PSHCE Curriculum Overview 2026–2027

KS3 Curriculum Overview

Year 7 – Building Self-Awareness, Health and Relationships

Term	Topic Area	Key Learning
Autumn 1	Introduction to PSHCE	Understanding PSHCE, classroom expectations, Prevent, British Values, anti-bullying and positive relationships.
Autumn 2	Growing up	Puberty, periods, FGM awareness and reporting concerns.
Spring 1	Healthy Lifestyles	Healthy eating, nutrition, healthy choices and lifestyle diseases.
Spring 2	Physical & Mental Health	Exercise, energy drinks, depression, anger management and wellbeing.
Summer 1	Citizenship & Identity	British Values, diversity, identity, culture and religion in modern Britain.
Summer 2	relationships	Family relationships, friendships, healthy romantic relationships and personal values.

End Point: Students understand themselves, their health, relationships and their place within diverse British society.

Year 8 – Personal Safety, Respect and Decision Making

Term	Topic Area	Key Learning
Autumn 1	**Online Safety and Personal Development**	**Cyber safety, substance abuse, SMART targets, emotional literacy.**
Autumn 2	**Diversity & Self-Esteem**	**Cyberbullying, self-esteem, prejudice, discrimination and LGBT awareness.**
Spring 1	**Healthy Relationships**	**Consent, contraception, teenage pregnancy and online grooming.**
Spring 2	**Safety & First Aid**	**Personal safety, CPR, first aid, domestic conflict and disability stereotypes.**
Summer 1	**Society & Communication**	**Gender stereotypes, teamwork, communication, environmental awareness and tolerance.**
Summer 2	**Democracy & Politics**	**Democracy, dictatorships, Parliament, political parties and voting.**

End Point: Students understand consent, online risks, personal safety and the principles of democracy and equality.

Year 9 – Developing Independence and Critical Thinking

Term	Topic Area	Key Learning
Autumn 1	**Rik & Harm Reduction**	**Alcohol, vaping, smoking, gambling and domestic abuse.**
Autumn 2	**Relationships & Online Safety**	**LGBT protected characteristics, sexting, selfies, online safety and STIs.**
Spring 1	**Mental Health & Resilience**	**Growth mindset, peer pressure, self-harm and stress.**
Spring 2	**Body Image and Personal Development**	**Eating disorders, media influence, misogyny and personal development.**
Summer 1	**Human Rights**	**Human rights, children's rights, privacy and child soldiers.**
Summer 2	**Global Citizenship & Law**	**Global human rights, study skills, law enforcement, freedom of speech and protest.**

End Point: Students understand risks, rights, responsibilities and how to make informed choices as young citizens.

KS4 Curriculum Overview

Year 10 – Preparation for Adult Life

Term	Topic Area	Key Learning
Autumn 1	**Health & Wellbeing**	**Media influences, self-esteem, role models, body positivity and alcohol awareness.**
Autumn 2	**Personal Safety**	**CPR, workplace health and safety, personal safety and risk taking.**
Spring 1	**Relationships & Diversity**	**Relationship types, same-sex relationships, transgender awareness, hate crime, conflict management and break-ups.**
Spring 2	**Identity & Digital Safety**	**Positivity, diversity, revenge images, misogyny and gender inequality.**
Summer 1	**Britain in the Modern World**	**Multiculturalism, extremism, globalisation and plastic pollution.**
Summer 2	**Independent Adulthood**	**Anti-social behaviour, independent living, online fraud, contraception and study skills.**

End Point: Students are equipped with the knowledge and skills to manage relationships, risk, careers, finances and independent life.

Year 11 – Safeguarding, Responsibility and Future Readiness

Term	Topic Area	Key Learning
Autumn 1	**Safeguarding & Exploitation**	**County lines, forced marriage, stalking, harassment and online gambling.**
Autumn 2	**Equality & Adult Relationships**	**Privilege, fertility, reproductive health, the dark web and anti-social behaviour.**
Spring 1	**Exam Preparation**	**Study skills, revision techniques and personal organisation.**
Spring 2	**Exam Preparation**	**Resilience, wellbeing and examination preparation.**
Summer 1		
Summer 2		

End Point: Students leave school with the knowledge, confidence and resilience needed for further education, employment and adult life.