# PSHE – Autumn Term Plan (KS2 & KS3)

**Autumn Term Topics:**  
Weeks 1–6: Health and Wellbeing  
Weeks 7–12: Relationships and Respect  
 **Big Questions:**  
- How can we look after our physical and mental health?  
- What makes a respectful and safe relationship?  
One lesson per week from 8th September to 8th December (13 weeks).  
  
This plan is suitable for both KS2 and KS3 learners, adaptable to age and maturity.

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| **Week** | **Date** | **Topic** | **Lesson Title / Key Question** |
| 1 | 8 Sept | Health and Wellbeing | What does it mean to be healthy (body and mind)? |
| 2 | 15 Sept | Health and Wellbeing | How can we manage big feelings and emotions? |
| 3 | 22 Sept | Health and Wellbeing | What are healthy habits (food, sleep, exercise)? |
| 4 | 29 Sept | Health and Wellbeing | What is personal hygiene and why does it matter? |
| 5 | 6 Oct | Health and Wellbeing | How can we keep safe online and offline? |
| 6 | 13 Oct | Health and Wellbeing | How can we ask for help when we need it? |
| 7 | 20 Oct | Relationships and Respect | What does a respectful friendship look like? |
| **—** | **27 Oct** | **—** | **HALF TERM – No lesson** |
| 8 | 3 Nov | Relationships and Respect | What is bullying and how can we respond to it? |
| 9 | 10 Nov | Relationships and Respect | What is consent and personal space? |
| 10 | 17 Nov | Relationships and Respect | How can we resolve conflicts peacefully? |
| 11 | 24 Nov | Relationships and Respect | What is discrimination and how can we challenge it? |
| 12 | 1 Dec | Relationships and Respect | How can we show empathy and kindness every day? |
| 13 | 8 Dec | Relationships and Respect | Creative task: Design a 'Respect Matters' campaign |