

PSHE (including RSE) Curriculum Map

2026-2027	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Key Theme: Choices and influences Developing agency, strategies to manage influence and decision making: Regulating emotions diet and exercise Hygiene and dental health Sleep	Key Theme: Developing empathy, compassion and communication: Making and maintaining friendships Identifying and challenging bullying Communicating online	Key Theme: Independence and Aspirations Developing goal setting, organisation skills and self awareness: Personal identity and values Learning skills and teamwork Respect in school	Key theme: Autonomy and advocacy: Developing assertive communication, risk management and support-seeking skills: Rights in the community Relationship boundaries Unwanted contact FGM and forced marriage	Key Theme: Choices and influences Developing agency and decision making skills: Drugs, alcohol and tobacco Safety and first aid	Key Theme: Independence and Aspirations: Developing self-confidence and self-worth Puberty and managing change Body satisfaction and self-concept
Year 8	Independence and aspirations Developing risk management skills, analytical skills and strategies to identify bias: Managing online presence Digital and media literacy	Autonomy and advocacy Developing respect for beliefs, values and opinions and advocacy skills: Stereotypes, prejudice and discrimination Promoting diversity and equality	Choices and influences Developing agency and strategies to manage influence and access support: Drugs and alcohol Introduction to contraception Resisting peer influence Online choices and influence	Independence and aspirations Developing goal setting, motivation and self awareness: Aspirations for the future Career choices Identity and the world of work	Autonomy and advocacy Developing communication and negotiation skills, clarifying values and strategies to manage influence: Healthy relationships Boundaries and consent LGBT + inclusivity Managing conflict	Choices and influences Developing agency and strategies to manage influence and access support: Maintaining positive mental health Importance of physical activity
Year 9	Independence and aspirations Developing goal-setting, analytical skills and decision making: GCSE options Sources of careers advice Employability	Autonomy and advocacy Developing self-confidence, risk management and strategies to manage influence: Friendship challenges Gangs and violent crime Drugs and alcohol Assertive communication	Choices and influences Developing empathy, compassion and strategies to access support: Mental health (including self-harm and eating disorders) Change, loss and bereavement Healthy coping strategies	Independence and aspirations Developing analytical skills and strategies to identify bias and manage influence: Financial decisions Saving and borrowing Gambling, financial choices and debt	Autonomy and advocacy Developing assertive communication, clarifying values and strategies to manage influence: Healthy/unhealthy relationships Consent Relationships and sex in the media	Choices and Influence Developing decision making, risk management and support-seeking skills: Sexually transmitted infections (STIs) Contraception Cancer awareness First aid
Year 10	Independence and aspiration Developing self-awareness, goal setting adaptability and organisation skills: Managing transition to KS4 including learning skills Managing mental health concerns	Autonomy and advocacy Developing empathy and compassion strategies to manage influence and assertive communication: Relationship expectations Impact of pornography Identifying and responding to abuse and harassment	Choices and Influences Developing agency, decision making and strategies to manage influence and access support: First aid and life saving Personal safety Online relationships	Independence and aspiration Developing goal setting, leadership and presentation skills: Skills for employment Applying for employment Online presence and reputation	Autonomy and advocacy Developing respect for diversity, risk management and support seeking-skills: Nature of committed relationships Forced marriage Diversity and discrimination Extremism	Choices and Influences Developing motivation, organisation, leadership and presentation skills: Preparation and reflection on work experience
Year 11	Independence and aspirations Developing resilience and risk management skills: • Money management • Fraud and cybercrime • Preparing for adult life	Autonomy and advocacy Developing communication and negotiation skills, risk management and support-seeking skills: • Relationship values • Maintaining sexual health • Sexual health services • Managing relationship challenges and endings	Choices and influences Developing confidence, agency and support-seeking skills: • Making safe and healthy lifestyle choices • Health promotion and self examination • Blood, organ, stem cell donation	Independence and aspirations Developing empathy and compassion, clarifying values and support-seeking skills: • Families and parenting • Fertility, adoption, abortion • Pregnancy and miscarriage • Managing grief and loss	Autonomy and advocacy Developing confidence, self-worth, adaptability and decision making skills: • Recognising and celebrating successes • Transition and new opportunities • Aligning actions with goals	Exam revision, self study and examinations