

Subject: PSHE

Year group	Term	Curriculum Focus
7	Autumn 1	Students will begin by reflecting on transition, friendships, and new opportunities. They explore skills, goal-setting, and how to prepare for future careers and success. Lessons include writing a CV.
7	Autumn 2	Students learn about human rights, bullying, charity, and kindness within communities. They discuss why values and laws are important and how they shape daily life. The topic builds empathy and respect.
7	Spring 1	Students learn about the value and function of money and how government budgets and taxes work. They explore budgeting, saving, and different payment methods in real-life scenarios. Lessons build financial awareness.
7	Spring 2	This half term is focussed on relationship education. Students will be taught about the importance of trust within different kinds of relationships and also how to keep relationships positive. Students also will build on previous knowledge of puberty and menstruation.
7	Summer 1	In the summer term students focus on health and wellbeing, Summer 1 focuses on exercise, food knowledge, mental health and also revision skills to help with assessments.
7	Summer 2	This half term students have a focus on keeping themselves and others safe in the form of first aid skills. The main components are bleeding, CPR and primary survey.
8	Autumn 1	Students explore what success means and how personal motivations shape achievement. They learn about transferable skills, managing money, and understanding the job market. Lessons build awareness of goal setting.
8	Autumn 2	Students explore democracy, diversity, equality, and British values through discussion and debate. They reflect on how kindness, inclusion, and charity strengthen school and community life. This unit encourages confidence.
8	Spring 1	Students explore spending habits, risk and reward, and how money choices affect others. They learn about Fair Trade, budgeting, and currency exchange across different countries.
8	Spring 2	The focus of this half term is relationship education. Students will learn about healthy, unhealthy and toxic relationships, along with a revisit on puberty and we can help each other with our emotions and mental health.
8	Summer 1	Across summer the focus is health and wellbeing. This half term students will focus on what it means to be healthy, with topics such as smoking, alcohol and drugs.
8	Summer 2	This half term focuses on the care of each other though first aid skills. This builds on year 7 content, asthma bleeding and allergies are some of the topics that are covered.
9	Autumn 1	Students identify employability skills, leadership, teamwork, and effective communication. They explore how extracurricular activities and labour market information link to future careers.
9	Autumn 2	Students learn about prejudice, discrimination, radicalisation, and the rule of law. They explore equality, respect, and how laws protect individuals and communities. The topic helps students understand diversity and fairness.

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9	Spring 1	Students study personal finances, including spending, saving, and managing risk with money. They learn about insurance, avoiding scams, and making informed financial decisions.
9	Spring 2	This half term the focus is sex education, an important topic and one that the student understand the importance of. Students will learn about consent, contraception, STIs and the possible impact of their choices.
9	Summer 1	The whole of the summer term has a focus on health and wellbeing, with this half term focussing on a more detailed look at the impact of drugs and alcohol, also looking at the topic of eating disorders and vaping.
9	Summer 1	Students look at first aid as a way of keeping themselves safe an each other. Adding on to previous knowledge is how to deal with head injuries and also how to deal with choking.
10	Autumn 1	Students prepare for key moments such as exams, communication challenges, and work experience. They develop skills for professionalism, interviews, and effective workplace interactions.
10	Autumn 2	Students explore communication, anti-bullying, and the importance of respect and democracy. They discuss real-world issues such as knife crime and animal welfare from moral viewpoints.
10	Spring 1	Students explore money management, online safety, and gambling awareness. They discuss citizenship, community change, and preparing for work experience placements.
10	Spring 2	Sex education is looked at, building on previous knowledge, revisiting topics such as contraception but also looking at the law around romantic relationships, the consequences of them and the impact of choices such as alcohol.
10	Summer 1	The summer term revolves around health and wellbeing. Across summer 1 and summer 2 Year 10 look at a range of first aid topics, including CPR, bleeding, allergies, and burns. Students also work on revision skills and how to look after their mental health around exams.
10	Summer 2	
11	Autumn 1	Students prepare for life after Year 11 by researching post-16 options and applications. They create personal statements and learn techniques to manage exams and stress effectively. The topic promotes independence.
11	Autumn 2	Students reflect on citizenship, politics, and personal responsibility in modern society. They explore democracy, crime prevention, and how to develop a strong set of values.
11	Spring 1	Students build understanding of self-esteem, mental health, and healthy relationships. They learn about consent, pregnancy choices, and staying safe from exploitation. Lessons promote respect, and informed decision-making.
11	Spring 2	Students carry on gathering knowledge of relationships and mental health before moving into interventions, planned by different subjects.
11	Summer 1	Interventions continue.
11	Summer 2	Interventions continue where appropriate.