

# KS3 & 4 PSHE Long Term Plan

Year Group	Term	Unit Title	Synopsis
In Key Stage 3 pupils receive one PSHE lesson every week			
Year 7	Autumn 1	Change confidence and conflict	This unit explores the transition to Year 7, helping pupils develop confidence and self-esteem during this significant change. Students learn to identify their strengths, set realistic goals, and build resilience. The unit covers effective communication skills, conflict resolution strategies, and healthy coping mechanisms. Pupils develop emotional intelligence to navigate new friendships and academic challenges successfully.
Year 7	Autumn 2	Protected characteristics, diversity & bullying	Pupils examine personal identity within the context of the Equality Act and protected characteristics. They explore diversity, community values, and distinguish between bullying and banter. The unit addresses the bystander effect and develops skills to challenge discrimination and promote inclusion.
Year 7	Spring 1	Health & puberty	This unit covers holistic health and wellbeing, including healthy eating, cholesterol awareness, and mental health understanding. Pupils learn about puberty for both boys and girls, covering physical and emotional changes. The unit emphasises self-care, hygiene, and managing developmental changes confidently.

Year 7	Spring 2	Citizenships, politics & parliament	Pupils explore democratic principles, understanding how government and parliament function. They learn about rule-making, law creation, and the importance of voting. The unit develops civic awareness and understanding of democratic participation and responsibilities in society.
Year 7	Summer 1	Friends, respect & relationships	This unit focuses on building positive relationships through understanding consent, boundaries, and healthy relationship dynamics. Pupils explore friendship qualities, recognise and prevent bullying, and learn online safety. The unit emphasises respect, communication, and maintaining safe relationships.
Year 7	Summer 2	Developing skills and aspirations	Pupils begin career exploration, understanding different career paths and future planning. They develop research skills using platforms like Unifrog, explore dream jobs, and begin considering their aspirations. The unit introduces employability skills and goal-setting for future success.
Year 8	Autumn 1	Drugs	This unit examines the positive and negative uses of drugs in society, including prescribed and over-the-counter medicines. Pupils learn about responsible antibiotic use, evaluate misconceptions about substances, and understand the health risks of drug, alcohol, and tobacco use. Risk management strategies are developed.

Year 8	Autumn 2	FBVs & discrimination	Pupils explore Fundamental British Values and their application in modern society. They examine different forms of discrimination, learn to challenge prejudice-based language and behaviour, and develop strategies to promote inclusion. The unit emphasises respect for diversity and equal rights.
Year 8	Spring 1	Internet safety & awareness	This unit develops digital literacy and online safety skills. Pupils learn about privacy boundaries, safe information sharing, and recognising online risks. They explore the benefits and dangers of social media, understand digital footprints, and develop strategies for responding to online problems.
Year 8	Spring 2	Developing Me 2 (unifrog)	Pupils continue career development using digital platforms, exploring their strengths, interests, and skills. They research career pathways, understand employment sectors, and develop their career identity. The unit emphasises self-assessment and future planning through technology-supported exploration.
Year 8	Summer 1	Relationships. Identity and FGM	This unit covers relationship dynamics, personal identity development, and serious safeguarding issues including Female Genital Mutilation (FGM). Pupils learn about FGM as a criminal act, support strategies, and how to access help. The unit emphasises safety, identity, and support systems.

Year 8	Summer 2	Mental health & emotional well being	Pupils explore mental and emotional health characteristics, developing empathy and understanding. They learn strategies for managing mental health concerns, recognise warning signs of common conditions, and understand the importance of seeking help. Healthy coping strategies and mood-boosting techniques are emphasised.
Year 9	Autumn 1	Peer influence & substance use	This unit examines peer pressure and its impact on decision-making, particularly regarding substance use. Pupils learn about the consequences of substance misuse, develop resistance strategies, and understand the risks of illegal substances. The unit emphasises independent decision-making and risk assessment.
Year 9	Autumn 2	Respectful relationships	Pupils explore relationship values, trust-building behaviours, and communication skills. They learn about managing strong emotions in relationships, conflict resolution, and the importance of consent. The unit covers relationship breakdown management and accessing support services when needed.
Year 9	Spring 1	(needs ICT) developing me 3 unifrog	Pupils advance their career development using digital platforms, exploring higher education options, apprenticeships, and employment opportunities. They develop their online presence professionally and understand the changing job market. The unit emphasises digital career management and future planning.

