

PSHE Curriculum Content Overview

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 2025)		Health & wellbeing, including transition	Changing adolescent body	Online & media	Criminal Exploitation	KS3 RSE A: Respectful relationships – friends & families	Drugs, alcohol & tobacco
Y 8 & 9 Ash, Oak & Rose-wood	2-year rolling programme	Mental health & emotional wellbeing	Drugs, tobacco & alcohol	Changing adolescent body / puberty	Staying Safe/ Respecting me, you, us	KS3 RSE B Healthy relationships	Health & prevention, including basic first aid
		Health & physical fitness	Online & media	Changing adolescent body	Criminal Exploitation	KS3 RSE C Making positive choices	Identity, diversity & bullying
		Emotional wellbeing	Alcohol	Drugs & tobacco	Social Media	Respectful relationships & Sexual health	
KS4 Sept	Using ASDAN short course as a guide but non-accredited	Keeping safe & healthy including Criminal Exploitation		Cyber-safety	Financial choices	Families & parenting	Sexual health
KS4 Sept		Mental health & emotional wellbeing	Diversity, stereotypes & prejudice	Aspirations, work & career	Families, parenting & the community	Staying healthy including sexual health if appropriate	Rights & responsibilities
Spruce	2 year rolling programme	Mental health & emotional wellbeing	Online & media	Hygiene & the body	Respectful relationships	Citizenship & being a good citizen	Alcohol, drugs & tobacco
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