

# St. John's Senior School



**Subject: P.S.H.C.E.**  
**Teacher: Miss McManus**

**Form: 3<sup>rd</sup>**  
**Term: Autumn 2022**

<b>WEEK</b>	<b>WEEK BEGINNING</b>	<b>TOPIC: Health &amp; wellbeing - Healthy lifestyle</b>
1	5 <sup>th</sup> September	The relationship between physical and mental health
2	12 <sup>th</sup> September	Balancing work, leisure, exercise and sleep
3	19 <sup>th</sup> September	Healthy eating choices
4	26 <sup>th</sup> September	<b>Harvest Festival</b> Influences on body image
5	3 <sup>rd</sup> October	<b>Black History Month and Mini- Test Week</b>
6	10 <sup>th</sup> October	Independent health choices
7	17 <sup>th</sup> October	<b>Diwali</b> Basic first aid recap
<b>HALF - TERM</b>		
<b>WEEK</b>	<b>WEEK BEGINNING</b>	<b>TOPIC: Living in the wider world - Setting goals</b>
8	31 <sup>st</sup> October	Transferable skills, abilities and interests
9	7 <sup>th</sup> November	Different types of employment and career pathways
10	14 <sup>th</sup> November	<b>Anti-bullying week and End of Term Examinations</b>
11	21 <sup>st</sup> November	How to manage feelings relating to future employment and make decisions
12	28 <sup>th</sup> November	Setting meaningful, realistic goals for the future
13	5 <sup>th</sup> December	<b>Hanukkah</b> GCSE and post-16 options

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**Term: Spring 2023**

<b>WEEK</b>	<b>WEEK BEGINNING</b>	<b>TOPIC: Relationships - Respectful relationships</b>
1	4 <sup>th</sup> January (Wednesday)	Different types of families and parenting
2	9 <sup>th</sup> January	Adoption and Fostering
3	16 <sup>th</sup> January	<b>Chinese New Year</b> Homelessness and young people
4	23 <sup>rd</sup> January	<b>Mini-Test Week</b>
5	30 <sup>th</sup> January	Conflict and its causes in different contexts
6	6 <sup>th</sup> February	Relationship and family changes, relationship breakdown, separation and divorce
<b>HALF - TERM</b>		
<b>WEEK</b>	<b>WEEK BEGINNING</b>	<b>TOPIC: Health &amp; wellbeing - Peer influence, substance use and gangs</b>
7	20 <sup>th</sup> February	Healthy and unhealthy friendships
8	27 <sup>th</sup> February	‘Group think’ and how it affects behaviour, how to manage risk
9	6 <sup>th</sup> March	Recognising passive aggressive behaviour and how to communicate assertively
10	13 <sup>th</sup> March	Gangs and knife crime
11	20 <sup>th</sup> March	Alcohol and drug use revisited



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WEEK	WEEK BEGINNING	TOPIC: Relationships - Intimate relationships
1	18 <sup>th</sup> April (Tuesday)	<b>Eid al-Fitr</b> Readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex
2	24 <sup>th</sup> April	Consent; the continuous right to withdraw consent and capacity to consent
3	1 <sup>st</sup> May	STIs, effective use of condoms and negotiating safer sex and the consequences of unprotected sex
4	8 <sup>th</sup> May	<b>Mental Health Awareness Week</b> The portrayal of relationships in the media and pornography
5	15 <sup>th</sup> May	The impact of Pornography
6	22 <sup>nd</sup> May	The law associated with sending, sharing or passing on sexual images
<b>HALF - TERM</b>		
WEEK	WEEK BEGINNING	TOPIC: Living in the wider world - Employability skills
7	5 <sup>th</sup> June	<b>End of Year Examinations</b>
8	12 <sup>th</sup> June	Young people's employment rights and responsibilities
9	19 <sup>th</sup> June	Constructive feedback and strategies to support progress
10	26 <sup>th</sup> June	'Personal brand' online
11	3 <sup>rd</sup> July	Reflections on 3rd Year and planning for 4th Year

