

HALF TERMLY CURRICULUM CONTENT – Key Stage 3

Year 7

Intent statement:

This unit is intended to help students develop their understanding of Mental Health and how they can develop their mental health.

Topic	Emotional & mental health
Prior knowledge / skills	This is the first time students are focused specifically on their mental health and so, therefore, there is time to develop their understanding of what mental health is and how our behaviours and actions can affect mental health. Students will have an understanding of how PSHE operates now and be skilled in working in groups and in their forms to develop their ideas thoughtfully and with empathy.
Key skills	<ul style="list-style-type: none">• Understanding about what feelings are• Understanding how behaviours can impact on their feelings and emotions• Understanding how to move beyond mistakes• Understanding how empathy is important when dealing with Mental Health
Foundation words	Mental Health; Support; Empathy; Exercise; Attitude; Mindset; Disorder; Symptoms; Wellbeing; Discrimination
Targeted words	Recovery; Empowerment; Behaviours; Feelings; Emotions; Coping
Specialist words	Psychology; Therapy; Depression; Anxiety; Social Anxiety; Stigma
Assessment	As with all PSHE topics there is no assessment. However, their development and learning is assessed over time and lessons call back to prior knowledge to ensure that it is embedded.
Personal Development opportunities	This unit is focused on the mental health aspects of the PSHE statutory framework (2021) and aims to help students to understand how to improve their mental health and what factors and features might impact their, or other people's, mental health.

Year 8

Intent statement:

This unit is intended to help students develop their understanding of the stigma and perceptions around specific mental health conditions and to develop their knowledge of anxiety and depression as two of the most common conditions.

Topic	Emotional & mental health
Prior knowledge / skills	Students are able to build from work in Year 7 on mental health and how our behaviours and attitude supports our mental health. Students have a prior knowledge of the way that physical behaviour can support positive mental health and also about how we are responsible for our mental health and others. They also have an understanding of the role of social media. Students will have an understanding of how PSHE operates now and be skilled in working in groups and in their forms to develop their ideas thoughtfully and with empathy.
Key skills	<ul style="list-style-type: none">• Understanding about what anxiety and depression are• Understanding about the causes of anxiety and depression• Understanding the symptoms of anxiety and depression• Understanding about how we can treat and relieve the symptoms of anxiety and depression• Understanding about how mental health is perceived in the community and in local and national media
Foundation words	Mental Health; Support; Empathy; Exercise; Attitude; Mindset; Disorder; Symptoms; Wellbeing; Discrimination
Targeted words	Recovery; Empowerment; Behaviours; Feelings; Emotions; Coping
Specialist words	Psychology; Therapy; Depression; Anxiety; Social Anxiety; Stigma
Assessment	As with all PSHE topics there is no assessment. However, their development and learning is assessed over time and lessons call back to prior knowledge to ensure that it is embedded.
Personal Development opportunities	This unit is focused on the mental health aspects of the PSHE statutory framework (2021) and aims to help students to understand how to improve their mental health and what factors and features might impact their, or other people's, mental health.

Year 9

Intent statement:

This unit is intended to help students develop their understanding of peer support for mental health and the dangers of social media on our mental health. It also signposts students on where to go to get support.

Topic	Emotional & mental health
Prior knowledge / skills	Students are able to build from work in Years 7 & 8 on mental health and how our behaviours and attitude supports our mental health. Students have a prior knowledge of the way that mental health is perceived in society and the stigma and stereotypes around certain mental health conditions They also have a good understanding of two of the most common mental health conditions, anxiety & depression. Students will have an understanding of how PSHE operates now and be skilled in working in groups and in their forms to develop their ideas thoughtfully and with empathy.
Key skills	<ul style="list-style-type: none">• Understanding about what anxiety and depression are• Understanding about the causes of anxiety and depression• Understanding the symptoms of anxiety and depression• Understanding about how we can treat and relieve the symptoms of anxiety and depression• Understanding about how mental health is perceived in the community and in local and national media
Foundation words	Mental Health; Support; Empathy; Exercise; Attitude; Mindset; Disorder; Symptoms; Wellbeing; Discrimination
Targeted words	Recovery; Empowerment; Behaviours; Feelings; Emotions; Coping
Specialist words	Psychology; Therapy; Depression; Anxiety; Social Anxiety; Stigma
Assessment	As with all PSHE topics there is no assessment. However, their development and learning is assessed over time and lessons call back to prior knowledge to ensure that it is embedded.
Personal Development opportunities	This unit is focused on the mental health aspects of the PSHE statutory framework (2021) and aims to help students to understand how to improve their mental health and what factors and features might impact their, or other people's, mental health.