

PSHCE 5 Year Overview

YEAR 7				
Half-term / Core theme:	Specific learning:	Programme of study references**		
Autumn 1 - Health & wellbeing	Transition to secondary school	H1, H2, H3, H4, H5, H19 R1, R2, R3, R4, R6, R13, R29, R30, R34 L2, L8, L9		
	Diet, exercise and how to make healthy choices	H13, H14, H15, H16, H17, H18, H23, H31, H32 R6, R7, R30, R31		
Autumn 2 – Living in the wider world	Enterprise skills and introduction to careers	L9, L15, L16		
	Challenging career stereotypes and raising aspirations	L1, L2, L7, L9, L10, L12		
Spring 1 – Relationship	Diversity, prejudice and bullying including cyber bullying	H19, H20 R27, R28, R30, R35, R36 L3, L4, L6, L7, L17		
	Managing on- and off-line friendships	R1, R3, R4, R5, R6, R7, R8, R11, R13, R28, R29		
Spring 2 – Health & wellbeing	The risks of alcohol, tobacco and other substances	H18, H20, H24, H25, H26, H27, H28, H29, H30, H31 R30, R31, R32		
	Managing puberty and the issues of unwanted contact and FGM	H4, H5, H7, H8, H9, H10, H31 L5, L6		
Summer 1 – Relationships	Self-esteem and romance	H12 R1, R4, R5, R6, R7, R8, R13, R14, R15, R22, R23, R25		
	Exploring family life	R1, R6, R8, R9, R10, R11, R17, R22, R25		
Summer 2 – Living in the wider world	Making ethical financial decisions	L18, L20		
	Saving, spending and budgeting our money	L18, L20		

PSHCE 5 Year Overview

YEAR 8				
Half-term / Core theme:	Specific learning:	Programme of study references**		
Autumn 1 - Health & wellbeing	First aid* and personal safety, focusing on road safety	H20, H21, H22, H23 R30, R31		
	Alcohol and drug misuse and managing peer influence	H20, H24, H25, H26, H27, H28, H30, H31, H32 R30, R31, R32		
Autumn 2 – Living in the wider world	Rights and responsibilities in the community including challenging age and disability discrimination	L1, L3, L4, L5, L6, L7		
Spring 1 – Relationship	Tackling racism and religious discrimination , promoting human rights	H8, H20 R1, R3, R18, R19, R27, R28, R30, R31 L1, L3, L4, L5, L6, L7		
	Online safety and digital literacy	H2, H3, H5, H19, H21, H23 R6, R23, R30, R31, R35, R36, R37, R38 L17, L19		
Spring 2 – Health & wellbeing	Mental health and emotional wellbeing, including body image	H1, H2, H3, H4, H5, H6, H13, H14, H15, H16, H17, H18, H19, H31		
	Managing change and loss	H4 R5, R12		
Summer 1 – Relationships	Introduction to sexuality and consent	H1 R1, R3, R4, R5, R6, R7, R8, R13, R14, R15, R16, R17, R18, R19, R20, R21, R22, R23, R25, R28, R29, R30, R31, R36, R37 L5		
Summer 2 – Living in the wider world	Evaluating value for money in services	L18, L20		
	Risks and consequences making financial decisions	L15, L16, L18, L19, L20		

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YEAR 9				
Half-term / Core theme:	Specific learning:	Programme of study references**		
Autumn 1 - Health & wellbeing	Peer pressure , assertiveness and risk, gang crime	H1, H4, H19, H20, H27 R1, R3, R4, R6, R7, R8, R28, R29, R30, R31, R33, R34, R35 L1		
	Dieting, lifestyle balance and unhealthy coping strategies	H1, H2, H3, H4, H5, H6, H7, H13, H14, H15, H16, H17, H18, H19, H31 R6, R7, R30, R31 L1, L2		
Autumn 2 – Living in the wider world	Understanding careers and future aspirations	H1, H3 R2, R3 L1, L2, L7, L8, L9, L10, L11, L12, L13, L15		
	Identifying learning strengths and setting goals at the start of the GCSE options	H1, H3 L1, L2, L7, L8, L9, L10, L12, L13, L14		
Spring 1 – Relationship	Managing conflict at home and the dangers of running away from home	H4, H8, H20 R1, R4, R5, R6, R29, R31, R36 L1, L6		
	Tackling homophobia, transphobia and sexism	H7, H19 R24, 25, 26, 27, 28, 29, 30 L1, 3, 4, 5, 6, 7		
Spring 2 – Health & wellbeing	Managing peer pressure in relation to illicit substances	H1, H24, H25, H26, H27, H28, H30 R3, R30, R31, R32		
	Assessing the risks of drug and alcohol abuse and addiction	H20, H24, H25, H26, H27, H28, H29, H30, H31 R31, R32		
Summer 1 – Relationships	Relationships and sex education including healthy relationships and consent	H1, H4 R1, R3, R4, R5, R6, R8, R13, R14, R15, R16, R17, R18, R19, R20, R24, R29, R30 L17		
Summer 2 – Living in the wider world	Reflecting on learning skills development in key stage 3	H1, H2 R1, R2, R3 L7, 15, 16, 17, 18		
	Planning and carrying out an enterprise project	H1, H2 R1, R2, R3 L7, 15, 16, 17, 18		

