



2019-2020 Medium Term Plan – KS3 PSHCE

	Autumn 1 (8 weeks)	Autumn 2 (7 weeks)	Spring 1 (6 weeks)	Spring 2 (6 weeks)	Summer 1 (5 weeks)	Summer 2 (7 weeks)
2019-2020	<p>Being Myself Identity Differences Self-Regulation and Sensory Needs</p> <p>Medicines and Medication Importance of doctors / dentists Oral hygiene Organ donation Safely using medicine</p> <p>Changing Relationships Families Friendships Effective relationships How to be respectful</p>	<p>Communities and Cultures Different cultures What is in my community for different cultures Groups I Belong To Social groups</p> <p>Anti-bullying Week 2019 (Change Starts With Us)</p>	<p>Handling Conflict What is resilience Types of conflict Understanding my feelings Who can I go to if I have a problem Learning my own strategies</p> <p>Staying Safe Out and About Green cross code Water safety and cold water shock Firework safety Cycle safety Countryside code Safety in different seasons Safety around animals</p>	<p>Media and Advertising Newspapers Gender depiction Using the media for debating</p> <p>RSE (TBD) Conformity (what the media says we should do) Online risks RSE and the Law RSE and religion or cultures</p>	<p>Democracy What is a democracy Why are they beneficial Making our own policies and rules</p> <p>Exercise and Rest Importance of exercise Importance of rest Long and short term effects of exercise Long and short term effects of good rest patterns Types of exercise</p>	<p>Aspirations Setting goals Creating plans What am I good at What can I do to improve Where can I go for help? Where can I volunteer</p> <p>Transitions Moving on The Future Job aspirations</p>
Map to NC Entitlement	SRE Health	Citizenship Social	Citizenship Personal	Social SRE	Citizenship Health	Personal Social Citizenship
PfA Cross Reference Link	<p>Safety: Personal Hygiene & Diet: Strength & Fitness: Coordination & Balance: Emergencies & Situations: Resilience: Teamwork: Understanding & Managing Time: Travel & Navigation: IT Literacy: Leadership: Resolving Conflict: Self Awareness & Control: Understanding Others: Emotional Wellbeing: Verbal & Physical Communication: Skills around Home: Distance, Weight & Volume: Financial Capability: Numeracy: Creativity & Innovation: Social, Moral & Spiritual: Literacy: Thinking Skills.</p>					