

PSHCE Curriculum Overview 2025.26

| Term | Year 7 | Year 8 | Year 9 | Year 10 | Year 11 |
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| Autumn Term 1 | <p><u>Health and Wellbeing – Unit 1</u></p> <p><u>Unit: Transition and Safety</u></p> <p>British Values Focus: <i>Discussing democracy and individual liberty in coping with change and respecting rules and laws regarding safety.</i></p> <p>Integration of Protected Characteristics: <i>Discussing diversity in personal identity (e.g., gender, ethnicity).</i></p> <ol style="list-style-type: none"> 1. Transition to secondary school and dealing with changes. 2. TenTen Session 1: Who am I? 3. Personal safety in and outside of school: Road, Rail and Water Safety 4. Firework Safety | <p><u>Health and Wellbeing – Unit 1</u></p> <p><u>Unit: Drugs and Alcohol</u></p> <p>British Values Focus: <i>Discussing the rule of law and regulations concerning drug/substance use; Promoting individual liberty and informed decision-making.</i></p> <p>Integration of Protected Characteristics: <i>Addressing diversity in attitudes towards substance use; Emphasising diversity and uniqueness.</i></p> <ol style="list-style-type: none"> 1. Energy Drinks and Associated Risks 2. Attitudes and Influences towards drugs 3. Smoking, Vaping (E-Cigarettes), Alcohol and their risks 4. TenTen Session 1: Created and Chosen | <p><u>Relationships and RSE – Unit 1</u></p> <p><u>Unit: Sexual Health Education and Body Image</u></p> <p>British Values Focus: <i>Promoting respect and support for individuals facing health challenges; Promoting mutual respect and tolerance in relationships.</i></p> <p>Integration of Protected Characteristics: <i>Addressing gender-specific health disparities and awareness; Addressing discrimination and promoting inclusivity.</i></p> <ol style="list-style-type: none"> 1. TenTen Session 2: Love People, Use Things 2. Body Image and Mental Health 3. Sexual Health Education 4. TenTen Session 4: Fertility and Contraception | <p><u>Health and Wellbeing – Unit 1</u></p> <p><u>Unit: Mental Health</u></p> <p>British Value Focus: <i>Promoting mutual respect and support for individuals facing health challenges and tolerance in relationships.</i></p> <p>Integration of Protected Characteristics: <i>Addressing challenges specific to diverse health needs; addressing mental health stigma and promoting inclusivity and addressing personal dignity and respect.</i></p> <ol style="list-style-type: none"> 1. New Challenges 2. Reframing Negative Thinking 3. Recognising Mental Ill Health 4. TenTen Session 1: Authentic Freedom | <p><u>Health and Wellbeing – Unit 1:</u></p> <p><u>Unit: Self-Worth and Personal Development</u></p> <p>British Value Focus: <i>Promoting mutual respect and individual liberty by fostering self-esteem and valuing personal worth.</i></p> <p>Integration of Protected Characteristics: <i>Addressing diverse personal identities and promoting inclusivity.</i></p> <ol style="list-style-type: none"> 1. TenTen Session 1: Self-Worth 2. Personal Safety and Emergency First Aid 3. Mental Health Awareness: Why do people self-harm? 4. Dealing with change, loss and grief. |
| Autumn Term 2 | <p><u>Living in the Wider World Unit 1</u></p> <p><u>Unit: Developing Skills and Aspirations</u></p> <p>British Value Focus: <i>Understanding the rule of law in career choices and enterprise and exploring individual liberty and responsibilities in financial choices.</i></p> <p>Integration of Protected Characteristics: <i>Discussing equality and respect in decision-making.</i></p> <ol style="list-style-type: none"> 1. Financial decision-making budgeting. 2. Careers and Aspirations: Getting a job. 3. Understanding the Fundamental British Values | <p><u>Health and Wellbeing: Unit 2</u></p> <p><u>Unit: Discrimination and Mental Health</u></p> <p>British Value Focus: <i>Promoting respect and empathy in emotional interactions; supporting individuals' rights to mental wellbeing and promoting mutual respect and tolerance.</i></p> <p>Integration of Protected Characteristics: <i>Discussing mental health across diverse identities.</i></p> <ol style="list-style-type: none"> 1. TenTen Session 2: Appreciating Differences 2. TenTen Session 3: Feelings 3. Understanding Mental Health and Wellbeing | <p><u>Health and Wellbeing – Unit 1</u></p> <p><u>Unit: Cancer Awareness and Respectful Relationships</u></p> <p>British Values Focus: <i>Promoting respect and support for individuals facing health challenges; Promoting mutual respect and tolerance in relationships.