



Relationships and sex education

Mental and emotional health

Keeping safe

Healthy Lifestyles

Living in the wider world

Years 7 – 11: PSHRE Curriculum 2025/26 – Long Term Plan

		HT1	HT2	HT3	HT4	HT5	HT6
Relationships and sex education	YEAR 7	Mental and emotional health Self esteem, setting goals, the danger of internet relationships, and cyber bullying.	British Values – lining these values to our school values.	Healthy Lifestyles- Making healthy choices	Keeping Safe - Common injuries, first aid and responsible behaviour.	Living in the Wider World British value, managing money, enterprise and anti-racism* (*runs into HT5)	Relationships and Sex Education Parenting and stable relationships, Healthy relationships, and Exploitation.
Mental and emotional health	YEAR 8	Mental and emotional health Assertiveness, change and loss, and online sexual content.	British Values – lining these values to our school values.	Healthy Lifestyles – Staying healthy (vaccinations, diet and sleep)	Keeping Safe – Drug and alcohol – the risks, the laws and making sound decisions.	Living in the Wider World Critical consumer, human rights and responsibilities and stereotyping and discrimination	Relationships and Sex Education Body types and healthy bodies, Gender and sexuality, and Positive relationships.
Keeping safe	YEAR 9	Mental and emotional health Emotional health, media misconceptions and online stress	British Values – lining these values to our school values.	Healthy Lifestyles – Organ donation and cancer prevention including living with illness	Keeping Safe – Drugs. criminal gangs, and exploitation	Living in the Wider World Financial risk, strengths and skills, career aspirations, and anti-sexism	Relationships and Sex Education Relationship abuse, Recognising coercion, and Parenthood and parenting skills.
Healthy Lifestyles	YEAR 10	Mental and emotional health Mental health illnesses, self awareness, the pressures and media bias.	British Values – lining these values to our school values.	Healthy Lifestyles – Work life balance and Stem Cell research-	Keeping Safe – gangs, drugs and alcohol	Living in the Wider World Before and after work, economic wellbeing, tax, and misogyny and extremism.	Relationships and Sex Education Reproductive health and fertility, Pregnancy facts and miscarriage, and Pregnancy options.
Living in the wider world	YEAR 11	PSHRE					

Year 7 PSHRE Curriculum HT 1 - 3

HT1- Mental and Emotional Health	HT2 – The British Values	HT3– Healthy Lifestyles
First three weeks focussed on the new behaviour curriculum	1. How do our school value and the British values connect?	1. What does it mean to be healthy?
	2. What do these school and British values mean to me?	2. Staying active
	3. What's important about the British Value Democracy?	3. Making healthy sleep choices
1.What is Self-Esteem	4. What's important about the British Value Individual Liberty?	4. Keeping healthy - spread the word
2. Why do we need to have a positive self-esteem?	5. What's important about the British Value Rule of Law?	5. What is oral hygiene?
3.How can I set self-esteem goals?	6. What's important about the British Value Mutual Respect?	6. The consequences of unhealthy teeth
4.What are the dangers of online relationships?	7. What's important about the British Value Tolerance of Different Faiths and Beliefs?	7. Taking responsibility for your teeth
5.What is internet trolling?	8. Living Our Values – What do they mean for us?	8. What is personal hygiene?
6.What are the effects of cyber-bullying?		9. Why is good personal hygiene important?
		10. Making good personal hygiene choices

Year 7 PSHRE Curriculum HT 4 – 6

HT4 – Keeping safe	HT5 - Living in the Wider World	HT6 – Relationships and Sex
1. Why is First Aid important?	1. What are British values?	1. What are the different types of relationship?
2. How do I deal with bleeding and asthma?	2. Why is saving money important?	2. How can we identify positive relationships?
3. How do I deal with choking and allergies?	3. How can we borrow money?	3. How can we deal with negativity in relationships?
4. What are the key life-threatening injuries?	4. What is debt and is it bad?	4. What qualities make good family relationships?
5. How do I deal with life threatening injuries?	5. What does it mean to be enterprising?	5. What challenges do families face?
6. What is the recovery position?	6. What am I good at?	6. When should/shouldn't couples get married?
7. What is risky behaviour'?	7. How can I improve school? Enterprise challenge	7. Why is body image important?
8. Why do I need to understand risk?	8. What is racism?	8. Why do we need to be kind to ourselves about our bodies?
9. How can I reduce risk?	10. What does the story of Stephen Lawrence teach us?	

