

Toynbee Curriculum

KS3 Topic Summaries

PSHCE

Personal Best

Toynbee School



Scheme of Learning: Year 7 PSHCE

1	2	3
Health & Wellbeing	Healthy Relationships	Living in the Wider World

Topic Overview:

PSHCE Themes

Relationship & Sex Education



Health & Wellbeing



Living in the Wider World



British Values addressed

1. Mutual Respect
2. Tolerance of Others
3. Individual Liberty
4. Rule of Law

SMSC addressed

- Spiritual
- Moral
- Social
- Cultural

Lesson Sequence:

What is PSHCE?

We begin PSHCE at Toynbee with an introduction PSHCE with the pupils learning why it is taught & the ground rules for appropriate & respectful behaviour. This lesson will also give pupils an opportunity to share what life skills they would like to learn at Toynbee.

Bullying & Understanding Protected Characteristics

Pupils look at the different roles you can play with Bullying & Who, What & Where they can for support both in school & at home. We use this lesson as an opportunity to discuss protected characteristics.

How to manage friendships

We look at different types of friendships & discuss positive ways to develop new friendships & how to find the confidence to address unhealthy behaviour from a friend.

Understanding Mental Health in Myself & Others This lesson pupils look at what wellbeing might look like in someone's life. Pupils will explore strategies to improve my own and others emotional wellbeing. The pupils will create their own wellbeing character -

Appropriate sources of help In our final lesson we explore the impact that media and social media can have on how people think about themselves.

We then explore and analyse ethical issues regarding when peers need help and identify and how to access the most appropriate sources of help.

Sequence of Lessons:		Topic Resources:		
1	- What is PSHCE?	Knowledge Map:	Health & Well Being	Prescribed Sources:
2	- Bullying & Understanding Protected Characteristics			
3	- How to manage friendships	Assessment:		
4	- Understanding Mental Health in myself & others	Knowledge:	10 Question Assessment	
5	- Appropriate sources of help	Application of Knowledge:	Class Debate	
6	- Assessment & Class debate	Supportive Reading:		
			https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1	
			https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/worried-about-your-teenager/	
			https://anti-bullyingalliance.org.uk/	

Scheme of Learning: Year 7 PSHCE

1	2	3
Health & Wellbeing	Healthy Relationships	Living in the Wider World

Topic Overview:

Relationships and sex education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It should equip children and young people with the information, skills and values to have safe, fulfilling and enjoyable relationships and to take responsibility for their sexual health and well-being

PSHCE Themes

Healthy Relationships



Health & Wellbeing



British Values addressed

1. Mutual Respect
2. Tolerance of Others
3. Individual Liberty
4. Rule of Law

SMSC addressed

Moral
Social

Lesson Sequence:

Puberty We are learning about how the emotions are affected by puberty, how this may affect relationships and how to manage this Pupils will learn the main physical and emotional changes experienced during puberty & how relationships can be affected during puberty. We will also look at strategies for managing the emotional aspects of puberty.

Menstrual Wellbeing, We are learning about menstrual (period) wellbeing. They will learn how to challenge assumptions and stereotypes about menstruation

Healthy Relationships

We are learning about the qualities of healthy and unhealthy relationships. Pupils will be able to describe the features of different committed, stable, healthy relationships & how to identify healthy and unhealthy relationship behaviours.

Managing Conflict

We are learning skills to manage relationship conflict in families. Pupils will be able to explain different communication styles and their likely impacts. And give examples of effective communication.

Introduction to Consent

We are learning about what consent means, both legally and ethically, and what it looks like in practice.

Sequence of Lessons:		Topic Resources:	
1	Puberty	Knowledge Map:	Prescribed Sources:
2	Menstrual Wellbeing	Assessment:	
3	Healthy Relationships	Knowledge:	10 Question Assessment
4	Managing Conflict	Application of Knowledge:	Class Debate
5	Introduction to Consent	Supportive Reading:	
6	Assessment & Class debate	https://pshe-association.org.uk/search?queryTerm=relationships+and+sex+education	

Scheme of Learning: Year 7 PSHCE

1	2	3
Health & Wellbeing	Healthy Relationships	Living in the Wider World

Topic Overview Living in the Wider World: In the last year at Toynbee pupils will focus on future roles and responsibilities as active participants in the wider world. They will also explore career pathways, employability skills, and financial literacy to prepare them for the transition to further education or the world of work

British Values addressed

PSHCE Themes

Living in the Wider World



1. Mutual Respect
2. Tolerance of Others
3. Individual Liberty
4. Democracy
5. Rule of Law

SMSC addressed

Spiritual
Moral
Social
Cultural

Lesson Sequence:

START -Careers

We begin our Topic on the Wider World by having an induction lesson on **START-Careers** . *Explore the world of work. Make your study choices. Write your CV and prepare for interview. Apply for apprenticeships, courses and work experience.*

British Values

Lesson two looks at British Values & how they affect their daily lives

Identity Diversity & Tolerance

Pupils learn about identity, Tolerance & diversity. With a focus on how this works in Ireland.