</i></p> <p>Integration of Protected Characteristics: <i>Addressing gender-specific health disparities and awareness; Addressing discrimination and promoting inclusivity.</i></p> <ol style="list-style-type: none"> 1. Breast Cancer Awareness | <p><u>Living in the Wider World – Unit 1</u></p> <p><u>Unit: Financial Education Awareness</u></p> <p>British Values Focus: <i>Promoting individual liberty and fairness in financial/career choice; promoting mutual respect and tolerance in relationships.</i></p> <p>Integration of Protected Characteristics: <i>Addressing equality and diversity in career opportunities and pathways; Addressing self-worth and dignity.</i></p> <ol style="list-style-type: none"> 1. Apprenticeships 2. Entrepreneurship 3. Planning a Career 4. TenTen Session 2: Self-Image | <p><u>Health and Wellbeing – Unit 2:</u></p> <p><u>Unit: Addiction and Mental Health</u></p> <p>British Value Focus: <i>Promoting mutual respect and tolerance; understanding challenges individuals face with addiction.</i></p> <p>Integration of Protected Characteristics: <i>Addressing diverse personal identities and promoting inclusivity.</i></p> <ol style="list-style-type: none"> 1. TenTen Session 2: Addiction 2. TenTen Session 3: Eating Disorders 3. TenTen Session 4: Birth Control 4. Long term commitments. |

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| | 4. TenTen Lesson Session 7: Living Responsibly | 4. Promoting Emotional Wellbeing | 2. Movember: Testicular Cancer focus. 3. Respectful relationships behaviours and sextortion. 4. TenTen Session 1: The Search for Love | | |
| Spring Term 1 | <p><u>Relationships and RSE – Unit 1</u></p> <p><u>Unit: Diversity and Health</u></p> <p><u>British Values Focus:</u> <i>Promoting mutual respect and tolerance in diverse communities.</i></p> <p><u>Integration of Protected Characteristics:</u> <i>Exploring cultural diversity and tolerance and addressing online safety and inclusivity in digital spaces.</i></p> <ol style="list-style-type: none"> 1. Challenging Forms of Prejudice, Discrimination and Stereotypes 2. TenTen Session 4: Where we come from 3. Signs and effects of Bullying. 4. TenTen Session 6: My Life on Screen | <p><u>Living in the Wider World – Unit 1</u></p> <p><u>Unit: Digital Resilience and Citizenship</u></p> <p><u>British Value Focus:</u> <i>Exploring freedom of expression and responsibility online and individual liberty and personal choices.</i></p> <p><u>Integration of Protected Characteristics:</u> <i>Promoting acceptance and equality and diversity in life experiences.</i></p> <ol style="list-style-type: none"> 1. Digital Resilience: Impact of Social Media on Mental Health 2. Sexual Orientation and Gender Identity 3. TenTen Session 4: Before I was born. 4. Introduction to Contraception | <p><u>Living in the Wider World – Unit 1</u></p> <p><u>Unit: Knife crime, preventing serious crime and online safety.</u></p> <p><u>British Value Focus:</u> <i>Promoting respect for the rule of law and individual liberties; Upholding tolerance and understanding in discussions about crime prevention; Promoting democracy and civic responsibility.</i></p> <p><u>Integration of Protected Characteristics:</u> <i>Addressing vulnerabilities and risks in diverse communities; Promoting inclusivity and support for at-risk individuals.</i></p> <ol style="list-style-type: none"> 1. Knife Crime Awareness 2. Preventing involvement in serious and organised crime 3. Financial Education: Online Safety 4. TenTen Session 3: In Control of My Choices | <p><u>Relationships and RSE – Unit 1</u></p> <p><u>Unit: Healthy Relationships and Sexual Health</u></p> <p><u>British Values Focus:</u> <i>Promoting mutual respect and tolerance in relationships.</i></p> <p><u>Integration of Protected Characteristics:</u> <i>Addressing respect and inclusivity in relationship; Addressing respect for diverse beliefs and values and self-worth and dignity and healthy relationship dynamics.</i></p> <ol style="list-style-type: none"> 1. The role of intimacy and pleasure 2. The impact of pornography 3. TenTen Session 3: Beliefs, Values and Attitudes 4. TenTen Session 6: Abuse in Relationships | <p><u>Living in the Wider World – Unit 1:</u></p> <p><u>Unit: Financial Literacy and Independence</u></p> <p><u>British Value Focus:</u> <i>Promoting individual liberty and financial independence; understanding diverse financial priorities.</i></p> <p><u>Integration of Protected Characteristics:</u> <i>Addressing accessibility to banking and savings options; promoting inclusivity in financial planning.</i></p> <ol style="list-style-type: none"> 1. Take-home pay 2. Budgeting 3. Savings accounts 4. Insurance |

