

Key Stage 3: Year 7 PSHE

Term 1	Overall Curriculum Goals - developing the following Themes:							
	<ul style="list-style-type: none"> Health and Wellbeing Relationships and Sex Education Living in the Wider World. (Includes Careers and aspects of Citizenship.)							
	FC 03/09	FC 16/09	FC 30/09	FC 14/10	FC 04/11	FC 11/11	FC 25/11	FC 09/12
	Introduction to PSHE and ground rules.	Secondary school skills.	Personal safety.	#Beewell survey	Basic first aid Extended writing	Xello Launch. Close the gap	Anti-bullying week. 11-15 th November 2025, Theme: 'Choose respect'. WK2	Developing self-worth and self-efficacy.
Key Vocabulary/Concepts/ideas								
Half Term 1 <ul style="list-style-type: none"> Personal, social, health, economic. Ground rules, values, respect, hard work, aspiration, integrity, skills, qualities, positive friendships, road safety, first aid, CPR, recovery position. 				Half Term 2 <ul style="list-style-type: none"> 'Choose respect, prejudice, discrimination. Self-worth, self-efficacy, positive and negative relationships, consent, stereotypes. 				
Term 2	FC 06/01	FC 20/01	FC 03/02	FC 24/02	FC 10/03	FC 24/03		
	Positive and negative relationships. (BV)	Challenging media stereotypes.	Enterprise skills.	Careers opportunities and future career aspirations. (BV)	Healthy lifestyle choices.	Negative influences on lifestyle choices Extended writing.		
	Key Vocabulary/Concepts/ideas							
	Half Term 3 <ul style="list-style-type: none"> Self-worth, self-efficacy, positive and negative relationships, consent, stereotypes. Enterprise, problem solving, communication skills, teamwork, leadership, risk management, creativity, careers, labour market information, aspiration, stereotypes. 				Half Term 4 <ul style="list-style-type: none"> Physical health, mental wellbeing, healthy diet, sleep, physical activity, drugs, legal, illegal, tobacco, smoking, hygiene, and dental health. 			
Term 3	FC 22/04	FC 06/05	FC 19/05	FC 09/06	FC 23/06	FC 07/07	WC 21/07	
	Personal hygiene/ close the gap.	Puberty (BV).	What is diversity? (BV)	Prejudice and discrimination. (BV) Extended writing.	Cyber bullying and online safety/close the gap.	Saving, spending, and budgeting.	Making safe financial choices.	
	Key Vocabulary/Concepts/ideas							
	Half Term 5 <ul style="list-style-type: none"> Puberty, penis, scrotum, urethra, testicles, foreskin, vulva, vagina, uterus/womb. Urethra, ovaries, fallopian tube, periods, and menstrual wellbeing, FGM. Diversity, prejudice, discrimination, and stereotypes. 				Half Term 6 <ul style="list-style-type: none"> Cyber bullying. Social media, reporting. Finance, saving, income, expenditure, budget, ethical, unethical, consumerism, risk. 			
CEIAG								
Enterprise skills, careers opportunities including local LMI, challenging stereotypes and identifying future career aspirations.								
Personal Development, SMSC and Fundamental British Values								
Fundamental British values are embedded in PSHE and covered within the following topics: Developing skills and aspirations (Individual liberty – the ability to pursue our own ambitions); Building relationships (mutual tolerance and respect, individual liberty); Health and puberty (Rule of law – law in relation to female genital mutilation (FGM)); Diversity (mutual tolerance and respect, rule of law – Equality act, law in relation to extremism/radicalisation)								

