

Beths Grammar School KS3 PSHCE Curriculum Map

Year 7 Term	INTENT	IMPLEMENTATION	IMPACT
	Substantive Knowledge This is the specific, factual content for the topic, which should be connected into a careful sequence of learning.	Disciplinary Knowledge (Skills) This is the action taken within a particular topic in order to gain substantive knowledge.	Assessment opportunities What assessments will be used to measure student progress? Evidence of how well students have learned the intended content.
Autumn Term	<p>Health and Wellbeing: Transition and safety.</p> <ul style="list-style-type: none"> • Transition • Managing change • Road safety • First Aid • Knowing the School • Learning the school values • Organisation • Being part of a team • My house • Dreams and Ambition • Planning for Success • Achieving Goals. • Skills for the Future <p>Additional events and links to whole school campaigns: October- Black History month</p>	<p>To reflect on the transition from primary to secondary school and how to manage the changes that can arise.</p> <p>Understand the school values and house system.</p> <p>Reflect on how to be a great Beths learner.</p> <p>Learn how to give to best community every day including checking their understanding of Beths Scholar.</p> <p>Develop long term dreams and ambition.</p> <p>Understand the main ingredients for success at Beths.</p> <p>Understand skills required for secondary school and beyond.</p> <p>To understand how different subjects help us use different skills.</p> <p>To reflect on my own use of these skills and how I can create more opportunities to use.</p> <p>Understand the risk to young people on roads I understand the Beths specific risks.</p>	<p>Low stakes quizzes/ true or false tests using traffic light system in planner to check students' progress. This method is not used for sensitive content.</p> <p>Baseline assessment starter questions to gage students understanding of a topic. Teacher will adapt content accordingly dependant on student's context.</p> <p>Exit tickets at the end of a lesson to check how well students have understood the topic and decide if further review is necessary.</p> <p>Self and peer assessment, offering students a chance to reflect on their previous learning. This helps students to understand their own learning and fosters a growth mindset.</p>

Beths Grammar School KS3 PSHCE Curriculum Map

		<p>Develop good strategies and habits to stay safe.</p> <p>Understand what the emergency services are and how to use them.</p> <p>Understand basic first aid and where to get support</p>	<p>At the end of a unit, students have a chance to reflect on their learning journey.</p> <p>Key terms, sentence structures and specific criteria and embedded into lessons to ensure students have consistent support and confidence when approaching tasks. Student's progress is monitored via their verbal and written feedback.</p> <p>Annual student survey monitors students understanding of the spiral curriculum.</p> <p>When utilising external visitors, students are asked for their feedback, to evaluate the effectiveness of the provision.</p>
--	--	---	---

Beths Grammar School KS3 PSHCE Curriculum Map

Autumn Term	<p>Values and Citizenship.</p> <ul style="list-style-type: none">• Revision of core values of the school• To understand own core values and how values influence choices• Human rights• Conflict between human rights, British rights and cultural and religious expectations and practices• Making ethical decisions• Prevent – British values• <p>Additional events and links to whole school campaigns: 11th-13th November anti bullying week</p>	<p>Reflect on the school values, my own values and why they are important.</p> <p>Learn what human Rights are.</p> <p>To learn about the UN Declaration of Human Rights.</p> <p>Understand the link between right and responsibilities.</p> <p>Learn four British values.</p> <p>Reflect on values from different cultures.</p> <p>To understand how my cultural values can contribute to modern Britain.</p> <p>Learn what ethics are.</p> <p>To consider an ethical dilemma.</p>	
--------------------	--	--	--

Beths Grammar School KS3 PSHCE Curriculum Map

<p>Spring Term</p>	<p>Relationships and Emotional Literacy Diversity.</p> <ul style="list-style-type: none">• Being part of a community• Prejudice• Challenging Stereotypes• Racism and discrimination• Bullying including cyber bullying	<p>Understand what it means to be part of a community.</p> <p>Reflect on how to belong in a community.</p> <p>Understand what bias and stereotypes are.</p> <p>To evaluate ways to safely challenge bias and stereotypes.</p> <p>Understand what discrimination and prejudice looks like. To understand the difference between prejudice and discrimination.</p> <p>Charlie's promise</p> <p>Reflect on safe strategies and support that can be put into place to overcome prejudice and discrimination.</p> <p>Understand bullying in all its forms and how to support others.</p> <p>Understand how to conduct yourself appropriately online.</p>	
---------------------------	--	--	--