Culture

Pupils will learn what culture means & begin looking at diversity & identity in Europe. Pupils will be set a group task. "Culture in Europe"

Group task Culture

Lesson five sees the pupils work in small groups on their presentations on "Culture in Europe" They are tasked to production a presentation on a European city, The challenge is to avoid Stereotypes. Pupils will work as a democracy following assigned roles.

Presentations & Assessment

Lesson six will feature the group presentations as a assessment of learning. Pupils will us this opportunity to peer assess each group

Sequence of Lessons:		Topic Resources:	
1	START -Careers	Knowledge Map:	Wider World
		Prescribed Sources:	
2	British Values	Assessment:	
		Knowledge:	10 Question Assessment
3	Identity Diversity & Tolerance	Application of Knowledge:	Small group presentations on "Culture in Europe"
4	Culture	Supportive Reading:	
5	Group task Culture		https://careers.startprofile.com/
6	Presentations & Assessment		https://www.bbc.co.uk/teach/young-reporter/telling-my-story-identity/zk662v4

Scheme of Learning: Year 8 PSHCE

1	2	3
Health & Wellbeing	Healthy Relationships	Living in the Wider World

Topic Overview: Pupils will learn the knowledge and strategies to make positive choices that keep them healthy. Areas covered include how to maintain a healthy balanced lifestyle through food choices and physical activity, as well as potential barriers people might face.

PSHCE Themes

Health & Wellbeing  

British Values addressed

1. Mutual Respect
2. Individual Liberty

SMSC addressed

Spiritual
Moral
Social

Lesson Sequence:

Making Choices about diet & Exercise

This is the Health Education lesson for Year 8 pupils, exploring food choices, physical activity, and balanced lifestyles. In this lesson, students explore what influences diet and exercise choices and how to discern between reliable and less reliable health information.

Maintaining Physical Health

This lesson is spent exploring food choices, physical activity, and balanced lifestyles. In this lesson pupils learn why health-related decisions might vary from person to person, and about barriers to making healthier choices and strategies for overcoming these.

Dental Health

Building Oral Hygiene Routines

A lesson focussing on the need for good oral hygiene routines and dental health, including considerations for braces, and strategies for gaining access to NHS dental services

The Sleep Factor

Exploring the importance of healthy sleep. The lessons aim to raise awareness of the impact of quality sleep, and to equip young people with the skills and strategies they need to get better sleep.

Basic First Aid

Introduction for pupils to learn how to deal with first aid emergencies

Sequence of Lessons:		Topic Resources:		
1	Making Choices about diet & Exercise	Knowledge Map:	Health & Well Being	Prescribed Sources:
2	Maintaining Physical Health	Assessment:		
3	Dental Health Building Oral Hygiene Routines	Knowledge:	10 Question Assessment	
4	The Sleep Factor	Application of Knowledge:	Class Debates	
5	Basic First Aid	Supportive Reading:		
6	Assessment & Class debate	Health For Teens Everything you wanted to know about health St John Ambulance: First Aid Training in School (pshe-association.org.uk) Physical health (pshe-association.org.uk)		

Scheme of Learning: Year 8 PSHCE

1	2	3
Health & Wellbeing	Healthy Relationships	Living in the Wider World

Topic Overview: Relationships and sex education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It should equip children and young people with the information, skills and values to have safe, fulfilling and enjoyable relationships and to take responsibility for their sexual health and well-being

PSHCE Themes

Healthy Relationships 

British Values addressed

1. Mutual Respect
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SMSC addressed

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Lesson Sequence:

Relationship Values Pupils are learning to develop realistic and healthy relationship values and expectations. Pupils will learn to reflect on and articulate relationship values.

