

Year 7-PSHE

Half-Term 1 01/09/25 - 24/10/25	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	In Year 7 PSHE students will... ☐ explain how to manage change when starting secondary school and describe ways to look after my mental and physical wellbeing. ☐ identify the qualities of a healthy friendship or relationship and show ways to build trust and respect with others. ☐ describe how to stay safe online and how to recognise and respond to risky or inappropriate content. ☐ explain the importance of budgeting and making responsible choices with money. ☐ describe the physical and emotional changes that happen during puberty and explain how to manage personal hygiene and self-care. ☐ name the protected characteristics and explain why it's important to treat everyone with respect and fairness. ☐ reflect on their choices and actions and understand how they affect my wellbeing and relationships with others. ☐ recognise when they or someone else may need help and know how to ask for support from trusted adults or services. ☐
	Transition to secondary schools & ‘How can I take care of my health and wellbeing as I start my journey through school?’								
	Link to PSHE Association lesson outcomes		H1, H4, H5, H13, H14, H15, H16, H17						
Half-Term 2 03/11/25 - 19/12/25	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7		
	"What makes a good relationship, and how can I build positive connections with others?"								
	Link to PSHE Association lesson outcomes		R1, R4, R8, R11, R13, R14, R30						
Half-Term 3 05/01/26 - 13/02/26	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6			
	“How can I make safe and responsible choices with money and online life?”								
	Link to PSHE Association lesson outcomes		L2, L16, L18, L20						
Half-Term 4 23/02/26 - 27/03/26	Week 1	Week 2	Week 3	Week 4	Week 5				
	“How and why is my body changing, and how can I take care of it as I grow?”								
	Link to PSHE Association lesson outcomes		H6, H7, H9						
Half-Term 5 13/04/26 - 22/05/26	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6			
	“What are my protected characteristics?”								
	Link to PSHE Association lesson outcomes		R27, R35, R36, R37, R38, L4, L7						
Half-Term 6 01/06/26 - 20/07/26	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7		
	“What is British law, and why does it matter to me?”								
	Link to PSHE Association lesson outcomes		L5, L6						

- ☐ explain how to manage change when starting secondary school and describe ways to look after my mental and physical wellbeing.
- ☐ identify the qualities of a healthy friendship or relationship and show ways to build trust and respect with others.
- ☐ describe how to stay safe online and how to recognise and respond to risky or inappropriate content.
- ☐ explain the importance of budgeting and making responsible choices with money.
- ☐ describe the physical and emotional changes that happen during puberty and explain how to manage personal hygiene and self-care.
- ☐ name the protected characteristics and explain why it's important to treat everyone with respect and fairness.
- ☐ reflect on their choices and actions and understand how they affect my wellbeing and relationships with others.
- ☐ recognise when they or someone else may need help and know how to ask for support from trusted adults or services.
- ☐

Year 8-PSHE

Half-Term 1 01/09/25 - 24/10/25	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	In Year 8 PSHE students will... → Identify signs of poor mental health and describe how to respond to someone in crisis → Explain why mental health support is as vital as physical first aid in emergencies. → Describe the key features of healthy and unhealthy relationships, including boundaries and respect. → Explain how voting works in the UK and why democratic participation matters. → Identify ways young people can influence change even before they are eligible to vote. → Identify potential risks in different environments and explain how to stay safe → Make informed decisions by weighing up risks, benefits, and consequences. → Explain how discrimination and bullying harm individuals and society. → Recognise different types of prejudice and understand how to challenge them safely and effectively. → Explain how shared values such as democracy, tolerance, and the rule of law shape British society. →
	“Why is understanding mental health just as important as physical first aid when helping someone in an emergency?”								
	Link to PSHE Association lesson outcomes		H15, H16, H17, H20, H22, H23, H24, H25, H26, H27, H28, H29, H30						
Half-Term 2 03/11/25 - 19/12/25	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7		
	"What is a healthy and unhealthy relationship?"								
	Link to PSHE Association lesson outcomes		R1, R6, R24, R25, R26, R29						
Half-Term 3 05/01/26 - 13/02/26	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6			
	“Why is voting important and how can my voice make a difference?”								
	Link to PSHE Association lesson outcomes		L1, L5, L6						
Half-Term 4 23/02/26 - 27/03/26	Week 1	Week 2	Week 3	Week 4	Week 5				
	“How can I keep myself safe in different situations and make smart choices?”								
	Link to PSHE Association lesson outcomes		H3, H6, H7, H17, H18, H19						
Half-Term 5 13/04/26 - 22/05/26	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6			
	“Why is it important to stop bullying and unfair treatment because of who they are?”								
	Link to PSHE Association lesson outcomes		R27, R35, R36, R37, R38, L4, L7						
Half-Term 6 01/06/26 - 20/07/26	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7		
	“What does it mean to be a British Citizen?”								
	Link to PSHE Association lesson outcomes		L3, L4, L5, L6, L7						