Beths Grammar School KS3 PSHCE Curriculum Map

<p>Spring Term</p>	<p>Health and Wellbeing.</p> <ul style="list-style-type: none"> • Healthy diets • Benefits of physical exercise and the importance of sleep • Mental and emotional health and strategies to manage it • The cause and effect of unhealthy coping strategies • Revision and study skill. <p>Additional events and links to whole school campaigns: NHS 5 ways to wellbeing.</p> <p>Healthy diets during Ramadan. Focus on awareness of fasting during this holy month and how to be intentional when breaking fast.</p> <p>International Women's Day Saturday 8th March 2025</p>	<p>Understand what good mental and physical health looks and feels like.</p> <p>Know how to achieve good mental and physical health.</p> <p>Describe a balanced meal</p> <p>Understand healthy choices.</p> <p>Explain how physical exercise benefits general wellbeing.</p> <p>Comprehend the importance of good sleep.</p> <p>Understand negative, less healthy coping strategies and utilise positive, healthy coping strategies.</p> <p>Identify what signs we need to look out for in both ourselves and others that might mean extra support is needed.</p> <p>To know how to access that extra support</p>	
---------------------------	--	---	--

Beths Grammar School KS3 PSHCE Curriculum Map

<p>Summer Term</p> <p>6 weeks.</p>	<p>Relationships and Emotional Literacy.</p> <ul style="list-style-type: none">• Different relationships• Creating and maintaining positive relationships• Peer pressure and influences• Romantic relationships and consent• Online relationships and safety	<p>Reflect on the diversity of relationships we have. To start thinking about what makes great relationships. Think about how we can make friends Reflect on how relationships may have moments of conflict or difficulty. Decide on strategies to deal with conflict and difficulties in relationships. Understand the different ways we can experience peer pressure.</p> <p>Reflect on how peer pressure can be damaging.</p> <p>Learn about strategies to deal with peer pressure.</p> <p>Evaluate expectations for romantic relationships.</p> <p>Introduce the theme of consent and how to seek and assertively communicate consent when building relationships.</p>	
--	---	--	--

Beths Grammar School KS3 PSHCE Curriculum Map

<p>Summer Term</p>	<p>Living in the wider world and Planning for the future.</p> <ul style="list-style-type: none"> • Active Citizenship • Environment • Conscious /ethical spending • Active Citizenship • Enterprise skills and introduction to careers/ Unifrog launch • STEM Careers • Reflections on the year: • Personal setting targets for success <p>Additional events and links to whole school campaigns: Careers will launch Unifrog in summer 2. PSHCE supports this by allocating one session to the Unifrog treasure hunt.</p>	<p>Understand what active citizenship is.</p> <p>Learn about the climate emergency.</p> <p>Consider what moral factors should be considered when buying things.</p> <p>Understand when we can make positive changes.</p> <p>Understand how to use unifrog and research careers.</p> <p>Learn what STEM means and consider the range of STEM careers.</p> <p>Evaluate academic success so far this year and start planning for year 8</p> <p>Consider what makes a good target and set targets for next year.</p>	
---------------------------	--	--	--

Beths Grammar School KS3 PSHCE Curriculum Map

Year 8 Term	INTENT	IMPLEMENTATION	IMPACT
	<p>Substantive Knowledge This is the specific, factual content for the topic, which should be connected into a careful sequence of learning.</p>	<p>Disciplinary Knowledge (Skills) This is the action taken within a particular topic in order to gain substantive knowledge.</p>	<p>Assessment opportunities What assessments will be used to measure student progress? Evidence of how well students have learned the intended content.</p>
<p>Autumn Term</p>	<p>Health and Wellbeing: Personal Development</p> <ul style="list-style-type: none"> • Becoming a great learner • Controlling behaviour • GROWTH mindset • Resilience • Self-discipline • Creative thinking • Cultural Identity • E-safety • Black history month <p>Additional events and links to whole school campaigns: October- Black History month</p>	<p>Reflect on myself as a learner and what an outstanding attitude to learning looks like.</p> <p>Learn what a growth mindset is and understand how it can impact my behaviour and ability to learn.</p> <p>Understand the importance of resilience and ‘grit’ To develop strategies for increasing personal motivation.</p> <p>Explore the importance of creative thinking and develop my creative thinking skills.</p> <p>Learn about the wide range of cultures at Beths and in the wider London Community</p> <p>Learn how respecting cultures can enhance your life.</p> <p>Discuss online strategies for great learning.</p> <p>To revise key E-safety precautions based on knowledge in year 7.</p>	<p>Low stakes quizzes/ true or false tests using traffic light system in planner to check students' progress. This method is not used for sensitive content.</p> <p>Baseline assessment starter questions to gauge students understanding of a topic. Teacher will adapt content accordingly dependant on student's context.</p> <p>Exit tickets at the end of a lesson to check how well students have understood the topic and decide if further review is necessary.</p> <p>Self and peer assessment, offering students a chance to reflect on their previous learning. This helps students to understand their own learning and fosters a growth mindset.</p>

