

PSHE Curriculum Content Overview – 2024-2025

Staff in Sycamore class will follow the Y7 curriculum content below but will structure their PSHE & RSE lessons around the needs of the individual students.

Class		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y7 Elm & Birch (Sept 2024)		Mental health & emotional wellbeing, including transition	Changing adolescent body	Online & media	Criminal Exploitation (was drugs, alc & tobacco)	Drugs, alcohol & tobacco (was health & physical exercise)	KS3 RSE A: Respectful relationships – friends & families
Y 8 & 9 Ash, Oak & Rosewood Sept 2024	2-year rolling programme	2024-25					
		Mental health & emotional wellbeing	Drugs, tobacco & alcohol	Changing adolescent body / puberty	Staying Safe/ Respecting me, you, us	KS3 RSE B	
		2025-26					
		Health & physical fitness	Online & media	Changing adolescent body	Health & prevention, including basic first aid	KS3 RSE C Making positive choices	Identity, diversity & bullying
KS4 Sept 2024	Using ASDAN short course as a guide but non-accredited	Emotional wellbeing Module 1	Alcohol Module 4	Drugs & tobacco Module 5	Social Media Module 3	Respectful relationships - Module 7 & parts of Sexual health - Module 6	
KS4 Sept 2025		Keeping safe & healthy including Criminal Exploitation Module 2		Cyber-safety	Financial choices Module 9	Families & parenting Module 8	Sexual health Module 6
KS4 Spruce	2 year rolling programme	Mental health & emotional wellbeing	Diversity, stereotypes & prejudice	Aspirations, work & career	Families, parenting & the community	Staying healthy including sexual health if appropriate	Rights & responsibilities
		Mental health & emotional wellbeing	Online & media	Hygiene & the body	Respectful relationships	Citizenship & being a good citizen	Alcohol, drugs & tobacco