

Prior Park College PSHE curriculum overview 2026-7

	Michaelmas 1 (7 weeks)	Michaelmas 2 (6 weeks)	Lent 1 (6 weeks)	Lent 2 (5 weeks)	Trinity 1 (5 weeks)	Trinity 2 (5 weeks)
	Health and Wellbeing		Relationships		Issues in the Wider World	
Lower 3	1. Introduction to PSHE 2. Change and Transition 3. Knowing myself: Reflect on Who You Are (careers) 4. Knowing Myself: Identifying and Expressing My Emotions 5. Emotional Health: Anxiety 6. Neurodiversity	7. Self-Esteem 8. Body-Image 9. Body-Neutrality 10. Healthy Choices pt1 (Diet and Exercise) 11. Healthy Choices pt2 (Dental Health and Personal Hygiene)	12. Healthy Friendships 13. Managing Friendships 14. Peer Pressure and Social Consent (Online Safety) 15. Vaping: social aspect 16. Respect	17. Biology of Puberty 18. Emotions of Puberty 19. Menstrual Cycle 20. Communicating with Adults	21. Diversity 22. Protected Characteristics 23. Stereotypes 24. LGBTQIA+	25. Racism 26. Sexism <i>Residential Trip</i>
Form 3	1. Knowing Myself: Values 2. Attitudes to Mental Health 3. Emotional Wellbeing 4. Physical Wellbeing: Diet 5. Physical Wellbeing: Movement 6. Physical Wellbeing: Community	7. Unhealthy Coping Strategies 8. Self-Harm, Eating Disorders 9. Drugs and Alcohol 10. Vaping and SNUS: physical aspect 11. Healthy Coping Strategies	12. Positive Relationship Traits 13. Rights in Relationships: Emotional Consent 14. Neurodiversity in Relationships 15. Online Content pt1 16. Online Content pt2	17. Reproduction and Fertility 18. Loss and Bereavement pt1 19. Loss and Bereavement pt2 20. Media Messages	21. Options for Happiness (careers) 22. Homophobia 23. Cyber Bullying 24. Digital Resilience	25. Gangs and County Lines 26. Drugs in Bath 27. Online Safety 28. Finance
Form 4	1. Knowing Myself: Energy Bank 2. Dealing with Change 3. Mental Health: Stress, Anxiety 4. Mental Health: Depression 5. Friendships/Parties (Drugs and Alcohol) 6. Peer Pressure: Strategies	7. Protecting yourself from Exploitation/ Grooming 8. Extremism and Radicalisation 9. Online Misogyny: Incels 10. Nutrition pt1 11. Nutrition pt2	12. How to Choose KS4 Options (careers) 13. Friendship Groups 14. Peer Pressure: Back Me Up 15. Pornography 16. Sexual Consent	17. STIs 18. HIV 19. Sexual Harassment 20. Unhealthy Relationships: Spiralling	21. Gender Based Violence 22. Forced Marriage and FGM 23. Prejudice and Discrimination p1 24. Prejudice and Discrimination p2	25. Media Literacy pt1 26. Media Literacy pt2 27. Parenting 28. Money Management
Lower 5 1ppf	1. Knowing Myself: Self-Esteem 2. Neurodiversity 3. Mental Health and Exams	4. Healthy Lifestyle – gym culture 5. Inactivity and Health 6. Risks, Choices, Addiction	7. Contraception (HWC) 8. Pregnancy, Miscarriage, Abortion 9. Consent and First Time	10. Respectful Relationships 11. Pornography 12. Sexting	13. Prejudice and Discrimination 14. LGBTQIA+ in more detail	15. UniFrog Launch 16. Work experience (Careers)
Upper 5 1ppf	1. Stress and Self-Care 2. Achievement Pressure 3. Alcohol and Drug Awareness	4. Self-Examination and Screening (Movember) 5. Sex, Gender and Sexuality 6. Donation – blood, cells, organs	7. Impact of Intimacy 8. Communication in Sexual Relationships: Consent 9. Unhealthy Relationships	10. Democracy and Rights of 16-year-olds 11. Post-16 pathways: Apprenticeships vs HE (Careers) 12. Safety at Festivals	Exam Revision	Study Leave