

PSHE Provision Map 2025- 2026

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 02/09	FC 15/09	FC 29/09	FC 13/10	FC 03/11	FC 17/11	FC 1/12	FC 15/12
	Introduction to PSHE and ground rules.	Secondary school skills.	Personal safety.	Careers opportunities and future career aspirations. (BV) Enterprise skills.	Xello Launch. (Careers education)	#Beewell survey	Basic first aid.	Extended writing: First aid Close the gap.
	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, Enterprise, problem solving, communication skills, teamwork, leadership, risk management, creativity, careers. 				Half Term 2 <ul style="list-style-type: none"> • Careers, labour market information, aspiration, stereotypes. • First aid, CPR, recovery position. 				
Term 2	FC 05/01	FC 19/01	FC 02/02	FC 23/02	FC 09/03	FC 23/03		
	Developing self-worth and self-efficacy.	Positive and negative relationships. (BV)	Challenging media stereotypes.	Healthy lifestyle choices. Extended writing. Close the gap.	Negative influences on lifestyle choices (smoking and vaping).	Puberty (BV) and Personal hygiene		
	Key Vocabulary/Concepts/ideas							
Half Term 3 <ul style="list-style-type: none"> • Self-worth, self-efficacy, positive and negative relationships, consent, stereotypes. 				Half Term 4 <ul style="list-style-type: none"> • Physical health, mental wellbeing, healthy diet, sleep, physical activity, drugs, legal, illegal, tobacco, smoking, Puberty, penis, scrotum, urethra, testicles, foreskin, vulva, vagina, uterus/womb. Urethra, ovaries, fallopian tube, periods, and menstrual wellbeing, FGM, hygiene. 				
Term 3	FC 20/04	FC 05/05	FC 18/05	FC 08/06	FC 22/06	FC 06/07		
	Dental hygiene	What is diversity? (BV)	Prejudice and discrimination. (BV)	Cyber bullying and online safety.	Saving, spending, and budgeting.	Making safe financial choices.		
	Key Vocabulary/Concepts/ideas							
Half Term 5 <ul style="list-style-type: none"> • Dental health, cavities. • 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 08/09	FC 22/09	FC 6/10	FC 20/10	FC 10/11	FC 24/11	FC 08/12
	What are drugs? (BV)	Why do people take drugs?	Focus on alcohol. (BV)	#Beewell survey	Careers – what’s out there? (BV) Revisit Xello (IT lesson)	UK Government (BV).	Equal opportunities (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 05/01	FC 19/01	FC 02/02	FC 23/02	FC 09/03	FC 23/03	
	What is discrimination? (BV)	Focus on racism and religious discrimination. (BV) Extended writing Close the gap	Focus on homophobia, biphobia, and transphobia. (BV)	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 20/04	FC 05/05	FC 18/05	FC 08/06	FC 22/06	FC 06/07	
	What is a healthy relationship? (BV)	What is consent? (BV) Extended writing Close the gap.	Basic forms of contraception.	Online communication and being share aware.	Fake news?	What is online grooming?	
	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).							

PSHE Provision Map 2025- 2026

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 08/09	FC 22/09	FC 6/10	FC 20/10	FC 10/11	FC 24/11	FC 08/12
	Peer pressure and gangs (BV).	Knife crime- Living knife free. (BV)	Peer influence/online pressure – CCE and CSE. (BV).	Extended writing. close the gap	Developing my strengths. Xello launch. (IT lesson)	Employability skills and Enterprise. (BV)	Career Options including LMI. (BV).
	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 05/01	FC 19/01	FC 02/02	FC 23/02	FC 09/03	FC 23/03	
	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.	Relationships and sex education. (BV)	
	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 20/04	FC 05/05	FC 18/05	FC 08/06	FC 22/06	FC 06/07	
	Contraception.	STIs.	Sex and the media. (BV)	First aid recap.	Healthy lifestyle choices.	Taking responsibility for your physical health.	
	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).							

PSHE Provision Map 2025- 2026

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.)							
	FC 02/09	FC 15/09	FC 29/09	FC 13/10	FC 03/11	FC 17/11	FC 1/12	FC 15/12
	Introduction to Mental health.	Mental health and new challenges.	Tough times and mental ill health.	Promoting emotional wellbeing.	#Beewell survey	Preparation for work experience (researching for self-placement). Revisit Xello.	Budgeting and saving. Extended writing.	Debt prevention and management. Close the gap.
	Key Vocabulary/Concepts/ideas							
Half Term 1 <ul style="list-style-type: none"> • Mental health, emotional wellbeing, reframing negative thinking, mental ill health, depression, anxiety, stress, support, media, stereotypes, stigma, misinformation. 				Half Term 2 <ul style="list-style-type: none"> • Budget, budgeting, income, expenditure, risk, debt, fraud, cybercrime, credit, targeting advertising. • 'Choose respect', prejudice, discrimination. 				
Term 2	FC 05/01	FC 19/01	FC 02/02	FC 23/02	FC 09/03	FC 23/03		
	Gambling and debt. (BV)	Relationship values (BV)	Sex, Gender, and relationships (BV).	Readiness for work: Preparing to go on work experience. Deadline for phone call 16 th March.	Role of consent (BV).	Media influence (BV). Work experience: 30 th -2 nd April (virtual work experience for those who don't secure a placement).		
	Key Vocabulary/Concepts/ideas							
	Half Term 3 <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. 				Half Term 4 <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 20/04	FC 05/05	FC 18/05	FC 08/06	FC 22/06	FC 06/07		
	Evaluation of work experience. (Extended writing task, Close the gap.) (virtual work experience for those who don't secure a placement).	Peer influence.	Media influence and gang culture	Impact of drugs (BV)	Challenging extremism (BV).	Community cohesion (BV).		
	Key Vocabulary/Concepts/ideas							
	Half Term 5 <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. 				Half Term 6 <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)								

PSHE Provision Map 2025- 2026

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.)							
	FC 02/09	FC 15/09	FC 29/09	FC 13/10	FC 03/11	FC 17/11	FC 1/12	FC 15/12
	Introduction to next steps.	Post 16 options Xello re-launch.	Application processes.	CV writing.	CV writing – Extended writing close the gap.	Self-efficacy.	Stress management.	Future opportunities (BV)
Key Vocabulary/Concepts/ideas								
Half Term 1				Half Term 2				
<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. 				<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. 				
Term 2	FC 05/01	FC 19/01	FC 02/02	FC 23/02	FC 09/03	FC 23/03		
	Personal values. (BV).	Relationship changes (BV).	Dealing with abusive and unwanted relationships. (BV)	Keeping safe independent contexts.	Responsible health choices.	Family life.		
	Key Vocabulary/Concepts/ideas							
	Half Term 3				Half Term 4			
<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. 				<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. 				
Term 3	FC 20/04	FC 05/05	FC 18/05					
	Fertility, pregnancy, and adoption. (BV)	Managing exam stress.	Parental responsibilities.					
	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).								