculum will be reported on three times per year as part of the Report cycle, through Attitude to Learning descriptors.	
Skills - Recognising elements of a healthy lifestyle - Developing life saving skills	Feedback will be collated by Year Leaders following the PHSCE Day in November.	
How can parents help at home?		
- Discuss these topics with your child - Encourage your child to engage with wider school activities (see SBS) - Help your child to reflect on their Term 3 report and set targets for going forward		
Helpful further reading/discussion (including Reading and Vocabulary Lists)		
Reading - GCSE Pod - NHS Live Well	Vocabulary Lists Stress Anxiety Depression Self-Care Healthy Eating	