



SKILLS DEVELOPED TEAMWORK & LEADERSHIP PUBLIC SPEAKING PROBLEM SOLVING CREATIVITY & INNOVATION DECISION MAKING RESILIENCE & STAYING POSITIVE PLANNING & ORGANISATION SKILLS DEVELOPED

YEAR 8

**STAYING SAFE
ONLINE &
OFFLINE**

CORE
THEME 4

STATUTORY
HEALTH
&
RSE

DRUGS EDUCATION



Avoiding Gangs & Criminal Behaviour
Staying Safe Online
Online Gaming, Grooming & Addiction
Alcohol and Risk
Nicotine and Smoking
E-Cigs, Vaping and Shisha
Energy Drinks and Caffeine
Knife Crime and Safety

**MM
T3**

**PSHE
LESSONS
T3**

**STATUTORY
RSHE**

CORE
THEME 3

Ten Ten
Resources
**LIFE
TO THE
FULL**

RSHE

PSHE



1. Religious Understanding: Who Am I?
2. Me, My Body and My Dignity: Changing Bodies
3. Wellbeing and Health: Healthy Inside and Out; Keeping Well (Part 1)
4. Life Cycles: Where Do We Come From?
5. Personal Relationships: Family and Friends
6. Online Awareness: My Life on Screen
7. Living in the Wider World: Living Responsibly
8. Safety and Well: Basic First Aid (Part 1)

**PUBERTY &
BODY
DEVELOPMENT**

CORE
THEME 5

STATUTORY
HEALTH
&
RSE

PSHE

WELLBEING



Introduction to Puberty
Girls Puberty & Periods (Double Lesson)
Boys Puberty
Personal Hygiene
Growing Up
Self-Esteem
Tooth Decay & Dental Health

**MM
T2**

**PSHE
LESSONS
T2**

**MONEY MEDIA
& MODERN
SOCIETY**

CORE
THEME 2

CITIZENSHIP

PSHE

BRITISH VALUES



1. Intro to Tax: The Government & Our Taxes.
2. Advertising Tricks and How to Avoid Financial Scams.
3. Becoming a responsible citizen
4. How Deepfakes are being used in politics
5. Latest UK Census Data

**MANAGING
CHANGE**

CORE
THEME 1

GATSBY
BENCHMARKS
- CAREERS -

TRANSITION

SMSC & CAREERS



Getting to Know People
What is a Community?
Careers and Your Future
Sleep and Relaxation
Proud to be me
Transition Points in Your Life

**MM
T1**

**PSHE
LESSONS
T1**

**LAW, CRIME &
SOCIETY**

CORE
THEME 1

CITIZENSHIP

BRITISH VALUES



1. Managing Change: What is PSHE?
2. Desert Island – Living and Building a Community
3. Desert Island – Making Decisions
4. Desert Island - Criminals Law & Society
5. How are Laws Made? Prisons, Reform & Punishment

WELCOME

RSE 2026
COMPLIANT

HEALTH 2026
COMPLIANT

SPIRAL THEMATIC APPROACH

- 1) Equality, Diversity & British Values
- 2) Personal Safety & Digital Awareness
- 3) Relationships and Sex Education
- 4) Modern Dangers: Online and Offline
- 5) Healthy Bodies & Emotional Wellbeing

PERSONAL DEVELOPMENT

ASSESSMENT & PROGRESS IN PSHE

- ✓ Themed Projects,
- ✓ Confidence Checkers
- ✓ End of Unit Quizzes
- ✓ AFL
- ✓ Work Booklets





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YEAR 9

**STAYING SAFE
ONLINE &
OFFLINE**

STATUTORY
HEALTH
&
RSE

DRUGS EDUCATION



County Lines – What is It?
County Lines – Who is at Risk?
Substance Misuse
Alcohol Safety
Child Exploitation & Online Protection