Beths Grammar School KS3 PSHCE Curriculum Map

		<p>To analyse MLK jnr 'I Have a Dream Speech' and discuss its impact on the civil rights movement.</p>	<p>At the end of a unit, students have a chance to reflect on their learning journey.</p> <p>Key terms, sentence structures and specific criteria are embedded into lessons to ensure students have consistent support and confidence when approaching tasks. Student's progress is monitored via their verbal and written feedback.</p> <p>Annual student survey monitors students' understanding of the spiral curriculum.</p> <p>When utilising external visitors, students are asked for their feedback, to evaluate the effectiveness of the provision.</p>
--	--	--	--

Beths Grammar School KS3 PSHCE Curriculum Map

<p>Autumn Term</p>	<p>Values and Citizenship</p> <ul style="list-style-type: none">• British values and governance• Democracy• Global citizenship• Prevent• Tacking racism and religious discrimination• Gangs and the law• Active Citizenship• Resolving conflict <p>Additional events and links to whole school campaigns: 11th-13th November anti bullying week</p>	<p>Recap British values.</p> <p>Learn about democracy. TFL Project Guardian assembly</p> <p>Consider some global challenges and how I can help.</p> <p>Understand what extremism is and how to keep safe.</p> <p>Recap students understanding of racism.</p> <p>Understand religious intolerance.</p> <p>Consider how to tackle prejudice in all its forms.</p> <p>Learn about the dangers of gangs and know what to do if someone is being groomed.</p> <p>Consider how to take active citizenship.</p> <p>To plan a citizenship project.</p>	
---------------------------	---	--	--

Beths Grammar School KS3 PSHCE Curriculum Map

<p>Spring Term</p>	<p>Relationships and Emotional Literacy</p> <ul style="list-style-type: none"> • Commitment • Healthy relationships • Marriage • Forced marriage • Arranged marriage • Social media and online friendships 	<p>Learn about commitment: its meanings, features and benefits, and how it relates to personal values.</p> <p>Understand the essential ingredients of successful relationships.</p> <p>Learn about the legal status of different types of relationships, including marriage and civil partnerships, and why people choose to form such a commitment.</p> <p>Explore about different types of relationships, including legal marriage and forced marriage.</p> <p>Reflect on healthy use of social media to support friendships and understand online dangers.</p>	
<p>Spring Term</p>	<p>Health and Wellbeing</p> <ul style="list-style-type: none"> • Adolescence • Drugs and alcohol • Personal Hygiene • Healthy eating • Food hygiene • Mental health and emotional wellbeing • First Aid <p>Additional events and links to whole school campaigns: NHS 5 ways to wellbeing.</p> <p>Healthy diets during Ramadan. Focus on awareness of fasting during this holy month and how to be intentional when breaking fast.</p> <p>International Women's Day Saturday 8th March 2025</p>	<p>Gain an understanding of the physical, emotional, cognitive and social changes that take place during adolescence.</p> <p>Understand the importance of personal hygiene and caring for your body.</p> <p>Learn how to keep your body clean to protect against illness and infection and increase self-esteem.</p> <p>Understand the dangers and risks that drugs and alcohol can cause and the laws in places to protect people from drug and alcohol misuse.</p> <p>Learn what our bodies need from food and how excess food/fat and sugar lead to health risks.</p>	

