PSHE / RSHE 5 Year Plan

PSHE is primarily delivered at the Sherwood Academy through 'Drop Down Days' (DDD). During the 6 DDD that take place during an academic year, students are withdrawn from their normal timetabled lessons and experience PSHE / RSHE lessons delivered by a combination of the expert teachers at the Academy and professionals from a variety of outside companies.

The PSHE / RSHE curriculum has been based on the revised Relationships, Sex and Health Education (RSHE) statutory guidance that came into force from September 2026, schools must cover Relationships Education, Relationships and Sex Education (RSE), Health Education, online safety, mental wellbeing, physical health, personal safety, financial wellbeing and careers-related learning in an age-appropriate manner. The updated guidance places greater emphasis on online harms, AI and digital literacy, misogyny and harmful influences, consent, personal safety, healthcare access, mental health, bereavement and healthy relationships.

All of the above topics are covered by each year group throughout the academic year. Each of the six DDD's has an overarching theme that each year groups focusses on. This approach means all students participate in the same overarching theme each drop-down day, while the content becomes progressively more challenging and age-appropriate from Y7 to Y11.

Here is an overview of the overarching theme for each of the DDD's throughout the academic year.

PSHE Day	Whole School Theme
Day 1	Relationships & Diversity
Day 2	Mental & Physical Health
Day 3	Online Safety & Digital Literacy
Day 4	Personal Safety & Risk
Day 5	RSE & Growing Up
Day 6	Careers & Economic Wellbeing

A break down of the topic covered on each DDD by specific year groups can be seen below. However, please note that the content of each day might change slightly depending upon the availability of outside professionals or staff absence. We will also try out best to adhere to the plan below.

Year 7

PSHE Day	Theme	Topics
Day 1	Transition and Belonging	Healthy Relationships; Families; Positive Friendships; Bullying and Bystander Behaviours; Diversity, Inclusion and Respect
Day 2	Health and Wellbeing	Emotional Literacy; Self-esteem; Healthy Lifestyles; Sleep and Wellbeing; Mental Health Support
Day 3	Staying Safe Online	Digital Footprints; Privacy and Personal Data; Social Media Safety; Online Scams; Reporting Concerns
Day 4	Relationships	Healthy Friendships; Boundaries; Respectful Communication; Family Relationships; Managing Conflict
Day 5	Growing and Changing	Puberty; Body Confidence; Hygiene and Self-care; Reproductive Health Introduction; Managing Emotions
Day 6	Economic Wellbeing	Careers Introduction; Aspirations; Budgeting Basics; Saving Money; Enterprise Challenge

Year 8

PSHE Day	Theme	Topics
Day 1	Identity and Equality	Identity and Values; Protected Characteristics; Challenging Stereotypes; Inclusion and Belonging; Respect in Society
Day 2	Mental Health and Wellbeing	Understanding Stress; Anxiety Management; Building Resilience; Healthy Coping Strategies; Seeking Help
Day 3	Digital World	Online Relationships; Digital Consent; Gaming and Gambling Risks; AI and Online Content; Digital Citizenship
Day 4	Respectful Relationships	Qualities of Healthy Relationships; Peer Pressure; Assertiveness Skills; Trust and Honesty; Consent Foundations
Day 5	Health Choices	Smoking and Vaping; Alcohol Awareness; Medicines Safety; Risk-taking Behaviour; First Aid Awareness
Day 6	Careers and Finance	Labour Market Information; Career Pathways; Banking Basics; Consumer Rights; Enterprise and Employability

Year 9

PSHE Day	Theme	Topics
Day 1	Healthy Relationships	Relationship Expectations; Consent; Respect and Equality; Recognising Coercion; Getting Help
Day 2	Mental Health and Resilience	Depression Awareness; Self-harm Awareness; Managing Setbacks; Bereavement and Loss; Support Services
Day 3	Online Harms	Image Sharing; Sexting and the Law; Pornography Awareness; Deepfakes and AI; Online Exploitation
Day 4	Personal Safety	Knife Crime Awareness; County Lines; Exploitation and Grooming; Emergency Response; Community Safety
Day 5	Sexual Health Education	Reproduction; Consent Revisited; Contraception Introduction; STI Awareness; Accessing Support
Day 6	Options and Careers	GCSE Pathways; Skills Audit; Work Experience Preparation; Future Careers; Financial Planning

Year 10

PSHE Day	Theme	Topics
Day 1	Intimate Relationships	Healthy Intimate Relationships; Red Flags and Unhealthy Behaviours; Domestic Abuse Awareness; Consent and the Law; Sources of Support
Day 2	Mental Wellbeing	Exam Stress; Anxiety Management; Mental Illness Awareness; Suicide Prevention Awareness; Accessing Support
Day 3	Society and Digital Influence	Social Media Influence; Misogyny and Sexism; Incel Culture Awareness; AI-generated Content; Critical Thinking and Media Literacy
Day 4	Sexual Health	Contraceptive Methods; STI Prevention; Pregnancy Choices; Parenthood; Sexual Health Services
Day 5	Money Matters	Payslips; Tax and National Insurance; Credit and Debt; Gambling Harms; Fraud and Scams
Day 6	Employability	CVs and Applications; Interview Skills; Sixth Form Pathways; Apprenticeships and T Levels; Employment Right

Year 11

PSHE Day	Theme	Topics
Day 1	Preparing for Adulthood	Independent Living Skills; Time Management; Decision Making; Managing Responsibilities; Personal Organisation
Day 2	Future Relationships	Long-term Relationships; Family Life; Marriage and Civil Partnerships; Parenting Responsibilities; Conflict Resolution
Day 3	Health and Healthcare	Accessing Healthcare; Mental Health Services; Sexual Health Clinics; Reproductive Health Conditions; Self-advocacy and Consent
Day 4	Staying Safe	Substance Misuse; Online Fraud; Personal Safety; Extremism Awareness; Emergency Situations
Day 5	Financial Independence	Student Finance; Renting Accommodation; Budgeting; Cost of Living; Employment Law

Note: Y11 have 5 DDD's per academic year as they will have completed their exams and left by the time the final DDD of the year takes place.

One tutor time session each week has also been dedicated to PSHE. The content of the sessions roughly matches the content of the DDD's listed above. However, RSHE is not delivered during the tutor time sessions.