**MM
T3**

**PSHE
LESSONS
T3**

**STATUTORY
RSHE**

Ten Ten
Resources
**LIFE
TO THE
FULL**

RSHE

PSHE



1. Religious Understanding: Created and Chosen
2. Me, My Body and My Dignity: Appreciating Differences
3. Wellbeing and Health: Feelings; Keeping Well (part 2)
4. Life Cycles: Before I Was Born
5. Personal Relationships: Tough Relationships
6. Online Awareness: Think Before You Share
7. Living in the Wider World: Wider World
8. Safe and Well: Basic First Aid (part 2)

**PHYSICAL HEALTH
AND MENTAL
WELLBEING**

STATUTORY
HEALTH
&
RSE

PSHE

WELLBEING



Health and Wellbeing
What is Mental Health?
Positive Body Image
Child Abuse
Types of Bullying
Healthy Eating and Cholesterol
Stress Management

**MM
T2**

**PSHE
LESSONS
T2**

**DIGITAL WORLDS
& EMERGING
DANGERS
ONLINE**

CITIZENSHIP

PSHE

EQUALITY



1. Deepfakes, Bullying & Digital Media Literacy
2. AI - How is it changing the way we think, including AI Generated Sexual imagery and Chat Bots
3. Algorithms and content
4. Illegal Online Behaviours
5. Cyberbullying
6. Online Grooming
7. Child Exploitation and Online Protection

**STAYING SAFE &
BUILDING
RESPECT**

STATUTORY
HEALTH
&
RSE

PERSONAL SAFETY

PSHE



Loneliness
Is it Bullying or Banter?
Peer Pressure & Risk Taking
Personal Safety
Personal Safety In Public Spaces
Respect and Women
Why Sexist Jokes are Wrong

**MM
T1**

**PSHE
LESSONS
T1**

**CELEBRATING
DIFFERENCES**

CITIZENSHIP

BRITISH VALUES



1. What is your Identity?
2. Multicultural Britain
3. Importance of Being Kind and Breaking Down Stereotypes
4. Learning about Disabilities, Prejudice and Discrimination
5. Challenging Islamophobia

WELCOME

RSE 2026
COMPLIANT

HEALTH 2026
COMPLIANT

SPIRAL THEMATIC APPROACH

- 1) Equality, Diversity & British Values
- 2) Personal Safety & Digital Awareness
- 3) Relationships and Sex Education
- 4) Modern Dangers: Online and Offline
- 5) Healthy Bodies & Emotional Wellbeing

PERSONAL DEVELOPMENT

ASSESSMENT & PROGRESS IN PSHE

- ✓ Themed Projects,
- ✓ Confidence Checkers
- ✓ End of Unit Quizzes
- ✓ AFL
- ✓ Work Booklets





SKILLS DEVELOPED

TEAMWORK
& LEADERSHIP

PUBLIC
SPEAKING

PROBLEM
SOLVING

CREATIVITY
& INNOVATION

DECISION
MAKING

RESILIENCE
& STAYING POSITIVE

PLANNING
& ORGANISATION

SKILLS DEVELOPED

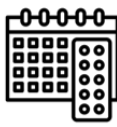
YEAR 10

**IDENTITY AND
RELATIONSHIPS**

CORE
THEME 3

STATUTORY
HEALTH
& RSE

PSHE



What is Love?
Dealing with Conflict
Our Bodies: the male anatomy
Our Bodies: the female anatomy
Periods and Menstrual Cycle

**MM
T3**

**PSHE
LESSONS
T3**

**STATUTORY
RSHE**

CORE
THEME 3

Ten Ten
Resources
**LIFE
TO THE
FULL**

RSHE

PSHE



1. Religious Understanding: The Search For Love
2. Me, My Body and My Dignity: Love People, Use Things
3. Wellbeing and Health: In Control of my Choices; Drug and Smoking Awareness
4. Life Cycles: Fertility and Contraception
5. Personal Relationships: Commitment and Marriage; Understanding Consent
6. Online Awareness: Safe and Smart Online
7. Living in the Wider World: Human Rights and Wrongs
8. Safe and Well: Out and About; Lifesaving Skills