Key Stage 3: Year 8

Term 1	Overall Curriculum Goals - developing the following Themes: <ul style="list-style-type: none"> Health and Wellbeing Relationships and Sex Education Living in the Wider World. (Includes Careers and aspects of Citizenship.)						
	FC 09/09	FC 23/09	FC 7/10	FC 21/10	FC 04/11	WC 11/11 & 18/11	FC 09/12
	What are drugs? (BV)	Why do people take drugs?	Focus on alcohol. (BV)	UK Government (BV).	Careers – what’s out there? (BV) Revisit Xello (IT lesson)	Anti-bullying week. 11-15 th November 2025, Theme: ‘Choose respect’. WK2 Extended writing	Equal opportunities/close the gap (BV)
	Key Vocabulary/Concepts/ideas						
Half Term 1 <ul style="list-style-type: none"> Ground rules, medicinal drugs, recreational drugs, legal, illegal, prescription drugs, social norms, habit, dependence, peer pressure. 				Half Term 2 <ul style="list-style-type: none"> Career, employment, self-employment, voluntary work, LMI, labour laws, parliament, government, house of commons, house of lords, democracy, devolution, equal opportunities, stereotypes, discrimination. ‘Choose respect, prejudice, discrimination. 			
Term 2	FC 06/01	FC 20/01	FC 03/02	FC 24/02	FC 10/03	FC 24/03	
	What is discrimination? (BV)	Focus on racism and religious discrimination. (BV) Extended writing	Focus on homophobia, biphobia, and transphobia. (BV) /close the gap	What is mental health and emotional wellbeing?	Coping strategies	Developing digital resilience – Body image, FOMO, and online stress.	
	Key Vocabulary/Concepts/ideas						
	Half Term 3 <ul style="list-style-type: none"> Prejudice, discrimination, stereotype, racism, religious discrimination, disability discrimination, sexism. Homophobia, biphobia, transphobia, equality act, gender, sexuality. 				Half Term 4 <ul style="list-style-type: none"> Mental health, wellbeing, myths, stigma, emotions, coping strategies, digital resilience, media, social media, body image, fear of missing out, online stress. 		
Term 3	FC 22/04	FC 06/05	FC 19/05	FC 09/06	FC 23/06	FC 07/07	WC 21/07
	What is a healthy relationship? (BV)	What is consent? (BV)	Basic forms of contraception.	Online communication and being share aware.	Fake news? Extended writing	What is online grooming? /Close the gap.	PSHE reflection.
	Key Vocabulary/Concepts/ideas						
	Half Term 5 <ul style="list-style-type: none"> Relationships, gender identity, sexuality, risks of sexting, communication, consent, contraception. 				Half Term 6 <ul style="list-style-type: none"> Social media, risk, fake news, echo chamber, filter bubble, internet citizen, online grooming, sexual and financial exploitation, extremism, and radicalisation. 		
CEIAG							
Different types and patterns of work, including employment, self-employment, and voluntary work. Labour laws for children. Local labour market information. Equal opportunities in work, challenging stereotypes, and discrimination in relation to work and pay. Setting aspirational goals for future carers and challenge expectations that limit choices.							
Fundamental British Values							
Fundamental British values are covered within the following topics: Drugs education (rule of law - substance misuse); Community and careers (rule of law, democracy – voting age and how voting contributes to government, individual liberty – ability to pursue own ambitions); Discrimination (mutual tolerance and respect, rule of law – equality act, extremism/radicalisation, law in relation to hate crime); Identity and relationships (rule of law - marriage, individual liberty, mutual tolerance and respect).							