Influences in Relationships

Pupils are learning how to challenge unrealistic relationship expectations they will be able to justify their view & explain the issues and concerns with image sharing & how the media can distort relationship expectations.

Sexual Orientation and Gender Identity

Pupils will be learning how to understand and respect the spectrum of gender identities and sexual orientations

Consent – Avoiding Assumptions

Pupils are learning about common assumptions related to consent and how to challenge these. They will be able to identify common assumptions related to consent and explain why they are wrong. They will look at the right to not give/withdraw consent at any time and why this must be respected.

Technology & Relationships Pupils learn about the impact of watching porn and the possible consequences. The risks involved in sexting and how to stay safe online. This lessons also explores young people and the law.

Sequence of Lessons:

1	Relationship Values
2	Influences in Relationships
3	Sexual Orientation and Gender Identity
4	Consent – Avoiding Assumptions
5	Technology & Relationships
6	Assessment & Class debate

Topic Resources:

Knowledge Map:	Healthy Relationships	Prescribed Sources:	
Assessment:			
Knowledge:	10 Question Assessment		
Application of Knowledge:	Class Debate		
Supportive Reading:			
	https://pshe-association.org.uk/search?queryTerm=relationships+and+sex+education		
	https://www.barnardosrealoverrocks.org.uk/		

Scheme of Learning: Year 8 PSCH

1	2	3
Health & Wellbeing	Healthy Relationships	Living in the Wider World

Topic Overview: This topic covers a number of areas which children and young people need to know, relating to respecting others, being a responsible and contributing citizen of their community, their country and the wider world.

PSHCE Themes

Living in the Wider World



British Values addressed

1. Mutual Respect
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SMSC addressed

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Lesson Sequence:

Reporting crime Snitching and the bystander approach

This resource provides information about Fearless.org, discusses the barriers to reporting crime including myths around snitching and also information on the Bystander Approach and how you can talk to young people about being an active bystander

Feelings about image sharing

In lesson two we analyze different motivations behind requesting, sending, and passing on nude images. To identify thoughts and emotions associated with receiving unwanted images. We look at challenging misconceptions relating to sending and receiving nude images & investigate strategies to manage pressure to send or share an image.

Government & Parliament

In lesson three Year 8 Pupils will learn about the structure of the UK Parliament (including the House of Commons, House of Lords, and the roles they play in running the country)

Dictatorships

Lesson four looks at how Dictatorships work & pupils form a new political party and are put into small randomly selected groups to create a

Brave new world presentations

"You have the power"

The pupils work together to create & their political manifesto to the class.

You have the power

Pupils present their political manifesto to the class as an assessment of knowledge learnt. They will be assessed on their presentation and have an opportunity to peer assess each group.

Sequence of Lessons:		Topic Resources:		
1	Reporting crime Snitching and the bystander approach	Knowledge Map:	Wider World	Prescribed Sources:
2	Feelings about image sharing	Assessment:		
3	Government & Parliament	Knowledge:	10 Question Assessment	
4	Dictatorships	Application of Knowledge:	& Class Debate	
5	You have the power	Supportive Reading:		
6	Assessment & Class debate	start careers - Google Search CEOP Safety Centre		

Scheme of Learning: Year 9 PSHCE

1	2	3
Health & Wellbeing	Healthy Relationships	Living in the Wider World

Topic Overview:

Engaging lessons that explore the facts, laws, risks and consequences associated with alcohol and other drug use. Your pupils will learn how to manage influences and pressure, and keep themselves healthy and safe.

PSHCE Themes

Health & Wellbeing



British Values addressed

1. Mutual Respect
2. Tolerance of Others
3. Individual Liberty
4. Democracy
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SMSC addressed

Spiritual
Moral
Social
Cultural

Lesson Sequence:

Exploring Attitudes

Is the first of four lessons for Year 9, focusing on the risks and consequences of drug use. We assess current understanding of drugs, explore attitudes towards their use and clarify perceptions regarding the prevalence of drug use

Managing risk, the second lesson moves on to the risks and consequences of drug use. This lesson will teach students about the law in relation to drugs.

Alcohol and cannabis

the third lesson explores the effects of different patterns of alcohol use, in addition to the health risks associated with alcohol and cannabis use

Managing influences

is the last of four lessons focusing on the risks and consequences of drug use. This lesson develops skills and strategies to manage pressure in and influence relation to substances.

Vaping

In this lesson pupils explore the consequences of vaping and challenging the influences that might encourage young people to vape.