**LEGAL AND
ILLEGAL DRUGS**

CORE
THEME 4

STATUTORY
HEALTH
& RSE

DRUGS EDUCATION



What is a Drug?
Different Types of Addictions
Cannabis Products
Drug Classifications
Party Drugs & Illegal Drugs
The War on Drugs
Volatile Substance Abuse

**MM
T2**

**PSHE
LESSONS
T2**

**COMBATTING
EXTREMISM &
TERRORISM**

CORE
THEME 1

CITIZENSHIP

PREVENT



1. Conspiracies Theories & Narratives
2. Forms of Extremism and Terrorism
3. War, Conflict
4. The Radicalisation process
5. How Does Counter Terrorism Work?
6. Antisemitism in the UK

**BODY
CONFIDENCE**

CORE
THEME 5

STATUTORY
HEALTH
& RSE

PSHE

WELLBEING



How Self-Esteem Changes
Being Yourself & Self-Love
Healthy Respectful Relationships
Bullying in all its forms
Dealing with Grief and Loss
Media and Airbrushing
Cancer Prevention and Healthy Lifestyles

**MM
T1**

**PSHE
LESSONS
T1**

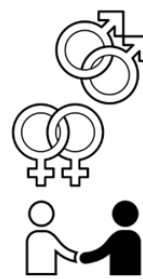
**EQUALITY &
DIVERSITY
EXPLORED**

CORE
THEME 1

CITIZENSHIP

PSHE

EQUALITY



1. Equality Act 2010
2. LGBTQ+ What is it and what are the LGBTQ+ Rights Across the World?
3. Gender Equality
4. Ableism and Disability Discrimination: Removing the Barriers, Equality for All
5. Racism & Discrimination in Society

WELCOME

**RSE 2026
COMPLIANT**

**HEALTH 2026
COMPLIANT**

SPIRAL THEMATIC APPROACH

- 1) Equality, Diversity & British Values
- 2) Personal Safety & Digital Awareness
- 3) Relationships and Sex Education
- 4) Modern Dangers: Online and Offline
- 5) Healthy Bodies & Emotional Wellbeing

PERSONAL DEVELOPMENT

ASSESSMENT & PROGRESS IN PSHE

- ✓ Themed Projects,
- ✓ Confidence Checkers
- ✓ End of Unit Quizzes
- ✓ AFL
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SKILLS DEVELOPED

TEAMWORK
& LEADERSHIP

PUBLIC
SPEAKING

PROBLEM
SOLVING

CREATIVITY
& INNOVATION

DECISION
MAKING

RESILIENCE
& STAYING POSITIVE

PLANNING
& ORGANISATION

SKILLS DEVELOPED

YEAR 11

**HEALTHY MINDS
& SAFE CHOICES**

CORE
THEME 5

STATUTORY
HEALTH
& RSE

PSHE

WELLBEING



Child Sexual Abuse
Screen Time
Masculinity & Misogyny
Basic First aid Essentials
Self-Harm
Suicidal (Thoughts and Feelings)
Promoting Emotional Wellbeing

**MM
T3**

**PSHE
LESSONS
T3**

**STATUTORY
RSHE**

CORE
THEME 3

Ten Ten
Resources
**LIFE
TO THE
FULL**

RSHE

PSHE



1. Religious Understanding: Authentic Freedom
2. Me, My Body and My Dignity: Self-Image
3. Wellbeing and Health: Beliefs, Values and Attitudes
4. Life Cycles: Parenthood
5. Personal Relationships: Pregnancy and Abortion; Abuse
6. Online Awareness: Online Influences
7. Living in the Wider World: Solidarity
8. Safe and Well: Out in Public

**VIOLENCE,
CRIME AND
SAFETY**

CORE
THEME 4

STATUTORY
HEALTH
& RSE

RISKS



Online Gaming & Gambling
Social Media Validation
Modern-Day Slavery
Keeping Your Data Safe
Causes of Knife Crime

