

Yearly Overview 2026/27 - PSHE

	Autumn 1	<i>Why are you delivering this topic at this time of year?</i>	Autumn 2	<i>Why are you delivering this topic at this time of year?</i>	Spring 1	<i>Why are you delivering this topic at this time of year?</i>
Yr 7	Transition, Relationships and Community	Supports transition into secondary school, establishes positive relationships, school expectations, personal safety and belonging.	Online Safety and Digital Citizenship	Develops safe online behaviours before risky habits become established.	Mental Health and Wellbeing	Develops resilience, emotional regulation and healthy habits as pupils settle.
	Spring 2	<i>Why are you delivering this topic at this time of year?</i>	Summer 1	<i>Why are you delivering this topic at this time of year?</i>	Summer 2	<i>Why are you delivering this topic at this time of year?</i>
Yr 7	Digital Wellbeing and Healthy Choices	Builds critical thinking about technology and wellbeing.	Families, Puberty and Relationships	Supports age-appropriate RSE and physical and emotional development.	Personal Safety and Risk Awareness	Prepares pupils for greater independence and summer safety.

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Yr 8	Relationships, Identity and Peer Influence	Builds on Year 7 foundations and addresses increasing social pressures.	Online Risks and Discrimination	Develops awareness of diversity, inclusion and online risk.	Citizenship, Democracy and Financial Capability	Develops participation in society and financial literacy.
	Spring 2	<i>Why are you delivering this topic at this time of year?</i>	Summer 1	<i>Why are you delivering this topic at this time of year?</i>	Summer 2	<i>Why are you delivering this topic at this time of year?</i>
Yr 8	Health, Consent and Personal Responsibility	Supports safe management of increasingly complex relationships.	Healthy Relationships and Sexual Health Awareness	Introduces more advanced RSE content and promotes safe decisions.	Respect, Emotional Health and Keeping Safe	Reinforces self-esteem, resilience and health education.

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Yr 9	Mental Health, Resilience and Character Development	Supports emotional wellbeing and resilience before KS4 preparation.	Relationships, Sexual Health and Equality	Provides age-appropriate sexual health education.	Addiction, Risk and Healthy Choices	Develops understanding of risks associated with increasing independence.
	Spring 2	<i>Why are you delivering this topic at this time of year?</i>	Summer 1	<i>Why are you delivering this topic at this time of year?</i>	Summer 2	<i>Why are you delivering this topic at this time of year?</i>
Yr 9	Citizenship, Exploitation and Emerging Technologies	Builds awareness of safeguarding risks and responsible citizenship.	Online Harm and Personal Safety	Explores contemporary safeguarding issues and informed decision-making.	Respect, Identity and Future Wellbeing	Prepares pupils for Key Stage 4 through equality and responsibility.

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Long term plan - Yearly Overview 2026-27

Subject: PSHE	Autumn 1	Why are you delivering this topic at this time of year?	Autumn 2	Why are you delivering this topic at this time of year?	Spring 1	Why are you delivering this topic at this time of year?	Spring 2		Summer 1	Why are you delivering this topic at this time of year?	Summer 2	Why are you delivering this topic at this time of year?
Yr 10	Alcohol Awareness	This is the smallest NCFE course delivered in PSHE and is a good way to introduce some key words and the format that NCFE follows to familiarise the pupils with the assessment criteria early on.	Alcohol Awareness	Learners are able to continue to develop new skills to support them completing coursework and developing understanding of expectation of the NCFE courses	Stress Awareness	This course allows pupils to build on the understanding they have from the previous term and has more opportunities for independent learning	Stress Awareness /Sexual health awareness (RSE course)	This course further develops individual research and learning and supports pupils in independent study in preparation for post-16	Stress Awareness/ Sexual health awareness (RSE course)	This course further develops individual research and learning and supports pupils in independent study in preparation for post-16. This course should be fully completed and ready for submission by the end of term 5.	RSE workbooks completion (update and develop from work completed in year 8 and 9).	Learners are able to develop on learning from previous years by continuing to work on the RSE qualification modules. Learners are able to use prior knowledge to support their completion of workbooks.
Yr 11	Alcohol Awareness	This is the smallest NCFE course delivered in PSHE and is a good way to introduce some key words and the format that NCFE follows to familiarise the pupils with the assessment criteria early on. This is sometimes begun in term 6 of the summer before.	Stress Awareness	This y course allows pupils to build on the understanding they have from the previous term and has more opportunities for independent learning	Stress Awareness /Sexual health awareness (RSE course)	This course further develops individual research and learning and supports pupils in independent study in preparation for post-16	Mental health awareness	Learners have knowledge of how to answer coursework questions, are able to research independently and can use information from the other courses to support their answers. By completing this last they are able to use prior learning to support their coursework completion	Mental health awareness	Learners have knowledge of how to answer coursework questions, are able to research independently and can use information from the other courses to support their answers. By completing this last they are able to use prior learning to support their coursework completion		