



Elms Bank
School & College

Excellence for All

PSHE (RSE)

Long Term Plan - Inspire KS3

	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Year 7	Healthy Lifestyles Healthy Living	Managing Feelings Positive Relationships	The World in which I Live Environmental Safety	Changing and Growing Changing Feelings	Self – Awareness Personal Development	Changing and Growing Changing Body
Year 8	Self – Awareness Mental Wellbeing	Self-Care, Support and Safety Relationships Online	Self-Care, Support and Safety First Aid	The World in which I Live Equality	The World in Which I Live Diversity, Rights and Responsibility	Changing and Growing Long Term Relationships
Year 9	Healthy Lifestyles Looking After Myself	Self – Awareness Relationship Expectation Sexual Pleasure and Consent	Healthy Lifestyles Alcohol and Tabaco	Changing and Growing Contraception	Self-Care, Support and Safety Online Information	Managing Feelings Break Ups and Conflict