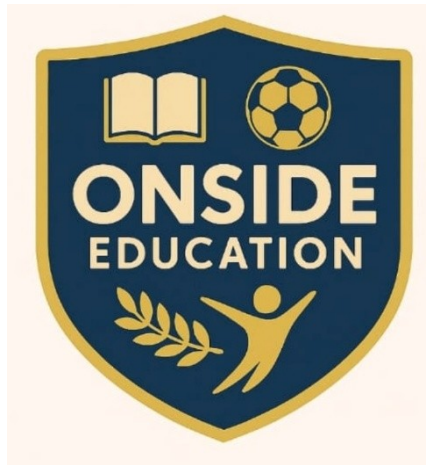




Onside Education

Key Stage 3 Curriculum Overview

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Our KS3 Curriculum

At Onside Education, our Key Stage 3 curriculum is designed to re-engage pupils with learning, develop confidence and resilience, and prepare them for successful progression into Key Stage 4 and beyond.

The curriculum provides a broad, balanced and ambitious programme that combines academic learning, personal development, emotional wellbeing and practical skills. It is specifically designed to meet the needs of pupils who may have experienced barriers to learning, disrupted education, attendance difficulties, social, emotional and mental health needs (SEMH), or challenges within mainstream settings.

Our curriculum is underpinned by four key principles:

- Emotional Regulation and Wellbeing
- Thinking Skills and Executive Function
- Social Understanding and Relationships
- Identity, Agency and Purpose

Through these principles, pupils develop the knowledge, skills and confidence needed to succeed in education, employment and life.

KS3 Weekly Curriculum

Subject	Hours Per Week
English	5
Mathematics	4
Science	3
Physical Education (PE)	2
Health & Fitness	2
Sport Leadership	1
PSHE / Citizenship / SMSC	1

Subject	Hours Per Week
STEM	1
Cooking & Life Skills	1
Careers Education	1
Character Education	1
SEMH Intervention	1
Creative Expression & Enrichment	1
Reading for Pleasure	1
Total	25 Hours

Subject Overview

English

Pupils develop reading, writing, speaking and listening skills through engaging and accessible texts. The curriculum focuses on communication, vocabulary development, comprehension and confidence in expressing ideas.

Key areas include:

- Reading for meaning
- Creative writing
- Functional communication
- Speaking and listening
- Vocabulary development
- Literature and non-fiction texts

Mathematics

Pupils develop core mathematical skills and confidence through practical and real-life learning opportunities.

Key areas include:

- Number and calculation
- Fractions, decimals and percentages
- Measurement
- Algebra
- Geometry
- Data handling
- Problem solving

Science

Science develops pupils' understanding of the world around them through practical investigations and scientific enquiry.

Key areas include:

- Biology
- Chemistry
- Physics
- Scientific investigation
- Sustainability
- Health and wellbeing

Physical Education

PE promotes physical wellbeing, teamwork and resilience through a variety of sporting activities.

Key areas include:

- Team sports

- Individual activities
- Fitness development
- Competition
- Leadership
- Sportsmanship

Health & Fitness

Pupils learn how physical activity, nutrition and lifestyle choices contribute to overall health and wellbeing.

Key areas include:

- Healthy lifestyles
- Nutrition
- Exercise principles
- Mental wellbeing
- Personal fitness

Sport Leadership

Pupils develop leadership, communication and organisational skills through planning and leading sporting activities.

Key areas include:

- Leadership
- Teamwork
- Event organisation
- Coaching fundamentals
- Communication

PSHE, Citizenship and SMSC

This subject helps pupils understand themselves, their relationships and their role within society.

Key areas include:

- Democracy
- British Values
- Human rights
- Equality and diversity
- Relationships
- Personal safety
- Mental health
- Financial awareness

STEM

STEM encourages curiosity, creativity and problem-solving through science, technology, engineering and mathematics projects.

Key areas include:

- Engineering challenges
- Coding
- Robotics
- Design thinking
- Technology
- Sustainability

Cooking & Life Skills

Pupils develop practical life skills that support independence and healthy living.

Key areas include:

- Food preparation
- Nutrition
- Budgeting
- Kitchen safety
- Meal planning

Careers Education

Pupils begin exploring future opportunities and developing aspirations for education, training and employment.

Key areas include:

- Career pathways
- Employability skills
- Local labour markets
- Goal setting
- Future planning

Character Education

Character Education develops personal qualities that support success in school and beyond.

Key areas include:

- Resilience
- Responsibility
- Leadership
- Respect
- Community involvement

- Personal values

SEMH Intervention

This dedicated programme supports emotional wellbeing and personal development.

Key areas include:

- Emotional regulation
- Self-awareness
- Coping strategies
- Confidence building
- Positive relationships

Creative Expression & Enrichment

Pupils develop creativity, communication and self-expression through a range of media and creative disciplines.

Key areas include:

- Podcasting
- Sports Journalism
- Photography
- DJ'ing
- Music Technology
- Creative Media

Reading for Pleasure

Reading is a whole-school priority. Pupils participate in weekly reading sessions designed to improve literacy, broaden cultural awareness and develop a lifelong enjoyment of reading.

Texts include:

- Fiction
- Non-fiction
- Biographies
- Current affairs
- Diverse authors and cultures

Cultural Capital

Throughout Key Stage 3, pupils have opportunities to develop cultural capital through:

- Educational visits
- Employer encounters
- Guest speakers
- Sporting activities
- Community projects
- Reading programmes
- Leadership opportunities
- Creative activities

These experiences help pupils broaden their understanding of the wider world and prepare them for life in modern Britain.

Preparing for Key Stage 4

The KS3 curriculum is carefully designed to provide the knowledge, skills and confidence pupils need to progress successfully into Key Stage 4 pathways, including:

- GCSE English
- GCSE Mathematics

- Science
- Health & Fitness Qualifications
- Sports Coaching
- Sports Leadership
- Creative Expression & Enrichment
- Careers, Employability & Digital Skills
- Home Cooking Skills

By the end of KS3, pupils will have developed the academic, personal and social foundations required to achieve success in education, training, employment and adult life.