

RHSE – Yearly Overview 2025-2026



The aim of delivering this subject:

Since becoming statutory in September 2020, RHSE has been fully embedded across Key Stages 1–3 at Sutton House Academy. The statutory requirements are covered in our dedicated RHSE curriculum, ensuring that all pupils have the opportunity to develop awareness, understanding, and informed perspectives on a range of topics that support their personal well-being.

A key element of RHSE at Sutton House is the integration of reading to strengthen life skills, confidence, and cross-curricular learning.

Key Aims:

- Develop self-awareness and emotional intelligence
- Promote healthy relationships and respect for others
- Support physical and mental health
- Build confidence and life skills through reading and discussion

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Living in the Wider World -Aspirations -Self-Esteem	Living in the Wider World -Budgeting -Money	Healthy Living and Responsible Health Choices	Relationships, Identity and Safety	Puberty, Emotional Health and Wellbeing	Online Safety
Year 8	Looking After Our Health	Prejudice, Values and Extremism	Careers and Finance	My Goals, Behaviours and Emotions	Sex, Relationships and Conflict	Discrimination, Prejudice and Challenges
Year 9	Right and Responsibilities	Our Health and Personal Safety	Achieving with Good Mental Health	Preparing for the Wider World – Careers, Enterprise and Finance	Sex Education, Contraception and Pornography	Healthy Relationships with Other and Ourselves