Curriculum Subject PSHE Curriculum Level KS3/Bridge

Curriculum Intent

Our PSHE (Personal, Social, Health, and Economic) curriculum is designed to support the unique needs of our online school students, focusing on building healthy relationships, developing healthy habits, and staying safe online. Recognizing the vulnerability of our students and their missed opportunities for formal education, this curriculum aims to provide a safe and supportive environment where they can learn essential life skills to protect themselves and thrive.

The curriculum will be delivered through interactive online lessons, discussions, and activities that engage students and cater to their diverse learning needs. We will use a variety of digital tools and resources to create an inclusive and accessible learning environment. Regular assessments and feedback will ensure that students are progressing and receiving the support they need.

By the end of the PSHE curriculum, students will have a strong foundation in building healthy relationships, developing healthy habits, and staying safe online. They will be empowered to protect themselves and make informed decisions, contributing to their overall well-being and success in life. Our goal is to ensure that every student feels supported, valued, and equipped with the skills necessary to navigate the challenges of the modern world.

Who this SOW is for:

Key Stage 3 PSHE at Chiron OEP is designed for students who have had limited formal education in personal, social, health, and economic topics during Key Stage 1 and 2. These students need to build their knowledge and skills to develop a contextual understanding of essential life skills that will support their well-being and safety. Our Key Stage 3 students might not have the chronological age of typical Year 7 to 9 students, but they are not yet ready to work towards a GCSE until the foundational elements of this curriculum are in place. This scheme of work is designed to help them to:

Start to build an understanding of healthy relationships and personal well-being.
Introduce students to a range of interrelated topics from the Key Stage 3 PSHE curriculum.
Relate PSHE topics to real-life situations and the modern world.

This curriculum aims to provide a supportive and engaging learning environment where students can develop the skills and knowledge necessary to protect themselves and thrive in their personal and social lives.

Topic	Learning objectives - The learners will be able to:	Learning Activities and Resources	Assessment Opportunities	Cross-curricular links	Units 1	Unit 2	Unit 3
Building healthy relationships	Foster understanding of respectful and positive relationships, including friendships, family relationships, and romantic relationships. Teach effective communication skills, conflict resolution, and empathy. Address issues such as bullying, peer pressure, and consent.	Respectful relationships unit	Kahoots End of unit assessments Plenary cards (each lesson in resources) Question matrix	English - persausive writing English - reading list	Respectful relationships		
Developing Healthy Habits	Promote physical and mental well-being through education on nutrition, exercise, and sleep. Encourage self-care practices and stress management techniques. Provide information on substance abuse prevention and making healthy lifestyle choices.	Mental wellbeing unit Healthy lifestyles unit Healthy and prevention unit	Kahoots End of unit assessments Plenary cards (each lesson in resources) Question Matrix	Assemblies PE Science - biology	Mental Wellbeing	Healthy lifestyles	Health and prevention
Staying safe online	Equip students with the knowledge and skills to recognize and respond to unsafe situations. Encourage self-advocacy and seeking help from trusted adults Provide resources and support for students facing specific vulnerabilities.	Online and Media unit Internet safety unit Online: Harmful content unit	Kahoots End of unit assessments Plenary cards (each lesson in resources) Question Matrix	Science - analysing informat	Online and Media	Internet safety	Online: Harmful content

Embedding PSHE across Chiron OEP

At Chiron OEP, we recognise that due to variations in curriculum provision and the number of hours students spend with us, not all learners may access the full PSHE curriculum at Key Stage 3. To address this, we make every effort to embed key PSHE themes across all subject areas. Teachers regularly audit their curricula to identify opportunities to integrate PSHE topics into their teaching. For example, healthy living is explored in Science, while English lessons may focus on healthy relationships. Additionally, all students are invited to participate in weekly assemblies where current events and awareness days are discussed through the lens of PSHE curriculum themes.