CPSHE Curriculum

KS3

Transition to Secondary School
- I can show a clear understanding of the expectations at BPA and what to do if I need help of any sort
- I can make more informed decisions regarding my health & safety
- I can organise myself and my time more effectively

Climate change Enterprise project and keeping Good Mental Health
- I can show a clear understanding of climate change
- I can understand ways to keep good mental health

Staying Safe
- I can work successfully within a team and show a range of LEADER skills
- I can understand the dangers of illegal and legal drugs
- I can use my new knowledge to make informed, safe decisions

Introduction to Politics
- I can relate politics to everyday life and understand it's importance
- I can identify a range of political parties
- I can communicate effectively within a team and to the class

Wellbeing
- I can use a range of breathing techniques to help and support my wellbeing
- I can understand my emotions more and have various tools to help me manage them

Making Financial Decisions
- I can understand the key principles of managing finances
- I can plan for my future with a clear understanding of the importance of my financial decisions

Online Safety
- I can identify and explain ways to keep myself safe online
- I can understand the dangers of online use

Discrimination & Stereotypes
- I can communicate my views in a clear and respectful way
- I can identify various forms & acts of discrimination & stereotypes

Making a Difference
- I can understand & recognise different forms of mental health and how various things around me can affect me for the good & bad
- I can recognise ways my actions have an impact on others & the world around me & I can use this to change my decisions for the

Puberty and Exploring Family Life
- I can understand and respect my peer's views and opinions
- I can recognise and manage the various changes which will happen during puberty
- I can empathise with the opposite sex with the changes they are/ will go through

Terrorism, Human Trafficking and Refugees
- I can recognise the myths and stereotypes surrounding asylum seekers, refugees and Islam
- I can understand how human trafficking is still a serious issue within the UK and beyond
- I can communicate in a clear and respectful manner

Relationships & Sex Education
- I can understand what positive & negative relationships are, what a sexual experience is & what the dangers of pornography and sexting are
- I can identify, describe & explain the effects of some STI's
- I can identify & evaluate various contraceptive methods

Making a Difference
- I can identify, describe & explain the dangers, causes & effects of climate change
- I can recognise ways gangs recruit & exploit & discuss ways of getting out

Parliament
- I can define key Parliament terms & I understand their uses
- I can recognise the difference between right & left wing

Body Image
- I can understand how different things in my life effect my body image
- I can recognise signs of body shaming, eating disorders & am aware of issues surrounding the male body image
- I can use resilience to help me cope in lockdown

Relationships & Sex Education
- I can discuss attitudes towards sex & relationships in a mature & respectful manner
- I can understand the Importance of various areas around relationships & sex, such as LGBTQ+, contraception & STI's
- I can understand what consent is & why it is so important towards a healthy relationship

Mental Health
- I can make the right choices to help improve my mental health
- I can understand various ways to keep a good mental health

Careers
- I can explore my options at different stages of my life
- I can identify various ways to keep a good mental health