

Willow Park School - Long Term Plan - PSHE - Loxley (KS3)



Cycle	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer
Cycle A 2026 - 2027	Being Me in my World	Respecting Difference	Staying Healthy & Staying Safe		People in my World
	Antisocial Behaviour <ul style="list-style-type: none"> Being Part of a class Rights & responsibilities Reflect on personal goals Wants and needs Antisocial behaviour Inc. arson Hoax calls? 	Racism <ul style="list-style-type: none"> My identity. Role models Self-esteem & resilience. Bullying or Banter How to avoid Online Bullying Prejudice and discrimination focusing specifically on racism 	Personal Safety <ul style="list-style-type: none"> Water Safety Sun safety Online Safety Mountain Safety 	First Aid <ul style="list-style-type: none"> Cancer Awareness First Aid 	Friendships <ul style="list-style-type: none"> Managing genuine friendships and avoiding toxic ones. Peer pressure? Online grooming Child Sexual Exploitation
Cycle B 2024 - 2025	Gang Culture	Discrimination	Addictions	Healthy Lifestyles	Families
	<ul style="list-style-type: none"> Being Part of this class Expectations Rights & responsibilities Reflect on personal goals Personal safety. Gang culture& knife crime. The law & young offenders. 	<ul style="list-style-type: none"> What is prejudice? What is discrimination? What is body image? How much does the media influence us? What is body shaming? Why do people do it? Prejudice & Disability 	<ul style="list-style-type: none"> Addiction Inc.; - Vaping - Smoking - Alcohol - Drugs (Inc Prescription Drugs) Gambling Inc. online 	<ul style="list-style-type: none"> What do we mean by a Healthy Lifestyle? Energy drinks The importance of Exercise What is a balanced diet Reading food labels and recognising dangers How can we recognise eating disorders? 	<ul style="list-style-type: none"> Families and different long-term commitments (marriage / civil partnerships) what are the different types and does it matter what kind of family I have? Managing domestic conflict
Cycle C 2025 - 2026	Drugs & The Law	Homophobia	Parenthood	Mental Health	Relationships
	<ul style="list-style-type: none"> Being Part of this class Expectations Rights & responsibilities Reflect on personal goals Drugs & the Law County Lines 	<ul style="list-style-type: none"> What is the Equality Act and why is this important? What is body modification? Do we need to worry about tattoos/piercings? Prejudice - To explore sexual discrimination Inc. homophobia in everyday life. 	<ul style="list-style-type: none"> Pregnancy Parenthood 	<ul style="list-style-type: none"> Introduction to mental health Social Media & Stress Including stress Anxiety Self-harm 	<ul style="list-style-type: none"> Romance, love, new feelings and teen relationships Exchanging nudes.