Beths Grammar School KS3 PSHCE Curriculum Map

		<p>Explore what stressors are, consider your stressors. To understand how I already cope with my stressors and learn other useful ways of coping with my stressors.</p> <p>Consider the importance of first aid as a life skill.</p> <p>To gain an understanding of some basic first aid skills: severe allergic reaction.</p>	
<p>Summer Term</p>	<p>Relationships Identity and relationships</p> <ul style="list-style-type: none"> • Developing Leadership • My voice • Rights and responsibilities • Tacking discrimination and racism 	<p>What makes a great leader? Learn about some of history's most inspirational leaders.</p> <p>How to develop leadership skills and understand Beths leadership opportunities.</p> <p>Understand how to make your voice heard and the importance of participation in a democracy.</p> <p>Vocalise what our rights are and explore the notion that with rights come responsibility.</p> <p>Under the context of rights and responsibility, utilising prior knowledge of active citizenship to discuss what you can do to help remove racism.</p>	

Beths Grammar School KS3 PSHCE Curriculum Map

Summer Term	<p>Relationships continued and Planning for the future</p> <ul style="list-style-type: none">• Summer 1 continued: homophobia, sexism and age discrimination. • Careers• Dream job/ skills/ Super curriculum• Unifrog <p>Additional events and links to whole school campaigns: Year 8 camp</p>	<p>Learn about LGBTQ+IA people in history To understand the law and consider how to tackle homophobia.</p> <p>Understand that tackling sexism is everyone's issue and learn what men can do to eliminate sexism and discrimination against women.</p> <p>Build on prior knowledge to further comprehend age and disability discrimination.</p> <p>Discuss how to challenge discrimination and prejudice.</p> <p>To recap how to use Unifrog to research careers. To discuss whether our dream job has changed since year 7 and why.</p> <p>To learn how to use Unifrog to plan/ identify skills necessary for my dream job.</p> <p>To reiterate how regular work on the super curriculum can open opportunities in the future.</p> <p>To reflect on our spiral curriculum and consider what makes a good target when setting targets for next year.</p>	
--------------------	---	---	--

Beths Grammar School KS3 PSHCE Curriculum Map

Year 9 Term	INTENT	IMPLEMENTATION	IMPACT
	Substantive Knowledge This is the specific, factual content for the topic, which should be connected into a careful sequence of learning.	Disciplinary Knowledge (Skills) This is the action taken within a particular topic in order to gain substantive knowledge.	Assessment opportunities What assessments will be used to measure student progress? Evidence of how well students have learned the intended content.

Beths Grammar School KS3 PSHCE Curriculum Map

<p>Autumn Term</p>	<p>Health and wellbeing: Being safe and successful</p> <ul style="list-style-type: none"> • Cultural Identity • E-safety • Outstanding learning behaviours • Prevent • Changing through puberty • Resolving conflict • Black history month <p>Additional events and links to whole school campaigns: October- Black History month</p>	<p>Understand the full range of online dangers</p> <p>Learn a range of ways to help stay safe online.</p> <p>Check our understanding of prevent and the dangers of extremist grooming</p> <p>Recap what to do if you suspect someone is being groomed or radicalised.</p> <p>Re-emphasise the importance of personal hygiene</p> <p>Understand how the body changes in puberty</p> <p>Reflect on what makes a great learner</p> <p>Plan on how to improve my learning</p> <p>Understand what outstanding attitude is to learn.</p> <p>Consider how conflicts arise Learn strategies for conflict resolution or avoidance.</p> <p>Explore the idea of cultural identity</p> <p>Celebrate the cultural identity of others.</p> <p>Analyse the historical context of the racial justice movement in the UK.</p>	<p>Low stakes quizzes/ true or false tests using traffic light system in planner to check students' progress. This method is not used for sensitive content.</p> <p>Baseline assessment starter questions to gauge students understanding of a topic. Teacher will adapt content accordingly dependant on student's context.</p> <p>Exit tickets at the end of a lesson to check how well students have understood the topic and decide if further review is necessary.</p> <p>Self and peer assessment, offering students a chance to reflect on their previous learning. This helps students to understand their own learning and fosters a growth mindset.</p> <p>At the end of a unit, students have a chance to reflect on their learning journey.</p> <p>Key terms, sentence structures and specific criteria and embedded into lessons to ensure students have</p>
---------------------------	--	---	---