Year 8 PSHRE Curriculum HT 1-3

HT1 -Mental Health	HT2 – The British Values	HT3 – Healthy Lifestyles
<i>*First three weeks focussed on the new behaviour curriculum</i>	1. How do our school value and the British values connect?	1. What do vaccinations do?
	2. What do these school and British values mean to me?	2. Why are vaccinations important?
	3. What's important about the British Value Democracy?	3. Making informed choices concerning vaccinations
	4. What's important about the British Value Individual Liberty?	4. Why are the health risks of a poor diet?
1. 1.What does 'being assertive' mean?	5. What's important about the British Value Rule of Law?	5. Making healthy diet choices
2. 2.What's the difference between being assertive and offensive?	6. What's important about the British Value Mutual Respect?	6. What influences our diet choices
3. 3.How can I display my assertiveness?	7. What's important about the British Value Tolerance of Different Faiths and Beliefs?	7. Why is sleep important?
4. 4.When might people suffer from change and loss?	8. Living Our Values – What do they mean for us?	8. What helps us to sleep?
5. 5.How can change and loss lead to loneliness?		9. Making good sleep choices
6. 6.How can we cope with change and loss?		

Year 8 PSHRE Curriculum HT 4 - 6

HT4 – Keeping safe	HT5 - Living in the wider world	HT6 – Sex and Relationships
1. What are the key questions concerning the dangers of drugs?	1. What influences spending habits?	1. Why are friendships sometimes complicated?
2. How do I identify 'risk' with drugs? (part 1)?	2. How can we resist pressure to spend?	2. Is it normal for friends to fall out?
3. How do I identify 'risk' with drugs? (part 2)?	3. How can I become a critical consumer?	3. How can we navigate romantic relationships?
4. Do I understand the key laws about drugs?	4. What are human rights?	4. How can we fully understand what is meant by gender?
5. What is the Misuse of Drugs Act?	5. What are the rights of the child?	5. How can we fully understand what is meant by sexual orientation?
6. What do you think about drug laws?	6. How can we protect people's rights?	6. How can we understand the different ways that people identify?
7. Why do some young people take drugs or drink alcohol?	7. Why is respect so important in a community?	7. What is relationship abuse?
8. What decisions do young people need to make concerning alcohol?	8. What is discrimination?	8. What is coercive control?

Year 9 PSHRE Curriculum HT 1-3

HT1 – Mental Health	HT2 – The British Values	HT3 – Healthy Lifestyles
*First three weeks focussed on the new behaviour curriculum	1. How do our school value and the British values connect?	1. What is organ donation?
	2. What do these school and British values mean to me?	2. What can be donated?
	3. What's important about the British Value Democracy?	3. What are the dilemmas surrounding organ donation
	4. What's important about the British Value Individual Liberty?	4. Types of cancer
1, What is emotional health?	5. What's important about the British Value Rule of Law?	5. Preventing cancer
2. What different things can affect your emotional health?	6. What's important about the British Value Mutual Respect?	6. Spreading the word on cancer
3. How can I look after my own emotional health?	7. What's important about the British Value Tolerance of Different Faiths and Beliefs?	7. Living with leukaemia video (KS2 / KS3 PSHE: Living with leukaemia - BBC Teach)
4. What challenges and misconceptions centre around gender?	8. Living Our Values – What do they mean for us?	
5. What is body image?		
6. How can we decode the media?		

