

Rivers



Education Support Centre

KS3 PSHE Curriculum Overview

2026

Curriculum Overview

Rivers ESC PSHE curriculum is written and designed to cover a three main topics that are Health and Wellbeing, the Wider World and Relationships. These three topics broach a range of Themes that are paramount to our young peoples development for school and the world beyond school. The curriculum is designed to meet statutory guidance from the government whilst, building pupils confidence and emotional literacy.

Curriculum intent

Our PSHE curriculum aims to develop pupils to be able to keep themselves

- Mentally and physically healthy
- Safe, respectful and responsible members of society
- Prepared for adult life employment and further education
- Able to build positive relationships and make informed decisions
- Resilient and confident with emotional literacy
- Aware of how to seek help and support when needed

Importance of PSHE

PSHE (Personal, social, health and economic education) Is extremely important in young peoples lives as it equips young people with skills and knowledge that can help them to lead a healthy happy lifestyle. Social skills are endeavoured to be developed and taught to assist pupils in being positive contributors to society in everyday life.

Pupils will learn how to manage themselves physically and mentally with support from staff and with these members of staff build positive relationships. They will also learn their rights and responsibilities, prepare for adulthood and some of its challenges and opportunities.

PSHE is massively significant in our setting, pupils with disrupted education need to be provided with the opportunity to :

- Develop emotional literacy and self regulation
- Build confidence, resilience and self esteem

- Learn positive relationships and communication skills
- Understand how to keep themselves physically and emotionally safe
- Explore aspirations, careers and future pathways
- Develop independence and the skills needed for life beyond school.

The Curriculum Why and why we have our topics when

Our curriculum has been designed to ensure pupils do not fall behind vital information that they may have missed from not being in their mainstream setting. Having spoken to multiple of our contact schools they cover Sexual health and education in the spring term, this ensures that our curriculum is in line with others within our local area.

During the Spring term we will be covering the wider world and Health and Wellbeing. The wider world will have a big emphasis on the world outside of school. Careers, aspirations, employability skills and also give pupils the chance to learn about budgeting. This will ensure our pupils gain valuable life skills which will help them succeed both in the now and later life.

Finally the summer term will focus on drug awareness as well as Health and Wellbeing. During this topic the main focus will be around helping our pupils to stay healthy both physically and mentally. Managing emotions, addiction, body image and first aid awareness will be covered.

Our curriculum holistically allows us to develop pupils understanding of respect. Respect of one's self and the others that are around us. The sequenced learning about self awareness and emotional regulation in the first term allows pupils to mature. Then exploring some more sensitive topics like relationships and sexual health after once they are in the routine and understand the expectations set out by the school. All of this is needed to assist our pupils in becoming successful within education and society when they are living independently.

Key Stage 3 and 4 topics

TERM	TOPIC/THEME DETAILS
Autumn	Living in the wider world Rights/aspirations/Stereotypes

1	Radicalisation/prevent Health and well being will be taught with a look into first aid where pupils will be able to gain a basic first aid qualification. Pupils will also have a visit from Herts young homeless and they will be looking at well being and Sexting. We will also touch upon some teacher led drug awareness work.
Autumn 2	Health and wellbeing Substance misuse and healthy choices Living in the wider world will be covered, Herts young homeless will be coming back in for another visit. There will also be 2 further drugs lessons that will be teacher led. Job centre plus will also be present and deliver 3 session all based around skills for further life to be help young people understand how to get jobs and build their finances. E safety
Spring 1	Relationships Job centre plus will be continuing some sessions to help pupils with being employable with a session on CV writing that will be teacher led. Some self defence will be taught in this topic to all pupils to help them understand how they can stay safe. b
Spring 2	Relationships Self-esteem/romance/sexuality and consent Sex and relationship education will be included in this topic with assistance on STI's and contraception. If possible the impacts of pornography will be covered and the laws and rules around "Nudes" E safety
Summer 1	Health and wellbeing Healthy choices/puberty/eating disorders/LGBTQ and trans Basic first aid will be delivered to our new cohort at key stage 3 to ensure all have a basic understanding of health and safety. Healthy eating and nutrition to be delivered.
Summer 2	Living in the wider world Introduction to contraception including condom and the pill (year 9) We will be looking at road safety, and safety when trying to swim in open water. Factors around safety and keeping ourselves safe.