In Year 8 PSHE students will...

- Identify signs of poor mental health and describe how to respond to someone in crisis
- Explain why mental health support is as vital as physical first aid in emergencies.
- Describe the key features of healthy and unhealthy relationships, including boundaries and respect.
- Explain how voting works in the UK and why democratic participation matters.
- Identify ways young people can influence change even before they are eligible to vote.
- Identify potential risks in different environments and explain how to stay safe
- Make informed decisions by weighing up risks, benefits, and consequences.
- Explain how discrimination and bullying harm individuals and society.
- Recognise different types of prejudice and understand how to challenge them safely and effectively.
- Explain how shared values such as democracy, tolerance, and the rule of law shape British society.
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Year 9-PSHE

Half-Term 1 01/09/25 - 24/10/25	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	In Year 9 PSHE students will... → Explain what self-esteem is and identify personal strategies to help manage emotional highs and lows, including stress, anger, and peer pressure → Recognise the signs of poor mental health (such as depression or self-harm), and know how and where to seek support for myself or others. → Recognise the signs of an unhealthy relationship, including controlling behaviour and peer pressure, and understand the importance of respecting personal boundaries." → Explain how homophobia, transphobia, sexism, and misogynistic language can harm individuals and relationships, and I know how to challenge prejudice in a respectful and safe way → Explain how emerging technologies like the Metaverse and augmented reality might impact my future, and understand the risks of online activities such as gaming, gambling, and cyber crime. → Recognise the importance of being financially responsible as a young adult and understand concepts like money laundering and how to manage money safely in a digital world. → Describe how the British criminal justice system works and understand how it deals with young offenders, including those involved in anti-social and gang-related behaviour. → Explain the consequences of hate crime and knife crime, and recognise the personal, social, and legal risks that may lead young people to become involved in criminal activity. → Explain what an intimate relationship is and understand the importance of consent in all relationships. → Describe the risks and prevention methods related to STIs, sexting, contraception, and teenage pregnancy, and know where to seek support and advice. → Explain what extremism and radicalisation are, describe the processes involved, and recognise how radical groups may influence individuals. → Demonstrate tolerance towards others by understanding and challenging myths about terrorism and religion, and explain how counter-terrorism efforts work in the UK.
	“How can I look after my health?”								
	Link to PSHE Association lesson outcomes		H1, H4, H5, R30, R31, R34						
Half-Term 2 03/11/25 – 19/12/25	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7		
	“What role does respect play in healthy relationships, and what happened when it is missing?”								
	Link to PSHE Association lesson outcomes		R26, R27, R28, R29						
Half-Term 3 05/01/26 – 13/02/26	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6			
	“How can we protect ourselves and make wise choices in a world full of financial risks and new technologies?”								
	Link to PSHE Association lesson outcomes		L1, L5, L6						
Half-Term 4 23/02/26 - 27/03/26	Week 1	Week 2	Week 3	Week 4	Week 5				
	“What causes crime and risk behaviours, and how can we make positive choices to stay safe?”								
	Link to PSHE Association lesson outcomes		L4, L5, L6, L7						
Half-Term 5 13/04/26 - 22/05/26	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6			
	“How can we make sure our intimate relationships are safe and helpful?”								
	Link to PSHE Association lesson outcomes		R7, R15, R16, R17, R18, R19, R20, R21, R22, R23						
Half-Term 6 01/06/26 - 20/07/26	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7		
	“Why do people hold extreme beliefs and how can we promote safety and understanding in our communities?”								
	Link to PSHE Association lesson outcomes		L3, L4, L5, L6, L7 <u>L3, L5 (KS4)</u>						