Year 9	Spring 2	Healthy me	This unit focuses on lifestyle choices affecting health and wellbeing, including sleep, diet, and exercise. Pupils learn about maintaining balance between different life activities, accessing health services confidently, and taking responsibility for their physical health including preventive care.
Year 9	Summer 1	Intimate relationships part 1	Pupils explore the development of intimate relationships, understanding consent, readiness for sexual intimacy, and communication skills. They learn about different types of intimacy and their consequences, developing skills to assess relationship readiness and maintain healthy boundaries.
Year 9	Summer 2	Intimate relationships part 2	This unit continues exploring intimate relationships, covering contraception, sexual health, and pregnancy considerations. Pupils learn about STI prevention, accessing sexual health services, and overcoming barriers to seeking help. The unit emphasises informed decision-making and health responsibility.
In Key Stage 4 pupils receive one PSHE lesson every two weeks and a PSHE tutor session every week			

Year 10	Autumn	Being me, fitting in & avoiding problems - Tutor sessions	Pupils develop self-awareness and strategies for navigating social pressures in adolescence. They learn about peer influence, risk-taking behaviours, and developing resilience. The unit emphasises personal identity, decision-making skills, and avoiding problematic situations whilst maintaining authentic relationships.
Year 10	Autumn	Exploring British values -PSHE Lessons	This unit deepens understanding of British values including democracy, rule of law, individual liberty, and mutual respect. Pupils explore how these values apply in modern society, examine different cultural perspectives, and develop skills to challenge extremism and intolerance.
Year 10	Spring	Health & wellbeing - Tutor sessions	Pupils develop advanced understanding of health, learning to recognise the importance of food, exercise sleep and mental health . They explore healthy relationships, and factors that may affect emotional regulation and resilience.
Year 10	Spring	Crimes & keeping safe - PSHE Lessons	This unit covers personal safety in various contexts, including online environments. Pupils learn about different types of crime, risk assessment, emergency procedures, and accessing help. The unit emphasises practical safety skills and understanding legal consequences of different behaviours.

Year 10	Summer	Moral compass & careers - Tutor Sessions	Pupils explore ethical decision-making and moral reasoning whilst continuing career development. They examine workplace ethics, employment rights and responsibilities, and financial decision-making. The unit integrates personal values with career planning and professional development.
Year 10	Summer	Warning signs, relationships & sex education - PSHE Lessons	This unit covers advanced relationship education, focusing on recognising unhealthy relationship patterns, understanding consent fully, and accessing sexual health services. Pupils learn about pregnancy choices, contraception negotiation, and supporting others in relationship difficulties.
Year 11	Autumn	Being an effective Y11 - Tutor lessons	Pupils develop advanced study skills and time management strategies for their final GCSE year. They learn stress management techniques, goal-setting for academic success, and maintaining wellbeing during examination periods. The unit emphasises effective revision strategies and personal organisation.
Year 11	Autumn	My future & higher education (ICT) - PSHE Lessons	This unit focuses on post-16 options including higher education, apprenticeships, and employment. Pupils research universities, understand application processes, and explore funding options. They develop skills for making informed decisions about their future and accessing appropriate guidance.

Year 11	Spring	Adult life & me	Pupils prepare for adult responsibilities, such as relationship values, STI's, Contraception, fertility, pregnancy choices and managing their own health choices.
Year 11	Spring	Careers and Employability	This unit asks pupils to consider their employability strengths, types of working environments, apprenticeships, their skills and how AI can influence our working world.
Year 11	Summer	Targeted revision	This unit provides focused support for the exam period encouraging effective revision whilst maintaining a balance of academic pressure with wellbeing.