

PHSE Curriculum

Sessions are subject to movement and this document should be viewed as a planned overview of what will be covered.

Key Stage 3 – Year 7 PSHE 2026-2027		
Term	Topics	Sessions
Autumn 1 September-October	1. Online Safety 2. Personal Identity 3. Personal Safety	· 1a – Internet safety and age restrictions · 1b – Cyberbullying and online behaviour · 2a - Black History Month and British values · 2b – British Values and Diversity · 3a – Gangs
	Personal Development	· Resilience
Autumn 2 October-December	1. Anti-bullying 2. Drugs and Alcohol 3. Relationships	· 1a – anti-bullying week and kindness · 1b – Successful communication · 2a – Introduction to Drugs and Caffeine · 2b – Energy Drinks and Vaping · 3a – Families and Parenting · 3b – Marriage and Longterm Relationships
	Personal Development	· Literacy
Spring 1 January-February	1. Money and Careers 2. SRE 3. Relationships	· 1a – Introduction to Careers and Unifrog · 2a – Menstruation and attitudes · 2b – FGM and Forced Marriage · 3a – Misogyny and other Prejudice
	Personal Development	· Technology (includes Fake news, AI, online challenges, doom-scrolling)
Spring 2 February-March	1. Personal Identity 2. Mental Health and Physical Health	· 1a – Religious Holidays and Reflection · 2a – Mental Health and Stress · 2b – Physical Wellbeing · 2c – Staying safe: railways and water
	Personal Development	· Communication skills: active listening, debating
Summer 1 April-May	1. Personal Safety 2. Careers 3. Revision Strategies	· 1a – Gangs and Grooming · 1b – anti-social behaviour and graffiti · 2a – future choices and options · 3a – what makes revision successful?
	Personal Development	· Motivation
Summer 2 May-July	1. Personal Safety 2. Reflection	· 1a – Staying safe · 2b – Reflection of the year.
	Personal Development	· Careers

Key Stage 3 – Year 8 PSHE 2026-2027

Term	Topics	Sessions
Autumn 1 September-October	4. Online Safety 5. Personal Identity 6. Personal Safety	· 1a – Internet safety and online relationships · 1b – Cyberbullying and the repercussions · 2a - Black History Month and British values · 2b – British Values and Freedom of Speech · 3a – Gangs and Peer Pressure
	Personal Development	· Digital Technology and empathy
Autumn 2 October-December	4. Anti-bullying 5. Drugs and Alcohol 6. Relationships	· 1a – anti-bullying week and active bystanders · 1b – Challenging Stereotypes and Racism · 2a – Vaping and Tobacco · 2b – Edibles and Gateway Drugs · 3a – Healthy versus Unhealthy Relationships · 3b – Dangers online and Grooming
	Personal Development	· Law and Order
Spring 1 January-February	4. Money and Careers 5. SRE 6. Relationships	· 1a – Job Adverts and Local Labour Market · 2a – Puberty: Emotional and Physical Changes · 2b – Puberty: Physical Changes and Consent · 3a – Prejudices and Discrimination
	Personal Development	· Current affairs
Spring 2 February-March	3. Personal Identity 4. Mental Health and Physical Health 5. Careers	· 1a – Religious Holidays and Reflection · 2a – Mental Health and Stress · 2b – Physical Wellbeing · 3a – future choices and Options Process
	Personal Development	· Managing money
Summer 1 April-May	4. Personal Safety 5. Revision Strategies	· 1a – Gangs · 1b – Staying safe: UV Rays and Public Transport · 2a – what makes revision successful?
	Personal Development	· Literacy
Summer 2 May-July	3. Personal Safety 4. Reflection	· 1a – Staying safe: Hazards and Crime · 2b – Reflection of the year.
	Personal Development	· Careers

Key Stage 3 – Year 9 PSHE 2026-2027		
Term	Topics	Sessions
Autumn 1 September-October	7. Online Safety 8. Personal Identity 9. Personal Safety and Relationships	<ul style="list-style-type: none"> · 1a – Self Esteem Online and Grooming Risks · 1b – Unhealthy Comparisons and Gambling · 2a - Black History Month and British values · 2b – British Values and Tolerance · 3a – ‘Sexting’ and Dealing with requests for nude images.
Autumn 2 October-December	7. Anti-bullying 8. Drugs and Alcohol 9. Relationships	<ul style="list-style-type: none"> · 1a – anti-bullying week and action against prejudice · 2a – Alcohol and Addiction · 2b – Vaping & Supplements · 3a – Build and Maintaining Healthy Relationships · 3b – Working on Relationships and recognising abusive behaviour
Spring 1 January-February	7. Money and Careers 8. SRE 9. Relationships	<ul style="list-style-type: none"> · 1a – Why study MFL and Introduction to Work Experience · 2a – Delaying Sex and Intimacy · 2b – Contraception · 3a – Misogyny and Misandry
Spring 2 February-March	6. Personal Identity 7. Mental Health and Physical Health	<ul style="list-style-type: none"> · 1a – Religious Holidays and Reflection · 2a – Mental Health and Stress · 2b – Physical Wellbeing
Summer 1 April-May	6. Personal Safety 7. Revision Strategies	<ul style="list-style-type: none"> · 1a – Gangs: County Lines and Drug Dealing · 1b – Body Modification and Harm · 2a – what makes revision successful?
Summer 2 May-July	5. Careers 6. Personal Safety 7. Reflection	<ul style="list-style-type: none"> · 1a – Work experience launch and Process · 1b – Future Skills Questionnaire and Unifrog · 1c – Choosing a placement and contacting workforces · 2a – Staying safe: Hazards and Crime · 3b – Reflection of the year.

