

Wellbeing Curriculum KS3 - 2022-2023



Our Wellbeing intent:

To help students develop the knowledge skills and attributes needed to **manage life's challenges and make the most of life's opportunities** keeping **healthy, safe and prepared** for life and work

Key Stage 3: Year 7

Overall Curriculum Goals					
<ul style="list-style-type: none"> To help students develop the knowledge skills and attributes needed to manage life's challenges and make the most of life's opportunities keeping healthy, safe and prepared for life and work 					
Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
<ul style="list-style-type: none"> Equality and Protected Characteristics Respectful relationships 	<ul style="list-style-type: none"> Respectful relationships Internet and safety harms 	<ul style="list-style-type: none"> Physical health and fitness 	<ul style="list-style-type: none"> Physical and mental health and wellbeing 	<ul style="list-style-type: none"> Physical health and wellbeing 	<ul style="list-style-type: none"> Personal hygiene Puberty Physical wellbeing First Aid
Key Vocabulary/Concepts/Ideas	Key Vocabulary/Concepts/Ideas	Key Vocabulary/Concepts/Ideas	Key Vocabulary/Concepts/Ideas	Key Vocabulary/Concepts/Ideas	Key Vocabulary/Concepts/Ideas
Understanding expectations and getting to know each other and the school Learning how happiness is being connected to others How to talk about emotions accurately and sensitively using appropriate vocabulary	Learning how happiness is being connected to others. How to talk about emotions accurately and sensitively using appropriate vocabulary Similarities and differences between the online world and the physical world How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report or find support	Learning about positive associations between physical activity and promotion of mental wellbeing What constitutes a healthy life Maintaining a healthy weight Links between inactivity and ill-health	Mental wellbeing How to talk about and recognise emotions accurately and sensibly How to recognise early signs of mental wellbeing concerns Learning how happiness is being connected to others Benefits and importance of exercise and time outdoors	the facts and harms of smoking and vaping The importance of personal hygiene, germs incl. bacteria, viruses and how they spread, antibiotics and vaccination	Learning about dental health and the benefits of good oral hygiene key facts about puberty, the changing adolescent body and menstrual wellbeing. the main changes which take place in males and females, and the implications for emotional and physical health. Building on knowledge of smoking - introduction to THC and the effects on the mind and body Introduction to basic first aid, CPR, defibrillators, what to do in an emergency
CIAG	CIAG	CIAG	CIAG	CIAG	CIAG
Skill for careers, strengths and weaknesses analysis	Skill for careers, strengths and weaknesses analysis	Careers Knowledge building	Careers Knowledge building	School subjects and careers pathways	School subjects and careers pathways

Key Stage 3: Year 8

Overall Curriculum Goals					
<ul style="list-style-type: none"> To help students develop the knowledge skills and attributes needed to manage life's challenges and make the most of life's opportunities keeping healthy, safe and prepared for life and work 					
Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
<ul style="list-style-type: none"> Respectful relationships Families and close positive relationships Being Safe 	<ul style="list-style-type: none"> Respectful relationships Challenging harassment 	<ul style="list-style-type: none"> Physical health Internet and safety harms 	<ul style="list-style-type: none"> Equality and Protected Characteristics 	<ul style="list-style-type: none"> Alcohol drugs and mental health 	<ul style="list-style-type: none"> Sexual orientation Hate Crime
Key Vocabulary/Concepts/Ideas	Key Vocabulary/Concepts/Ideas	Key Vocabulary/Concepts/Ideas	Key Vocabulary/Concepts/Ideas	Key Vocabulary/Concepts/Ideas	Key Vocabulary/Concepts/Ideas
Learning how happiness is being connected to others How to critically evaluate when something or they do or are involved in has a positive or negative effect on their own and other's mental health about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing That healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them the concepts relating to, coercion and harassment,	How stereotypes, in particular stereotypes based on sex and gender can cause damage to know what the law says about sex, relationships and young people how to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship	Similarities and differences between the online world and the physical world How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report or find support	that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal	that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (for example, how they might normalise non-consensual behaviour or encourage prejudice)	the legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal The law surrounding hate crime and discrimination
CIAG	CIAG	CIAG	CIAG	CIAG	CIAG

Skill for careers, strengths and weaknesses analysis	Skill for careers, strengths and weaknesses analysis	Careers Knowledge building	Careers Knowledge building	School subjects and careers pathways	School subjects and careers pathways
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Key Stage 3: Year 9

Overall Curriculum Goals					
<ul style="list-style-type: none"> To help students develop the knowledge skills and attributes needed to manage life's challenges and make the most of life's opportunities keeping healthy, safe and prepared for life and work 					
Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
<ul style="list-style-type: none"> Intimate and sexual relationships Healthy relationships and families Marriage 	<ul style="list-style-type: none"> Healthy relationships Consent 	<ul style="list-style-type: none"> Relationships and harassment FGM 	<ul style="list-style-type: none"> Online and safety harms Gambling Alcohol 	<ul style="list-style-type: none"> Drugs 	<ul style="list-style-type: none"> Mental Health
Key Vocabulary/Concepts/Ideas	Key Vocabulary/Concepts/Ideas	Key Vocabulary/Concepts/Ideas	Key Vocabulary/Concepts/Ideas	Key Vocabulary/Concepts/Ideas	Key Vocabulary/Concepts/Ideas
the communication and negotiation skills necessary for contraceptive use in healthy relationships the characteristics and benefits of strong, positive relationships, including mutual support, trust, respect and equality about diversity in romantic and sexual attraction and developing sexuality, including sources of support and reassurance and how to access them strategies to access reliable, accurate and appropriate advice and support with	how people can actively communicate and recognise consent from others, including sexual consent legal provisions for serious and organised crime The facts surrounding so-called honour-based violence and forced marriages the facts around pregnancy including miscarriage that there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby,	trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict what constitutes sexual harassment and sexual violence and why these are always unacceptable The concepts of FGM and how these can affect current and future relationships that some types of behaviour within relationships are criminal, including violent behaviour and coercive control.	The impact of time spent online and how this may affect mental health about online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online. not to provide material to others that they would not want shared further and not to share personal material which is sent to them.	the facts about legal and illegal harmful substances and associated risks The law surrounding illegal substances	how to talk about their emotions accurately and sensitively, using appropriate vocabulary that happiness is linked to being connected to others how to recognise the early signs of mental wellbeing concerns common types of mental ill health (e.g. anxiety and depression) 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

relationships, and to assist others to access it when needed. That there are choices in relation to pregnancy (with medically and legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help) • how the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing.	adoption, abortion and where to get further help)	what is FGM and who is at risk? The law surrounding FGM.	what to do and where to get support to report material or manage issues online.		
CIAG	CIAG	CIAG	CIAG	CIAG	CIAG
Skill for careers, strengths and weaknesses analysis	Skill for careers, strengths and weaknesses analysis	Post 16 routes and options	Post 16 routes and options	World of work	World of work