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| Spring Term 2 | <p><u>Health and Wellbeing – Unit 2</u></p> <p><u>Unit: Puberty and Relationships</u></p> <p>British Value Focus: <i>Discussing individual liberty and respecting personal boundaries.</i></p> <p><u>Integration of Protected Characteristics:</u> <i>Discussing gender and body image.</i></p> <ol style="list-style-type: none"> TenTen Session 2: Changing Bodies Menstrual Wellbeing TenTen Session 5: Family and Friends | <p><u>Relationships and RSE: Unit 1</u></p> <p><u>Unit: Relationships and Consent</u></p> <p>British Value Focus: <i>Promoting mutual respect and tolerance in relationships and exploring individual liberty and personal autonomy.</i></p> <p><u>Integration of Protected Characteristics:</u> <i>Addressing diverse perspectives on relationships.</i></p> <ol style="list-style-type: none"> Healthy Relationship Values Influences on Relationship Expectations Consent – Avoiding assumptions. TenTen Session 5: Tough Relationships | <p><u>Health and Wellbeing – Unit 2</u></p> <p><u>Unit: Healthy Lifestyle and Mental Wellbeing</u></p> <p>British Value Focus: <i>Promoting mutual respect and support for individuals facing health challenges and support for personal health responsibilities; Upholding tolerance and understanding in discussions about body image and mental health.</i></p> <p><u>Integration of Protected Characteristics:</u> <i>Addressing access to dental care and health disparities; Promoting inclusivity and understanding of diverse dental health needs; Promoting inclusivity in discussions about mental and physical health impacts of sleep.</i></p> <ol style="list-style-type: none"> Body Image - Eating Disorders Sleep and its effects on physical and mental health. Dental care | <p><u>Relationships and RSE – Unit 2</u></p> <p><u>Unit: Exploring Influence and Extremism</u></p> <p>British Values Focus: <i>Promoting mutual respect and tolerance and the rule of law.</i></p> <p><u>Integration of Protected Characteristics:</u> <i>Addressing diversity and inclusion; Addressing extremism and promoting community cohesion and safeguarding against radicalisation.</i></p> <ol style="list-style-type: none"> Valuing Diversity Understanding and Preventing Extremism County lines TenTen Session 4: Parenthood | <p><u>Relationships and RSE Unit 1</u></p> <p><u>Unit: Pregnancy Choices and Sexual Health</u></p> <p>British Values Focus: <i>Promoting mutual respect in relationships; understanding individual liberty in making health choices.</i></p> <p><u>Integration of Protected Characteristics:</u> <i>Addressing diverse health needs and access to sexual health services; promoting inclusivity in sexual health education.</i></p> <ol style="list-style-type: none"> TenTen Session 5: Pornography TenTen Session 6: STIs TenTen Session 7: Coercive Control Pregnancy choices: abortion |
| Summer Term 1 | <p><u>Relationships and RSE – Unit 2</u></p> <p><u>Unit: Building Relationships</u></p> <p>British Value Focus: <i>Exploring respect and individual liberty in relationships.</i></p> <p><u>Integration of Protected Characteristics:</u> <i>Discussing diverse family structures and relationships.</i></p> <ol style="list-style-type: none"> Healthy and Unhealthy Relationships Disability Discrimination – ‘I’m with Sam’ Introduction to Consent | <p><u>Living in the Wider World – Unit 2</u></p> <p><u>Unit: Financial Decision Making</u></p> <p>British Value Focus: <i>Promoting economic wellbeing and personal financial responsibility; Emphasising the importance of honesty and integrity in financial transactions and responsible consumer behaviour.</i></p> <p><u>Integration of Protected Characteristics:</u> <i>Promote equal access to financial services and highlight legal protections against discrimination in banking; Promote digital safety measures that protect individuals from discrimination and exploitation online.</i></p> | <p><u>Living in the Wider World - Unit 2</u></p> <p><u>Unit: Financial Education: How can we manage money well?</u></p> <p>British Value Focus: <i>Promoting respect for the rule of law and individual rights; Upholding democracy and individual liberty.