**MM
T2**

**PSHE
LESSONS
T2**

*Relationships,
Respect and
Modern Challenges*

CORE
THEME 2
CORE
THEME 4

RSHE

PSHE

PERSONAL SAFETY



1. Positive Male Role Models & Incels
2. Marriage Vs Cohabitation & Civil P's
3. Financial Abuse and Control in Relationships.
4. Ending Relationships
5. Personal Safety
6. **Honour Based Violence and Forced Marriage**

**HEALTHY BODIES
& HEALTHY
FUTURES**

CORE
THEME 5

STATUTORY
HEALTH
& RSE

PSHE

WELLBEING



What is a GP and Role of a local Doctor
Role of Pharmacists
Local Healthcare System
What is Antimicrobial Resistance
Healthy behaviours & Pregnancy
Unhealthy Weight Gain & Risks

**MM
T1**

**PSHE
LESSONS
T1**

**EXPLORING
BRITISH VALUES**

CORE
THEME 1

CITIZENSHIP

BRITISH VALUES



1. Critical Thinking & Fake News
2. Hate Crime in the UK
3. British Values: Identity, Mutual Respect & Tolerance
4. Individual Liberty and Human Rights
5. Democracy Explored

WELCOME

**RSE 2026
COMPLIANT**

**HEALTH 2026
COMPLIANT**

SPIRAL THEMATIC APPROACH

- 1) Equality, Diversity & British Values
- 2) Personal Safety & Digital Awareness
- 3) Relationships and Sex Education
- 4) Modern Dangers: Online and Offline
- 5) Healthy Bodies & Emotional Wellbeing

PERSONAL DEVELOPMENT

ASSESSMENT & PROGRESS IN PSHE

- ✓ Themed Projects,
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- ✓ End of Unit Quizzes
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- ✓ Work Booklets





SKILLS DEVELOPED

TEAMWORK & LEADERSHIP

PUBLIC SPEAKING

PROBLEM SOLVING

CREATIVITY & INNOVATION

DECISION MAKING

RESILIENCE & STAYING POSITIVE

PLANNING & ORGANISATION

SKILLS DEVELOPED

POST-16

SUMMER EXAM SEASON



LEAVING
- YEAR 11 -

REVISION

FINAL EXAMS



**RE
ONLY**

SEXUAL HEALTH

STATUTORY
HEALTH &
RSE

PSHE



- Peer-on-Peer Abuse
- Fertility and What Impacts it
- Alcohol, Parties & Bad Choices
- Importance of Sexual Health
- Revisiting STIs
- Revisiting Contraception
- Respect, Love and Relationships

- Organ and Blood Donation
- Teenage Pregnancy Choices
- Mental health illnesses
- Parenthood for Teenagers
- Testicular and Prostate Cancer
- Breast Cancer, Cervical Cancer & Screening
- Love & Abuse



STATUTORY
HEALTH

PSHE

WELLBEING

**ADULT HEALTH &
LOOKING AFTER
YOURSELF**

MM

MM

**JUSTICE, ETHICS
& MODERN
SOCIETY**

CITIZENSHIP

BRITISH VALUES



- What is Justice
- Media Literacy & Digital Resilience
- Grime Music + Violence
- Moral and Ethical Decisions
- Debating and Meaningful Discussions
- Abortion Laws, Morals and Ethics
- Sex Trafficking

**STAY SAFE, STAY
SMART**

STATUTORY
HEALTH &
RSE

PSHE

SAFETY



- Social Media Vs Real Life
- Screen Addiction and Studying
- Online Misinformation
- Targeted Advertising and Your Data
- Cyber Flashing & Unsolicited Images
- Upskirting

MM

- Virtual Reality and Live Streaming
- Online Reputation and Digital Footprints
- Group Chats & Anti-Bullying
- Vaping why is it on the rise?
- New Psychoactive Substances
- Festivals and Nitrous Oxide
- Substance Addiction