Beths Grammar School KS3 PSHCE Curriculum Map

<p>Autumn Term</p>	<p>Values and Citizenship: Being a good citizen</p> <ul style="list-style-type: none"> • Active Citizenship • Gangs and the law • Charities and giving to others • Options <p>Additional events and links to whole school campaigns: 11th-13th November anti bullying week</p>	<p>Consider what makes a good citizen.</p> <p>Learn about British law and the legal system.</p> <p>Understand the value of the police.</p> <p>Recognise signs of gang grooming.</p> <p>Understand the dangers of being lured into criminal activity.</p> <p>Understand the importance of charitable giving.</p> <p>Consider what the GCSE Options process is</p> <p>Start to think about your future career aspirations, what the Ebacc subjects are and why they are important.</p> <p>To think about the balance between STEM and creative subjects.</p> <p>Understand how to make an informed choice.</p> <p>To find out about where to get more information.</p>	<p>consistent support and confidence when approaching tasks. Student's progress is monitored via their verbal and written feedback.</p> <p>Annual student survey monitors students understanding of the spiral curriculum.</p> <p>When utilising external visitors, students are asked for their feedback, to evaluate the effectiveness of the provision.</p>
---------------------------	--	--	--

Beths Grammar School KS3 PSHCE Curriculum Map

<p>Spring Term</p>	<p>Relationships and emotional literacy Intro to sex education</p> <ul style="list-style-type: none">• Maintaining Healthy relationships• Sexual health education• Pornography• Relationships and love <p>Additional events TFL Sexual Harassment on Public Transport. Bromley Sexual Health – Intro to contraception.</p>	<p>Recall the qualities of healthy and unhealthy friendships .</p> <p>Describe strategies for dealing with challenges in friendship Explain how friends can support each other effectively.</p> <p>Learn basic facts about sex and the dangers associated with sexual behaviour</p> <p>Learn what pornography is and potential dangers associated with pornography.</p> <p>Recall healthy romantic relationships and understand how romantic relationships can support wellbeing.</p>	
---------------------------	---	---	--

Beths Grammar School KS3 PSHCE Curriculum Map

<p>Spring Term</p>	<p>Health and wellbeing Mind and body</p> <ul style="list-style-type: none"> • Drugs and alcohol • Healthy eating • Mental Health <p>Additional events and links to whole school campaigns: NHS 5 ways to wellbeing.</p> <p>Healthy diets during Ramadan. Focus on awareness of fasting during this holy month and how to be intentional when breaking fast.</p> <p>International Women's Day Saturday 8th March 2025</p>	<p>Understand my daily calorie requirements and how to make healthy food swaps.</p> <p>Learn where to find nutritional information</p> <p>Recall the importance of personal hygiene and further comprehend how to care for your body.</p> <p>Learn how to keep your body clean to protect against illness and infection and increase self-esteem.</p> <p>Learn about different types of addiction</p> <p>Understand the impact of drugs and alcohol on your mental health.</p> <p>Understand more about the most common mental health conditions. To be able to spot the signs and symptoms of these conditions and know how to access further support.</p> <p>To consider the importance of first aid as a life skill.</p> <p>To further our understanding of first aid and gain an understanding of some basic first aid skills: unresponsive and breathing.</p>	
---------------------------	---	--	--

Beths Grammar School KS3 PSHCE Curriculum Map

<p>Summer Term</p>	<p>Living in the wider world Your place in the world</p> <ul style="list-style-type: none"> • Environment 1 • Environment 2 • Personal finance 1 • Personal finance 2 • Personal finance 3 	<p>Understand the science behind climate change.</p> <p>Learn what needs to happen to fix the planet and how you can play a part.</p> <p>Learn the basics of good personal finance</p> <p>Reflect on making good choices with money and the value of money.</p>	
<p>Summer Term</p>	<p>Living in the wider world Planning for the future</p> <ul style="list-style-type: none"> • Understanding the economy • Careers 1, 2 & 3 • My voice 1 & 2 • Super Curriculum • Planning for success at KS4 	<p>Explore what is the economy</p> <p>Understand how personal decisions affect the economy</p> <p>Reflect on what matters when choosing a career.</p> <p>How to research careers using the National Careers Service To plan for careers/ recap using Unifrog.</p> <p>Consider how to get your voice heard utilising prior knowledge from 7 and 8. Learn how to plan a change project</p> <p>Reflect on how well you are learning independently and set targets for KS4</p>	

Beths Grammar School KS3 PSHCE Curriculum Map