

Relationship, Sex and Health Education (RSHE) KS3

Week	Session	Week Commencing	SoW/Topics/Lesson Title	Home learning Link
AUTUMN TERM				
1		21/08/26		
2	1	07/09/26	Healthy Relationships	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/healthy-relationships-how-can-i-build-good-relationships/lessons
3	2	14/09/26	Healthy Relationships	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/healthy-relationships-how-can-i-build-good-relationships/lessons
4	3	21/09/26	Healthy Relationships	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/healthy-relationships-how-can-i-build-good-relationships/lessons
5	4	28/09/26	Health and Wellbeing – Vapes, smoking and alcohol	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary/units?keystages=ks3
6	5	05/10/26	Health and wellbeing	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/mental-health-how-can-i-support-my-mental-health/lessons
7	6	12/10/26	Fire Safety (13/10)	
8	7	19/10/26	1st Aid	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/staying-safe-and-healthy-what-do-i-need-to-know-about-basic-first-aid/lessons
		26/10/26		
9	8	02/11/26	1st Aid	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/staying-safe-and-healthy-what-do-i-need-to-know-about-basic-first-aid/lessons
10	9	09/11/26	Media Influence – Fake News	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/media-influence-how-can-i-evaluate-the-truth-online/lessons/fake-news
11	10	16/11/26	Online Risks	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/our-online-lives-how-do-i-report-and-find-support-for-things-i-see-online/lessons/being-responsible-for-a-safer-online-community
12	11	23/11/26	Water Safety	https://nli.org/youth-education/education-resources/lower-secondary
13	12	30/11/26	Diversity within our community	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/communities-how-can-we-understand-and-respect-different-types-of-relationships/lessons
14	13	07/12/26	Diversity within our community	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/communities-how-can-we-understand-and-respect-different-types-of-relationships/lessons
15	14	14/12/26	Diversity within our community	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/communities-how-can-we-understand-and-respect-different-types-of-relationships/lessons
		21/12/26		
		28/12/26		
16	1	04/01/27	Healthy Relationships	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/healthy-relationships-how-can-i-build-good-relationships/lessons
17	2	11/01/27	Healthy Relationships	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/healthy-relationships-how-can-i-build-good-relationships/lessons
18	3	18/01/27	Fire Safety (19/01)	

19	4	25/01/27	Health and Wellbeing – Vapes, smoking and alcohol	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/mental-health-how-can-i-support-my-mental-health/lessons
20	5	01/02/27	Health and wellbeing	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/mental-health-how-can-i-support-my-mental-health/lessons
21	6	08/02/27	1 st Aid	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/staying-safe-and-healthy-what-do-i-need-to-know-about-basic-first-aid/lessons
		15/02/27		
22	7	22/02/27	1st Aid	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/staying-safe-and-healthy-what-do-i-need-to-know-about-basic-first-aid/lessons
23	8	01/03/27	Media Influence – Fake News	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/media-influence-how-can-i-evaluate-the-truth-online/lessons/fake-news
24	9	08/03/27	Online Risks	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/our-online-lives-how-do-i-report-and-find-support-for-things-i-see-online/lessons/being-responsible-for-a-safer-online-community
25	10	15/03/27	Water Safety	https://mli.org/youth-education/education-resources/lower-secondary
26	11	22/03/27	Diversity within our community	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/communities-how-can-we-understand-and-respect-different-types-of-relationships/lessons
		29/03/27		
		05/04/27		
27	1	12/04/27	Fire Safety (13/04)	
28	2	19/04/27	Healthy Relationships	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/healthy-relationships-how-can-i-build-good-relationships/lessons
29	3	26/04/27	Healthy Relationships	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/healthy-relationships-how-can-i-build-good-relationships/lessons
30	4	03/05/27	Healthy Relationships	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/healthy-relationships-how-can-i-build-good-relationships/lessons
31	5	10/05/27	Health and Wellbeing – Vapes, smoking and alcohol	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/mental-health-how-can-i-support-my-mental-health/lessons
32	6	17/05/27	Health and wellbeing	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/mental-health-how-can-i-support-my-mental-health/lessons
33	7	24/05/27	First Aid	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/staying-safe-and-healthy-what-do-i-need-to-know-about-basic-first-aid/lessons
		31/05/27		
34	8	07/06/27	First Aid	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/staying-safe-and-healthy-what-do-i-need-to-know-about-basic-first-aid/lessons
35	9	14/06/27	Media Influence – Fake News	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/media-influence-how-can-i-evaluate-the-truth-online/lessons/fake-news
36	10	21/06/27	Online Risks	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/our-online-lives-how-do-i-report-and-find-support-for-things-i-see-online/lessons/being-responsible-for-a-safer-online-community

37	11	28/06/27	Water Safety	https://nli.org/youth-education/education-resources/lower-secondary
38	12	05/06/27	Diversity within our community	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/communities-how-can-we-understand-and-respect-different-types-of-relationships/lessons
39	13	12/06/27	Diversity within our community	https://www.thenational.academy/teachers/programmes/rshe-pshe-secondary-ks3/units/communities-how-can-we-understand-and-respect-different-types-of-relationships/lessons