Sequence of Lessons:		Topic Resources:	
1	Exploring Attitudes	Knowledge Map:	Health & Wellbeing
2	Managing risk	Prescribed Sources:	
3	Alcohol and cannabis	Assessment:	
4	Managing influences	Knowledge:	10 Question Assessment
5	Vaping	Application of Knowledge:	Class Debate
6	Assessment & Class debate	Supportive Reading:	
		talk to frank - Google Search Young people's substance misuse treatment statistics 2021 to 2022: report - GOV.UK (www.gov.uk)	

Scheme of Learning: Year 9 PSNCE

1	2	3
Health & Wellbeing	Healthy Relationships	Living in the Wider World

Topic Overview: Relationships and sex education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It should equip children and young people with the information, skills and values to have safe, fulfilling and enjoyable relationships and to take responsibility for their sexual health and well-being

PSHCE Themes

Healthy Relationships



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SMSC addressed

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Lesson Sequence:

Respectful Relationship Behavior's

Pupils will be learning about beginning and growing positive relationships to assess readiness for intimacy. They will be able to explain the difference between welcome and unwelcome interest and describe what respectful behaviour looks like in both everyday and romantic contexts. They will now how to explain when and how to access support if encountering inappropriate behaviours.

Capacity to Consent

Pupils will be learning about what 'freedom' and 'capacity' to consent mean in different contexts. They can then explain what is meant by freedom and capacity to consent. We explore contexts where freedom or capacity to consent have been reduced or removed, and why this means consent has no longer been given.

Managing the Ending of Relationships

Pupils will be learning how to manage the end of an intimate relationship and how to identify the range of emotions associated with breakups. We look at ways to manage a break-up safely and appropriately and suggest strategies to help manage emotions during a break-up.

Pressure, Persuasion and Coercion

Pupils learn how consent sought through pressure and coercion is wrong and is not genuine. We are learn how to manage pressure to consent and how to recognise when asking for consent becomes inappropriately pressurising or persuasive.. We explore the legal consequences of pressure, persuasion and coercion in relation to consent.

The Impact of Pornography

Pupils learn about pornography and its impact on understanding consent. We evaluate the impact of pornography on people's understanding and expectations of consent. Pupils look at how to challenge inaccurate and dangerous messages about sexuality, gender and consent perpetuated by pornography.

Sequence of Lessons:	
1	Respectful Relationship Behavior's
2	Capacity to Consent
3	Managing the Ending of Relationships
4	Pressure, Persuasion and Coercion
5	The Impact of Pornography
6	Assessment & Class debate

Topic Resources:			
Knowledge Map:	Healthy Relationships	Prescribed Sources:	
Assessment:			
Knowledge:	10 Question Assessment		
Application of Knowledge:	Class Debate		
Supportive Reading:			
https://pshe-association.org.uk/search?queryTerm=relationships+and+sex+education			

Scheme of Learning: Year 9 PSHCE

1	2	3
Health & Wellbeing	Healthy Relationships	Living in the Wider World

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Lesson Sequence:

My Values begins with a recap of British values & what living in Britain means. The lesson then moves on to understand what core values are and the importance of having them.

We look at Internal values the things that are important to us that we cannot see, and External values are things that are important to us that we can see. We explore that people are happier when they focus on what they value, rather than being influenced by external things like advertising and social media that tell us we should value looks, status, money and 'things'.

Being a positive Bystander To understand what a positive bystander is and why it is important to be one. We look at what action you can take to be a positive bystander & the barrier that might stop you.

The Cost of living

This fourth lesson within the topic explores the cost of living in the UK and how this is impacting on families across the county. Pupils will have access to IT and will be tasked in vested various costs dependant on where abouts in the UK live.

Understanding and preventing extremism

We learn about how violent extremism differs from legitimate protest and dissent & ways to respond to worrying behaviors.

START -Careers

We end our Topic on the Wider Word by having a lesson on **START-Careers**. *Explore the world of work. Make your study choices. Write your CV and prepare for interview. Apply for apprenticeships, courses and work experience.*

Sequence of Lessons:		Topic Resources:	
1	My Values	Knowledge Map:	Prescribed Sources:
2	Being a Positive Bystander	Assessment:	
3	Crime & Punishment	Knowledge:	
4	Understanding & Preventing Extremism	Application of Knowledge:	10 Question Assessment & Class Debate
5	START Careers		
6	Assessment & Class debate	Supportive Reading:	