Key Stage 3: Year 9

Term 1	Overall Curriculum Goals - developing the following Themes: <ul style="list-style-type: none"> Health and Wellbeing Relationships and Sex Education Living in the Wider World. (Includes Careers and aspects of Citizenship.)						
	FC 09/09	FC 23/09	FC 7/10	FC 21/10	FC 04/11	WC 11/11 & 18/11	FC 09/12
	Peer pressure and gangs (BV).	Knife crime- Living knife free (BV) Extended writing.	Peer influence/online pressure – CCE and CSE/close the gap (BV).	Employability skills. (BV) Xello launch. (IT lesson)	Enterprise.	Anti-bullying week. 11-15 th November 2025, Theme: ‘Choose respect’.	Developing my strengths.
	Key Vocabulary/Concepts/ideas						
Half Term 1 <ul style="list-style-type: none"> Ground rules, passive, aggressive, assertive, communication, gang, exploitation, peer pressure, knife crime, cannabis. 				Half Term 2 <ul style="list-style-type: none"> Employability skills, employment rights and responsibilities, enterprise, constructive feedback, personal brand. ‘Choose respect’, prejudice, discrimination. 			
Term 2	FC 06/01	FC 20/01	FC 03/02	FC 24/02	FC 10/03	FC 24/03	
	Career Options (BV).	Post 14 options (options evening 30 th January).	Online presence.	Families and parenting.	Healthy relationships at home (BV) Extended writing.	Relationship changes /close the gap.	
	Key Vocabulary/Concepts/ideas						
Half Term 3 <ul style="list-style-type: none"> Skills, qualities, interests, career pathways, career, plan, employment, LMI, aspiration, goals 				Half Term 4 <ul style="list-style-type: none"> Family, nuclear, single parent, same sex parents, blended family, fostering, adoption. 			
Term 3	FC 22/04	FC 06/05	FC 19/05	FC 09/06	FC 23/06	FC 07/07	WC 21/07
	Relationships and sex education. (BV)	Contraception.	STIs.	Sex and the media. (BV)	First aid recap.	Healthy lifestyle choices / Extended writing.	Taking responsibility for your physical health/ close the gap.
	Key Vocabulary/Concepts/ideas						
Half Term 5 <ul style="list-style-type: none"> Relationships, gender identity, sexuality, capacity to consent, intimacy, STI's, pregnancy, media, sexting, harmful impact of pornography. 				Half Term 6 <ul style="list-style-type: none"> Work life balance, healthy eating, physical and mental health, independent health choice, self-examination, emergency, first aid. 			
CEIAG							
Young people’s employment rights and responsibilities, employability skills, developing transferable skills, different types of employment and career pathways, including local LMI. How to manage feelings relating to future employment. How to work towards aspirations and set meaningful, realistic goals for the future. Post 14 and post 16 options.							
Fundamental British Values							
Fundamental British values are covered within the following topics: Peer influence, substance misuse and gangs (rule of law -criminal exploitation and county lines); Careers education (individual liberty); Relationships and sex education (rule of law -consent, law surrounding sharing of images and pornography); Healthy lifestyles (individual liberty – make own choices).							

Key Stage 4: Year 10

Term 1	Overall Curriculum Goals - developing the following Themes:							
	<ul style="list-style-type: none"> Health and Wellbeing Relationships and Sex Education Living in the Wider World. (Includes Careers and aspects of Citizenship.)							
	WC 03/09	FC 09/09	FC 23/09	FC 7/10	FC 21/10	FC 11/11	FC 25/11	FC 09/12
	Introduction to Mental health.	Mental health and new challenges.	Tough times and mental ill health.	#Beewell survey	Promoting emotional wellbeing.	Anti-bullying week. 11-15 th November 2025, Theme: 'Choose respect'/	Preparation for work experience (researching for self-placement). Revisit Xello.	Budgeting and saving. Extended writing.
Key Vocabulary/Concepts/ideas								
Half Term 1				Half Term 2				
<ul style="list-style-type: none"> Mental health, emotional wellbeing, reframing negative thinking, mental ill health, depression, anxiety, stress, support, media, stereotypes, stigma, misinformation. 				<ul style="list-style-type: none"> Budget, budgeting, income, expenditure, risk, debt, fraud, cybercrime, credit, targeting advertising. 'Choose respect', prejudice, discrimination. 				
Term 2	FC 06/01	FC 20/01	FC 03/02	FC 24/02	FC 10/03	FC 24/03		
	Debt prevention and management . close the gap.	Gambling and debt. (BV) Extended writing.	Relationship values (BV) /Close the gap.	Readiness for work: Preparing to go on work experience.	Sex, Gender, and relationships (BV).	Work experience:24-28 th March (virtual work experience for those who don't secure a placement). Evaluation of work experience.		
	Key Vocabulary/Concepts/ideas							
	Half Term 3				Half Term 4			
<ul style="list-style-type: none"> Expenditure, risk, debt, credit, targeting advertising, gambling, gamblers fallacy. Values, asexuality, abstinence, celibacy, social norms, gender, relationships, consent, manipulation, capacity to consent, coercion, exploitation, support. 				<ul style="list-style-type: none"> Values, asexuality, abstinence, celibacy, social norms, gender, relationships, consent, manipulation, capacity to consent, coercion, exploitation, support. Strengths, skills, qualities, career development, online presence, LMI, responsibilities, health and safety, work experience, evaluation, career plan. 				
Term 3	FC 22/04	FC 06/05	FC 19/05	FC 09/06	FC 23/06	FC 07/07	WC 21/07	
	Role of consent (BV).	Media influence (BV).	Peer influence.	Media influence and gang culture Extended writing.	Impact of drugs (BV)/close the gap.	Challenging extremism (BV).	Community cohesion (BV).	
	Key Vocabulary/Concepts/ideas							
	Half Term 5				Half Term 6			
<ul style="list-style-type: none"> Media, pressure, social media, up skirting, harmful impact of pornography. Peer pressure, role model, exit strategies, gang, exploitation, knife crime, drugs. Drugs, alcohol, safety, substance abuse, addiction. 				<ul style="list-style-type: none"> Drugs, alcohol, safety, substance abuse, addiction. Community, equality, inclusion, respect, belonging, discrimination, extremism, radicalisation. 				
CEIAG								
Evaluate strengths and interests in relation to career development. Opportunities in learning and work (including local LMI). Responsibilities in the workplace and how to manage practical problems and health and safety. How to evaluate and build on learning from work experience.								
Fundamental British Values								
Fundamental British values are covered within the following topics: Financial decision making (rule of law - gambling), Healthy relationships (rule of law, individual liberty, mutual tolerance and respect); Addressing extremism and radicalisation (rule of law around extremism/radicalisation, mutual tolerance and respect, democracy); Drugs education (rule of law -substance misuse)								