Year 10-PSHE

Half-Term 1 01/09/25 - 24/10/25	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	In Year 10 PSHE students will... → Identify the triggers of stress and different strategies to combat stress. → Describe the triggers in regards to self-harm and support available, → Look at how they can maximise their brain power. → Identify the signs of unhealthy relationships, including issues related to consent, boundaries, and respect → Understand the impact and consequences of abusive behaviours, including domestic abuse, sexual harassment, stalking, and the influence of online pornography. → Know how to seek support, assert their rights, and respond safely to unhealthy or abusive situations in both online and offline contexts → Explain the personal, social, and legal consequences of involvement in anti-social or criminal behaviour, including county lines and knife crime. → Understand how to stay safe online, including recognising and responding to grooming, dark web dangers, and protecting their digital identity and wellbeing. → Explain what addiction is and identify the physical, emotional, and social impacts of addictive behaviours, including binge drinking, smoking/vaping, gambling, and online gaming → Understand the reasons why young people may engage in addictive behaviours and know how to seek support for themselves or others. → Describe the qualities of positive relationships and apply strategies for managing conflict, handling break-ups, and navigating different types of relationships respectfully. → Understand how grief and bereavement can affect individuals and relationships, and know how to access appropriate support for themselves or others.
	“How can understanding our mental health empower us to cope with challenges and support others?”								
	Link to PSHE Association lesson outcomes		H15, H16, H17, H20, H22, H23, H24, H25, H26, H27, H28, H29, H30						
Half-Term 2 03/11/25 – 19/12/25	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7		
	“How can recognising the signs of unhealthy relationships, help us challenge harmful behaviour and build respectful relationships?”								
	Link to PSHE Association lesson outcomes		R1, R6, R24, R25, R26, R29						
Half-Term 3 05/01/26 – 13/02/26	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6			
	“How can understanding risks in the world around us help us make safer choices and protect us and others?”								
	Link to PSHE Association lesson outcomes		L1, L5, L6						
Half-Term 4 23/02/26 - 27/03/26	Week 1	Week 2	Week 3	Week 4	Week 5				
	“Why do people develop addictive behaviours and how can we make informed choices?”								
	Link to PSHE Association lesson outcomes		H3, H6, H7, H17, H18, H19						
Half-Term 5 13/04/26 - 22/05/26	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6			
	How can we manage the ups and downs of relationships?								
	Link to PSHE Association lesson outcomes		R27, R35, R36, R37, R38, L4, L7						
Half-Term 6 01/06/26 - 20/07/26	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7		
	Work experience (Preparing and reflecting on the world of work)								
	Link to PSHE Association lesson outcomes		L3, L4, L5, L6, L7						

Year 11-PSHE

Half-Term 1	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	In Year 11 PSHE students will... → Identify a range of strategies to manage exam stress and anxiety, and explain which techniques work best for me. → Evaluate how my mindset and self-esteem affect my motivation and performance during revision, and use tools to stay positive and focused. → Explain different types of relationships and evaluate how respect, consent, and communication contribute to healthy and safe relationships. → Describe a range of choices around sex, parenting, and family life — including marriage, fostering, and adoption — and reflect on what feels right for me and why.
01/09/25 - 24/10/25	“How can I maximise my potential?” + Year 11 PSHE and careers day ‘Preparing for adult life’								
	Link to PSHE Association lesson outcomes		H15, H16, H17, H20, H22, H23, H24, H25, H26, H27, H28, H29, H30						
Half-Term 2	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7		
03/11/25 – 19/12/25	“How do our choices in relationships affect our future + Year 11 PSHE and careers day ‘Preparing for my future’								
	Link to PSHE Association lesson outcomes		R1, R6, R24, R25, R26, R29						
Half-Term 3	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6			
05/01/26 – 13/02/26	Year 11 intervention								
Half-Term 4	Week 1	Week 2	Week 3	Week 4	Week 5				
23/02/26 - 27/03/26	Year 11 intervention								
	Link to PSHE Association lesson outcomes		H3, H6, H7, H17, H18, H19						
Half-Term 5	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6			
13/04/26 - 22/05/26	Year 11 intervention								
	Link to PSHE Association lesson outcomes		R27, R35, R36, R37, R38, L4, L7						
Half-Term 6	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7		
01/06/26 - 20/07/26									