Holmer Green Senior School

PSHCE – KS3

2026-27

Curriculum Intent

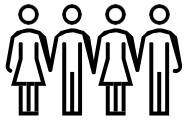
Work Hard, Be Kind, Have Passion

At HGSS, we develop our students both academically and personally. At KS3, our students have PSHCE (Personal, Social, Health, Citizenship and Economic Education) lessons for Terms 1 and 2, meeting statutory requirements. This includes topics on Relationships, Health and Sex Education (RHSE), Economic Well-Being and Careers, and Citizenship. Within this framework, students will develop skills necessary to be effective learners but also build resilience. Oracy is a key part of PSHCE and helps students to be articulate; to present, debate and work effectively within a group. Students switch to Computing for Term 3, meeting statutory requirements, whilst also preparing students for the linked GCSE courses should they opt for these in Year 10. Students will be assessed in PSHCE for AP1 and Computing for AP2.

At KS4, students have one PSHCE lesson per week, in addition to rotations in Year 10 and 11 which develop careers, exam preparation, revision skills, oracy, literacy/numerical skills and computing.

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Year 7 PSHCE:



Exam Board: N/A								
	Autumn 1	**Autumn 2**	**Spring 1**	**AP1**	**Spring 2**	**Summer 1**	**Summer 2**	**AP2**
Area of study	RSHE: Health and Well-Being	Citizenship:	Careers and Economic Education:	PSHCE Assessment based on learning from Autumn term (done at end of Autumn term)	RSHE: Keeping Safe	Computing	Computing	Computing Assessment
Content:	• Dealing with Change • Puberty • Emotional Health • Healthy Lifestyle • Mental Health • Bullying and Cyberbullying	• Systems of government • Create a country • Anarchy • Dictatorship • Revolution • Democracy • (Assessment)	• Careers and Aspirations • Intro to 'Unifrog' Careers platform • Power of Money project		• Family • Online Gaming • Grooming • Sexting	See Computing curriculum map	See Computing curriculum map	

HGSS Curriculum Map

Year 8 PSHCE:

Exam Board: N/A

	Autumn 1	Autumn 2	Spring 1	AP1	Spring 2	Summer 1	Summer 2	AP2
Area of study	RSHE: Health and Wellbeing	Citizenship:	RSHE and Citizenship:	PSHCE Assessment based on content learned so far at end of Spring 1	RHSE: Relationships and Sex Education	Computing	Computing	Computing Assessment
Content	• Self-Confidence • Managing Anxiety • Body Image • Bullying and Discrimination • Eating Disorders • Alcohol • Healthy Active Lifestyle	• How does the government work? • How do we make laws in Britain? • Equality Act • Voting • Political Parties group project and presentation	• Media: Misinformation and disinformation • Careers on 'Unifrog' • British Values • Refugees • (Assessment)		• Healthy Relationships • Negative Relationships • Gender Stereotypes • Expectations in Relationships • Safer Sex: consent and contraception*	See Computing curriculum map	See Computing curriculum map	

HGSS Curriculum Map

Year 9 PSHCE:



Exam Board: N/A			Careers:		Co-Curricular:			
	Autumn 1	**Autumn 2**	**Spring 1**	**AP1**	**Spring 2**	**Summer 1**	**Summer 2**	**AP2**
Area of study	RSHE: Health and Wellbeing	Citizenship:	Careers and RHSE	PSHCE Assessment based on content learned so far at end of Spring 1	RSHE: Relationships and S	Computing	Computing	Computing Assessment
Content	• Unhealthy Coping Strategies • Digital Resilience • Alcohol • Substance Abuse • Smoking and Vaping • Knife Free • First Aid	• What is the law? • Who puts the law into practice? • What are the different sorts of sentence? • How effective are UK prisons? • How to improve prisons • Young people and the justice system	• Unifrog Careers • Interview Skills • Gender Stereotypes • Toxic Masculinity • Gangs • (assessment)		• Consent* • Assumptions about consent* • Freedom and Capacity to consent* • Forced Marriage • FGM	Computing	Computing	