Key Stage 4 – Year 10 PSHE 2026-2027		
Term	Topics	Sessions
Autumn 1 September-October	10. Online Safety/Relationships 11. Personal Identity 12. Careers	<ul style="list-style-type: none"> · 1a – Digital footprints and Profiles · 1b – Sexting Drama – ‘Abi’s Story’ · 2a - Black History Month and British values · 3a– Preparing for Work Experience and making a good impression
Autumn 2 October-December	10. Careers 11. Anti-bullying 12. Drugs and Alcohol 13. Relationships	<ul style="list-style-type: none"> · 1a – Preparing for Work Experience · 2a – Anti-bullying Week · 3a – Drug Classes and Class C · 3b – Class B and Class A drugs

		<ul style="list-style-type: none"> · 3c – Prescription Drugs and Steroids · 4a – The Truth about Pornography · 4b – Holding Respectful Relationships
Spring 1 January-February	<ul style="list-style-type: none"> 10. Money and Careers 11. SRE 12. Relationships 	<ul style="list-style-type: none"> · 1a – Managing Money and Debt · 2a – Delaying Sex and Intimacy · 2b – Contraception and Sexual Health · 3a – Misogyny and Misandry
Spring 2 February-March	<ul style="list-style-type: none"> 8. Personal Identity 9. Mental Health and Physical Health 	<ul style="list-style-type: none"> · 1a – Religious Holidays and Reflection · 2a – Stress and Mental Illness · 2b – Physical Wellbeing
Summer 1 April-May	<ul style="list-style-type: none"> 8. Personal Identity 9. Personal Safety 	<ul style="list-style-type: none"> · 1a – Cultures Day and Celebrations · 2a – Gangs: Alfie’s Story and Gangs · 2b – Drug Dealing and Support
Summer 2 May-July	<ul style="list-style-type: none"> 8. Personal Safety 9. Careers 10. Reflection 	<ul style="list-style-type: none"> · 1a – Staying safe: UV Rays and Water · 2a – Sixth Form and GCSEs · 3a – Reflection of the year.

Key Stage 4 – Year 11 PSHE 2026-2027

Term	Topics	Sessions
Autumn 1 September-October	<ul style="list-style-type: none"> 13. Online Safety/Relationships 14. Personal Identity 15. Careers 	<ul style="list-style-type: none"> · 1a – Pornography · 1b – Laws around Nude Images · 2a - Black History Month and British values · 3a– Careers versus Jobs
Autumn 2 October-December	<ul style="list-style-type: none"> 14. Anti-bullying 15. Drugs and Alcohol 16. Relationships 	<ul style="list-style-type: none"> · 1a – Dealing with rejection · 1b – Anti-bullying Week · 2a – Substance Abuse · 3a – Consent Refresher
Spring 1 January-February	<ul style="list-style-type: none"> 13. Money and Careers 14. SRE 15. Relationships 	<ul style="list-style-type: none"> · 1a – LinkedIn and Sixth Form/College · 2a – Delaying Sex and STIs · 2b – Pregnancy and Fertility · 2c – Stalking and Sexual Harassment · 3a – Misogyny and Misandry
Spring 2 February-March	<ul style="list-style-type: none"> 10. Personal Identity 11. Mental Health and Physical Health 	<ul style="list-style-type: none"> · 1a – Religious Holidays and Reflection · 2a – Dealing With Change · 2b – Physical Wellbeing
Summer 1 April-May	<ul style="list-style-type: none"> 10. Personal Identity 11. Revision Strategies 	<ul style="list-style-type: none"> · 1a – Cultures Day and Celebrations · 2a – Revision Strategies

Key Stage 5 – Year 12 PSHE 2026-2027

Term	Topics	Sessions
Autumn 1 September-October	<ul style="list-style-type: none"> 16. Online Safety/Relationships 17. Personal Identity 	<ul style="list-style-type: none"> · 1a – Laws around Nude Images · 1b – Screen time and Sleep

		· 2a - Black History Month and British values
Autumn 2 October-December	17. Anti-bullying 18. Relationships	· 1a – Workplace bullying · 1b – Anti-bullying Week · 2a – Sexual Consent · 2b – Consent and Withdrawal · 2c – Alcohol and Drink Spiking
Spring 1 January-February	16. Money and Careers 17. SRE 18. Relationships	· 1a – Budgeting · 2a – Delaying Sex and Intimacy · 2b – Pregnancy · 2c – Sexual Harassment · 3a – Misogyny and Misandry
Spring 2 February-March	12. Personal Identity 13. Mental Health and Physical Health	· 1a – Religious Holidays and Reflection · 2a – Dealing With Change · 2b – Physical Wellbeing
Summer 1 April-May	12. Revision Strategies	· 1a – Revision Strategies

Key Stage 5 – Year 13 PSHE 2026-2027

Term	Topics	Sessions
Autumn 1 September-October	18. Online Safety/Relationships 19. Personal Identity	· 1a – Online Personas and Laws · 1b – Digital Detox · 2a - Black History Month and British values
Autumn 2 October-December	19. Anti-bullying 20. Relationships	· 1a – Workers Rights · 1b – Anti-bullying Week · 2a – Sexual Consent Refresher · 2b – Healthy Relationships
Spring 1 January-February	19. Money and Careers 20. SRE 21. Relationships	· 1a – Financial commitments · 2a – Delaying Sex and Intimacy · 2b – Stealthing · 3a – Misogyny and Misandry
Spring 2 February-March	14. Personal Identity 15. Mental Health and Physical Health	· 1a – Religious Holidays and Reflection · 2a – Mindfulness
Summer 1 April-May	13. Revision Strategies	· 1a – Revision Strategies