</i></p> <p><u>Integration of Protected Characteristics:</u></p> <ol style="list-style-type: none"> TenTen Session 7: Human rights and wrongs | <p><u>Living in the Wider World – Unit 2</u></p> <p><u>Unit: Citizenship and Democracy</u></p> <p>British Values Focus: <i>Promoting the rule of law and justice, mutual respect, democracy and civic engagement</i></p> <p><u>Integration of Protected Characteristics:</u> <i>Addressing equality and fairness in legal rights; Addressing political participation and equality and addressing personal autonomy and dignity.</i></p> <ol style="list-style-type: none"> How are laws made? What is the difference between criminal and civil law? | <p><u>Living in the Wider World Unit 2</u></p> <p><u>Topic Focus: Governance</u></p> <p>British Values Focus: <i>Promoting mutual respect and support for individuals facing health challenges; fostering community engagement and responsibility.</i></p> <p><u>Integration of Protected Characteristics:</u> <i>Addressing access barriers and safety concerns for different demographics; promoting inclusivity in public safety education.</i></p> |

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| | | <ol style="list-style-type: none"> 1. Understanding Financial Choices: Opening a bank account 2. Reading a bank statement 3. Debit and credit cards. 4. TenTen Session 6: Think before you share. | <ol style="list-style-type: none"> 2. What is the best way to look after money? 3. What are the implications of borrowing money? 4. Where can we save money? | <ol style="list-style-type: none"> 3. TenTen Session 5: Pregnancy and Abortion 4. TenTen Session 7: Solidarity | <ol style="list-style-type: none"> 1. What is the difference between democratic and non-democratic governments? 2. Is the set up of the House of Commons fit for purpose? 3. Why do we have a separation of powers? 4. What does the Supreme Court do? |
| Summer Term 2 | <p><u>Living in the Wider World Unit 2</u></p> <p><u>Unit: First Aid, Citizenship and Community</u></p> <p>British Value Focus: Exploring respect and individual liberty in relationships.</p> <p>Integration of Protected Characteristics: Discussing diverse family structures and relationships.</p> <ol style="list-style-type: none"> 1. FGM 2. Basic First Aid Skills 3. TenTen Session 3: Healthy Inside and Out | <p><u>Relationships and RSE – Unit 2</u></p> <p><u>Unit: Introduction to Law and Citizenship (with Health Education)</u></p> <p>British Value Focus: <i>Emphasise the importance of the rule of law and justice in society; discuss democracy and representation in the legislative process.</i></p> <p>Integration of Protected Characteristics: <i>Address legal protections for individuals based on diverse characteristics such as race, gender, disability, and sexual orientation.</i></p> <ol style="list-style-type: none"> 1. TenTen Session 7: Wider World. 2. What is the difference between government and parliament? (Oak) 3. Sleep 4. Vaping and its dangers | <p><u>Relationships and RSE – Unit 2</u></p> <p><u>Unit: Relationships, personal choices and community engagement</u></p> <p>British Value Focus: <i>Promoting mutual respect and tolerance in relationships; Upholding respect for cultural diversity and religious freedoms.</i></p> <p>Integration of Protected Characteristics: <i>Addressing marriage equality and inclusivity in diverse communities; addressing consent within diverse relationships and communities; Promoting understanding of different family structures.</i></p> <ol style="list-style-type: none"> 1. TenTen Session 5: Commitment and Marriage 2. TenTen Session 6: Understanding consent – linked to a focus on sextortion 3. Managing the ending of relationships 4. Vaping and its dangers | <p><u>Living in the Wider World – Unit 3</u></p> <p><u>Topic Focus: Governance</u></p> <p>British Values Focus: <i>Promoting mutual respect and support for individuals facing health challenges; fostering community engagement and responsibility.</i></p> <p>Integration of Protected Characteristics: <i>Addressing access barriers and safety concerns for different demographics; promoting inclusivity in public safety education.</i></p> <ol style="list-style-type: none"> 1. What is the difference between democratic and non-democratic governments? 2. Is the setup of the House of Commons fit for purpose? 3. Why do we have a separation of powers? 4. What does the Supreme Court do? | |