



Valentines High School

KS3 Academic Learning Journey – PSHE

Year 7 Skills

Students will develop a range of skills including:

Responsibility, independent thought, self-esteem, risk management, resilience, critical thinking, leadership, teamwork

Year 7 Knowledge

Students will gain knowledge of:

Careers – identifying career options; Road safety – safe crossings, cycling; Internet safety – personal information, grooming, reporting strategies; Drugs awareness – what is addiction?; Healthy living – diet, exercise; SRE – positive friendships, family, communication; Mental Health and wellbeing – how we can maintain good mental health; Anti-bullying – prevention, respect, reporting; Politics and economics – taxes, Brexit

Year 8 Skills

Students will further develop a range of skills including:

Responsibility, independent thought, self-esteem, risk management, resilience, critical thinking, leadership, teamwork

Year 8 Knowledge

Students will gain knowledge of:

Careers – furthering aspirations and different pathways; Managing change; Drugs education – identification, risk and consequences; Knife Crime – prevention, the law; Keeping safe online – sexting, personal information, social media, fake news; Healthy living – diet, exercise; SRE – puberty, healthy relationships, identity and awareness; Mental Health and wellbeing – emotional awareness, identifying stress factors, symptoms and strategies; Anti-bullying – community, acceptance; Politics and economics - local government, voting rights

Year 9 Skills

Students will further develop a range of skills including:

Responsibility, independent thought, self-esteem, risk management, resilience, critical thinking, leadership, research skills, presentation skills, teamwork

Year 9 Knowledge

Students will gain knowledge of:

Leadership skills – effective leadership; Masculinity and society – media pressure, responsible behaviour, emotional awareness; Careers – post-16 options, aspiration
Stereotyping and prejudice – dangers, acceptance, extreme behaviours; Drugs education - county lines, gangs; Managing life online – on-line relationships, personal details, digital footprints; Knife Crime – prevention, the law, risk; Healthy living – diet, exercise, managing change; SRE – healthy relationships, consent, identity and gender, British values and modern society; Mental Health and wellbeing – emotional awareness, support, healthy minds, peer support; Anti-bullying – prevention, impact; Rights and responsibilities – the law, politics; Charities and community organisations’ role and importance