Key Stage 4: Year 11

Term 1	Overall Curriculum Goals - developing the following Themes: <ul style="list-style-type: none"> Health and Wellbeing Relationships and Sex Education Living in the Wider World. (Includes Careers and aspects of Citizenship.)							
	WC 03/09	FC 09/09	FC 23/09	FC 7/10	FC 21/10	FC 11/11	FC 25/11	FC 09/12
	Introduction to next steps.	Post 16 options Xello launch.	Application processes.	CV writing.	Self-efficacy.	Anti-bullying week. 11-15 th November 2025, Theme: 'Choose respect'.	Stress management. Extended writing	Future opportunities (BV) close the gap.
	Key Vocabulary/Concepts/ideas							
Half Term 1 <ul style="list-style-type: none"> RPA, LMI, career pathway, work life balance, application form, letter of application, personal statement, interview preparation, interview techniques, CV. 				Half Term 2 <ul style="list-style-type: none"> Self-concept, self-efficacy, motivation, resilience, perseverance, stress, stress management, aspiration, ambition, SMART targets, constructive feedback. 'Choose respect', prejudice, discrimination. 				
FC 06/01		FC 20/01	FC 03/02	FC 24/02	FC 10/03	FC 24/03		
Personal values/ (BV).		Relationship changes (BV).	Dealing with abusive and unwanted relationships. (BV) Extended writing.	Keeping safe independent contexts /close the gap.	Responsible health choices.	Family life.		
Key Vocabulary/Concepts/ideas								
Half Term 3 <ul style="list-style-type: none"> Values, emotions, gender identity, gender expression, sexual orientation, assertive communication, consent, contraception, sexual health, harassment, stalking, abuse, exploitation, support. 				Half Term 4 <ul style="list-style-type: none"> Risk, safety, first aid, emergency situations, lifestyle, cancer, screening, self-examination, vaccinations, immunisation, doctors, opticians, dentist, blood, organ, and STEM cell donation. Families, marriage, forced marriage, change, loss, grief, bereavement. 				
FC 22/04		FC 06/05	FC 19/05					
Fertility, pregnancy, and adoption. (BV)		Parental responsibilities. Extended writing	Managing exam stress/close the gap.					
Key Vocabulary/Concepts/ideas								
Half Term 5 <ul style="list-style-type: none"> Fertility, pregnancy, miscarriage, birth, abortion, adoption, fostering, parenting, finance. Revision techniques, exam stress, relaxation, wellbeing, sleep. 								
CEIAG								
Raising the participation age (RPA), Local labour market information (LMI), Application processes and CV writing. Interview preparation and techniques. How to balance ambition and unrealistic expectations. How to use feedback constructively when planning. Managing your online presence in relation to careers.								
Fundamental British Values								
Fundamental British values are covered within the following topics: Building for the future (individual liberty); Communication in relationships (mutual tolerance and respect, rule of law – equality act, law of consent, law surrounding sharing images and pornography), Independent contexts (individual liberty, rule of law -substance misuse, consent).								