Year 9 PSHRE Curriculum HT 4 - 6

HT4 – Keeping safe	HT5 – Living in the wider world	HT6 – Sex and Relationships
1. 1.What are your views on alcohol and drug use?	1. What is Internet fraud?	1. What are the key responsibilities facing a new parent?
2. 2.How can ‘thinking errors’ affect your judgement?	2. What is the impact of Internet fraud?	2. What pregnancy. choices are there?
3. 3.How can you make good decisions?	3. How can you protect yourself from Internet fraud?	3. What are the challenges facing a new parent?
4. 4.What are the risks of criminal exploitation?	4. What are employability skills?	4. How can we judge healthiness in our relationships?
5. 5.Finding solutions to exploitation	5. What skills do different jobs require?	5. How can we recognise manipulative behaviour in a relationship?
6. Avoiding getting involved in crime	6. What happens in a job interview?	6. What is victim blaming and sexual harassment?
7. What are risky activities?	7. What are the benefits of different careers?	7. What are the signs of exploitation?
8. What is gambling?	8. What are my career aspirations?	8. How can we recognise coercive behaviour?
9. Video on binge drinking KS3 / KS4 PSHE: Alcohol abuse and binge	9. What is anti sexism?	
	10. How can we respond to gender inequality?	

Year 10 PSHRE Curriculum HT 1-3

HT1 – Mental Health	HT2 – British Values	HT3 – Healthy Lifestyles
<i>*First three weeks focussed on the new behaviour curriculum</i>	1. How do our school value and the British values connect?	1. What is a work / life balance?
	2. What do these school and British values mean to me?	2. How does exercise improve well-being?
	3. What's important about the British Value Democracy?	3. How can you manage your time well?
	4. What's important about the British Value Individual Liberty?	4. What is a stem cell?
1. What is mental health?	5. What's important about the British Value Rule of Law?	5. What are stem cell transplants
2. What are common mental health conditions?	6. What's important about the British Value Mutual Respect?	6. Why are stem cell donors so important?
3. How can we become more self-aware of our own mental health?	7. What's important about the British Value Tolerance of Different Faiths and Beliefs?	7. Donating blood and organs
4. What pressures does Social-Media expose young people to?	8. Living Our Values – What do they mean for us?	8. Donation choices
5. Why is it so important to be aware of online misinformation and hoaxes?	9. How do our school value and the British values connect?	9. NHS Donor Video (Exploring Donation - NHS Blood and Transplant)
6. How can social media and advertising impact our body image, mental health and well-being?		

Year 10 PSHRE Curriculum HT 4 - 6

HT4 – Keeping Safe	HT5 – Living in the Wider World	HT6 - Sex and Relationships
1.What is a gang?	1. What does the ‘cost of living’ mean?	1. What factors can impact a person's fertility?
2.What are the main risks of joining a gang?	2. How do I budget for different situations?	2. How can miscarriage affect people?
3, What support is available concerning gangs?	3. What are the different opportunities after school?	3. What happens during pregnancy?
4. How do drugs affect an individual and their family?	4. What is tax?	4. What can cause a miscarriage?
5. How do drugs affect a person’s physical and mental health?	5. How does tax affect me?	5. What are the options for an unintended pregnancy?
6.How can drugs and alcohol negatively affect lives?	6. How does the UK economy affect our lives?	6. What happens at a sexual health clinic?
7.How can alcohol affect life goals?	7. What are the different views on gender?	
8.Why is it important to take responsibility for yourself around roads?		
9.Why is it important to take responsibility for yourself near water and by railway lines?		

Year 11 PSHRE Curriculum HT 1-3

HT1 – General PSHRE

**First three weeks focussed on the new behaviour curriculum*

1. What is a defibrillator and how do I use one?
2. Why is it important to manage my personal vs. professional online identity
3. How to Identify strategies to protect personal and professional reputation online
4. Coping with exam stress
5. When I work, what will my income and deductions look like?
6. What does financial planning look like?
7. Celebrating Black History Month
8. Completing College applications

September 2025

	HT1	HT2	HT3	HT4	HT5	HT6
YEAR 7	Mental and emotional health	British Values	Healthy Lifestyles	Keeping Safe	Living in the Wider World	Relationships and Sex Education
YEAR 8	Mental and emotional health	British Values	Healthy Lifestyles	Keeping Safe	Living in the Wider World	Relationships and Sex Education
YEAR 9	Mental and emotional health	British Values	Healthy Lifestyles	Keeping Safe	Living in the Wider World	Relationships and Sex Education
YEAR 10	Mental and emotional health	British Values	Healthy Lifestyles	Keeping Safe	Living in the Wider World	Relationships and Sex Education
YEAR 11	General PSHRE					