

**PSHE/ Citizenship and RSE Landgate School Long Term Planning 2019-2022**

<p><b>Key Stage 3</b></p>	<p><b>Key stage 3 Intent:</b>          In key stage three learners access a specific session once a week. At Landgate, we believe that PSHE/ RSE helps young people embrace change, feel positive about who they are and enjoy healthy, safe, responsible and fulfilled lives. Through active learning opportunities learners recognise and manage risk, take increasing responsibility for themselves, their choices and behaviours and make positive contributions to their families, schools and communities. As learners learn to recognise, develop and communicate their qualities, skills and attitudes, they build knowledge, confidence and self-esteem and make the most of their abilities. As they explore similarities and differences between people and discuss social and moral dilemmas, they learn to deal with challenges and accommodate diversity in all its forms.</p> <p>The world is full of complex and sometimes conflicting values. PSHE/ RSE helps learners explore this complexity and reflect on and clarify their own values and attitudes. They identify and articulate feelings and emotions; learn to manage new or difficult situations positively and form and maintain effective relationships with a wide range of people.</p> <p><b>Knowledge, Skills and Understanding</b></p> <ul style="list-style-type: none"> <li>• Personal well-being – establishing rules, friendship, transition and personal targets, diversity, discrimination, and gender, healthy lifestyles, eating and exercise, first aid and lifesaving, risk and peer influence, tobacco and alcohol, personal identity, physical and emotional changes, puberty.</li> <li>• Economic Well-Being – careers, enterprise, skills, roles, identities, choices at age 14+, money and personal budgeting, work roles and aspirations, study and research skills, consumer choices, moral and ethical choices, enterprise and business understanding.</li> <li>• Citizenship – the operation of parliament, voting and elections, liberties enjoyed by UK citizens, rules and laws and the justice system, the role of the police and courts, e-safety, travel safety and road awareness, improving communities, the role of the monarch.</li> </ul> <p>Learners develop their knowledge of:</p> <ul style="list-style-type: none"> <li>— Drug education</li> <li>— Financial education</li> <li>— Sex and relationship education</li> <li>— Physical activity</li> <li>— Diet for a healthy lifestyle</li> </ul>
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		<b>Key Stage Opportunities:</b> — PSHE — Citizenship — RSE		
		<b>Year A 2019-20</b>	<b>Year B 2020-2021</b>	<b>Year C 2021-2022</b>
<b>Focus 1</b>	<b>Key Focus:</b>	<b>Parliament (voting and elections)</b>	<b>Rules and Laws (including the role of the police, courts)</b>	<b>Travel Safety (including road safety)</b>
	<b>Vocabulary and Knowledge:</b>			
	<b>Key Skills:</b>			
	<b>Key Opportunities:</b>			
<b>Focus 2</b>	<b>Key Focus:</b>			
	<b>Vocabulary and Knowledge:</b>			
	<b>Key Skills:</b>	<b>Changing Adolescent body</b>	<b>Body Image (personal identify, diversity, discrimination, gender)</b>	<b>Puberty (including personal hygiene)</b>
	<b>Key Opportunities:</b>			
<b>Focus 3</b>	<b>Key Focus:</b>	<b>Sustainability (eco friendly)</b>	<b>Emergency Aid (including lifesaving)</b>	<b>Community Support (including how communities work)</b>
	<b>Vocabulary and Knowledge:</b>			
	<b>Key Skills:</b>			
	<b>Key Opportunities:</b>			
<b>Focus 4</b>	<b>Key Focus:</b>	<b>Forming Positive Relationships</b>	<b>Bullying/ Cyberbullying</b>	<b>Internet Safety</b>

	Vocabulary and Knowledge:			
	Key Skills:			
	Key Opportunities:			
Focus 5	Key Focus:	<b>A Healthy Balance</b>	<b>Physical Health and Fitness</b>	<b>Alcohol, Drugs and Tabaco</b>
	Vocabulary and Knowledge:			
	Key Skills:			
	Key Opportunities:			
Focus 6	Key Focus:	<b>Function of Money and Personal Budgets</b>	<b>Business and Enterprise Skills</b>	<b>Careers Pathways (CVs, aspirations, roles)</b>
	Vocabulary and Knowledge:			
	Key Skills:			
	Key Opportunities:			