

PSHE at Cox Green Curriculum Plan

Key Stage 3 Year 7

Year 7						
Term 1	Term 2	Term 3	Term 4	Term 5		
Team Building and	Healthy Relationships, cyber	Healthy Lifestyle	Prevent – Tolerance in our	Community issues – being a positive		
Transition at Longridge	bullying and Internet Safety		society.	citizen.		
Students will spend the day	Students will listen to a guest	Students will develop their	Students will hear from the	Students will hear from the Police		
at Long ridge and participate	speaker informing them of the	understanding of how to live	guest speaker	who will deliver a presentation		
in a number of team building	dangers when using social	a healthy lifestyle. They will	Aik Saath who will inform them	about the issues young people have		
activities. This gives the	media, how to use it	participate in a physical	and develop their knowledge	in our society and how to remain		
students the opportunity to	appropriately and how to report	activity session with a	and understanding of racial	safe.		
work with other and get to	abuse and inappropriate	Personal Trainer and	tolerance followed.			
know each other.	content.	understand how exercise can	Students will then undertake a	Students will then undertake a		
	The second part of the session	have a positive impact on	number of activities based on	number of activities based on the		
	students will complete different	their lives.	the talk and Prevent. This will	talk and how to be a positive citizen.		
	activities focused around	The second part of the	be done through videos,	This will be done through videos,		
	Internet Safety. This will be	session students will	discussions and other activities.	discussions and other activities.		
	explored through videos,	complete a number of				
	discussions and written tasks.	activities exploring a healthy				
		diet and how this can have a				
	SMSC/British Values:	positive impact on your	SMSC/British Values:			
SMSC/British Values:	Understanding the	health.	Use of a range of social skills in	SMSC/British Values:		
Developing social skills	consequences of actions.		different contexts, for example	Understanding the consequences of		
through communication and	Recognising right and wrong.	SMSC/British Values:	working and socialising with	actions. Recognizing right and		
collaboration.	Knowing the effects of our	Developing social skills	other pupils, including those	wrong. Knowing the effects of our		
	behavior.	through communication and	from different religious, ethnic	behavior.		
		collaboration.	and socio-economic	Understanding personal influences.		
		Understanding the	backgrounds			
		consequences of behavior	Understanding about breaking			
		and actions.	rules. Developing tolerance of			
			others.			
			Rule of law.			



PSHE at Cox Green Curriculum Plan Key Stage 3 Year 8

Term 1	Term 2	Term 3	Term 4	Term 5
On site Activity Day	Healthy Relationships, cyber	Effects of Drugs and Alcohol.	Prevent – Tolerance in our	Mental Health - mindfulness
	bullying and Internet Safety		society.	
Students will spend the day	Students will listen to a guest	Students will listen to a guest	Students will hear from the	Students to develop their knowledge
at participating in a number	speaker informing them of the	speaker from Alcoholics	guest speaker	and understanding of physical and
of team building activities.	dangers when using social	Anonymous. This will be	Aik Saath who will inform them	mental health. Students will
This gives the students the	media, how to use it	followed by session led by	and develop their knowledge	participate in a session led by a
opportunity to work with	appropriately and how to report	the tutor. Students will	and understanding of racial	personal trainer and develop their
other and get to know each	abuse and inappropriate	reflect on what they have	tolerance followed.	understanding of how to look after
other.	content.	learnt from the speaker.	Students will then undertake a	themselves physical and how this
	The second part of the session	Students will then	number of activities based on	can lead to a healthier lifestyle.
	students will complete different	participate in a number of	the talk and Prevent. This will	For the second part of the session
	activities focused around	awareness activities focused	be done through videos,	students will participate in a number
	Internet Safety. This will be	around alcohol, drugs and	discussions and other activities.	of activities designed to teach them
	explored through videos,	smoking. There will be a		about mindfulness and how this can
	discussions and written tasks.	variety of activities ranging		benefit your mental health.
		from videos, worksheets and		
		discussions.	SMSC/British Values:	SMSC/British Values:
	SMSC/British Values:		Understanding and appreciating	Understanding and appreciating
SMSC/British Values:	Understanding the		personal influences.	personal influences.
Understanding the	consequences of actions.	SMSC/British Values:	Understanding about breaking	Critical thinking. Staying healthy and
consequences of actions.	Recognising right and wrong.	Encouraging self-discipline	rules. Developing tolerance of	safe.
Developing social skills	Knowing the effects of our	and critical thinking.	others.	Making informed choices and
through communication and	behavior.	How to stay safe and know	Rule of law.	protecting health.
collaboration.	How to stay safe and know that	that behaviours affect		
Critical thinking. Staying	behaviours affect others.	others.		
healthy and safe.	Critical thinking. Staying healthy	Critical thinking. Staying		
	and safe.	healthy and safe.		