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YEAR 10				
Half-term / Core theme:	Specific learning:	Programme of study references**		
Autumn 1 - Health & wellbeing	Transition to key stage 4 and developing study habits	H1, H2, H3 R29 L1, L10, L11, L12, L13		
	Mental health and ill health, tackling stigma	H1, H3, H4, H5, H6, H15 R1, R29		
Autumn 2 – Living in the wider world	Understanding the causes and effects of debt	H3 R1 L20, L21, L22		
	Understanding the risks associated with gambling	R29 L11, L20		
Spring 1 – Relationship	Tackling relationship myths and expectations	H1, H10 R1, R2, R5, R6, R8, R13, R14, R15, R17, R21, R29		
	Managing romantic relationship challenges including break ups	H6 R1, R5, R6, R7, R8, R9, R15, R16, R17, R18, R19, R21, R22, R29		
Spring 2 – Health & wellbeing	Exploring the influence of role models	H6, H7, H9, H14, H16, H17 R14, R18, R29 L6		
	Evaluating the social and emotional risks of drug use	H1, H7, H9, H14, H15, H16, H17 R7, R16, R18, R29		
Summer 1 – Relationships	Understanding different families and learning parenting skills	H8 R1, R2, R3, R4, R5, R6, R8, R20, R22, R23, R24, R25, R26, R27, R28		
	Managing change, grief and bereavement	H3, H6 R1, R3, R5, R6, R10, R11, R12, R28, R29		
Summer 2 – Living in the wider world	Preparation for work experience	H12, H13, H14 L1, L2, L8, L9, L10, L11, L12, L13, L14, L15, L16, L17, L18		
	Evaluation of work experience and readiness for work	H1, H2 L1, L2, L8, L10, L11, L12, L13, L14, L15, L16, L17, L18, L19		

PSHCE 5 Year Overview

YEAR 11				
Half-term / Core theme:	Specific learning:	Programme of study references**		
Autumn 1 - Health & wellbeing	Promoting self-esteem and coping with stress	H1, H2, H3, H4, H5, H6 R1, R2, R29 L1, L10		
	Learning and revision skills to maximise potential	H2 L1, L10, L11, L12		
Autumn 2 – Living in the wider world	Understanding the college application process and plans beyond school	H1, H2 L1, L10, L11, L13, L19		
	Skills for employment and career progression	H12, H14, H17 L10, L11, L13, L14, L15, L17, L19		
Spring 1 – Relationship	Personal values and assertive communication in relationships	H6, H14 R1, R2, R3, R5, R6, R7, R8, R13, R14, R15, R16, R17, R19, R20, R21, R22, R29 L7, L8, L9		
	Tackling domestic abuse and forced marriage	H1, H3, H6, H14 R1, R3, R5, R6, R7, R8, R9, R10, R11, R12, R15, R16, R17, R18, R20, R29 L2, L3, L7		
Spring 2 – Health & wellbeing	Health and safety in independent contexts	H7, H12, H13, H14, H17 R2, R29 L21		
	Taking responsibility for health choices	H1, H3, H5, H6, H7, H8, H9, H10, H11, H13, H15, H16, H18 R14, R17, R22, R26, R27, R29		
Summer 1 – Relationships	British values , human rights and community cohesion	H2 R1, R2, R16, R20, R29 L2, L3, L4, L5, L6, L7		
	Challenging extremism and radicalisation	H2, H14, H29 R1, R16 L2, L3, L4, L5, L6, L7		

*Lifesaving skills will be delivered throughout the academic year for all year groups.

** Programme of study references as per PSHE association guidance.

Students will use a range of resources to develop knowledge on each topic including debate.