STATUTORY
HEALTH &
RSE

DRUGS EDUCATION

STAYING SAFE

MM

WELCOME

RSE 2026
COMPLIANT

HEALTH 2026
COMPLIANT

SPIRAL THEMATIC APPROACH

- 1) Equality, Diversity & British Values
- 2) Personal Safety & Digital Awareness
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PERSONAL DEVELOPMENT

ASSESSMENT & PROGRESS IN PSHE

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SKILLS DEVELOPED

TEAMWORK
& LEADERSHIP

PUBLIC
SPEAKING

PROBLEM
SOLVING

CREATIVITY
& INNOVATION

DECISION
MAKING

RESILIENCE
& STAYING POSITIVE

PLANNING
& ORGANISATION

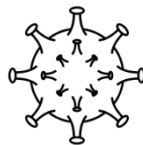
SKILLS DEVELOPED

YEAR 13

**REVISITING
SEXUAL HEALTH
EDUCATION**

STATUTORY
HEALTH
& RSE

HEALTH / RSE

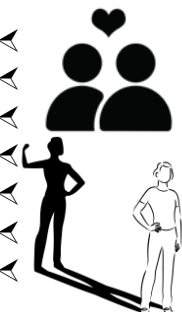


The common room
Life in sixth form pt 1
Life in sixth form pt 2
Masculinity + Misogyny
Alcohol and Bad Choices
Respect and Relationships

**PSHE
LESSONS
T3**

**PSHE
LESSONS
T3**

The Importance of Building Relationships
The Importance of Family and Friends
Online Dating and Personal Safety
Avoiding Toxic Friendships
Power Differences in Relationships
Breaking Up Relationships



STATUTORY
HEALTH

PSHE

**FORMING
RESPECTFUL
RELATIONSHIPS**

CORE
THEME 4

**PSHE
LESSONS
T2**

Abortion
Euthanasia
Use and Abuse of Animals
Use and Abuse of the Environment
Death & Afterlife
Origins of Universe
Religion, Crime & Punishment



SMSC

RELIGION

RELIGION & LIFE

CORE
THEME 1

**PSHE
LESSONS
T2**

**POSITIVE
WELLBEING UNIT**

STATUTORY
HEALTH

PSHE

WELLBEING

CORE
THEME 5



Dealing with Depression
Stress and Performance
Dealing with anxiety
Coercion and Controlling behaviour
Sleep Hygiene and Mental Health
Promoting Emotional Wellbeing
Resilience and Growing Up

**PSHE
LESSONS
T1**

**PERSONAL
FINANCE YOUNG
ADULTS**

CORE
THEME 6

Financial Resilience
How to Pick a Bank
Saving Options
How to use Credit Cards
Mortgage Deals
How Debt Spirals
What is Retirement & Planning for it



GATSBY
BENCHMARKS
- CAREERS -

FINANCE

ENTERPRISE

**PSHE
LESSONS
T1**

**LONG TERM
CAREER
PLANNING**

CORE
THEME 6

GATSBY
BENCHMARKS
- CAREERS -

EMPLOYMENT

CAREERS



Career Challenges and Setbacks
Decision Fatigue and Career Planning
How can AI Help in my Career Journey
Learning from Career Journeys
Long-Term Career Goals and Planning
Starting a Business as a Teen
Work Life Balance & Career Planning

WELCOME

RSE 2026
COMPLIANT

HEALTH 2026
COMPLIANT

SPIRAL THEMATIC APPROACH

- 1) Equality, Diversity & British Values
- 2) Personal Safety & Digital Awareness
- 3) Relationships and Sex Education
- 4) Modern Dangers: Online and Offline
- 5) Healthy Bodies & Emotional Wellbeing

PERSONAL DEVELOPMENT

ASSESSMENT & PROGRESS IN PSHE

- ✓ Themed Projects,
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- ✓ AFL
- ✓ Work Booklets





SKILLS DEVELOPED

TEAMWORK
& LEADERSHIP

PUBLIC
SPEAKING

PROBLEM
SOLVING

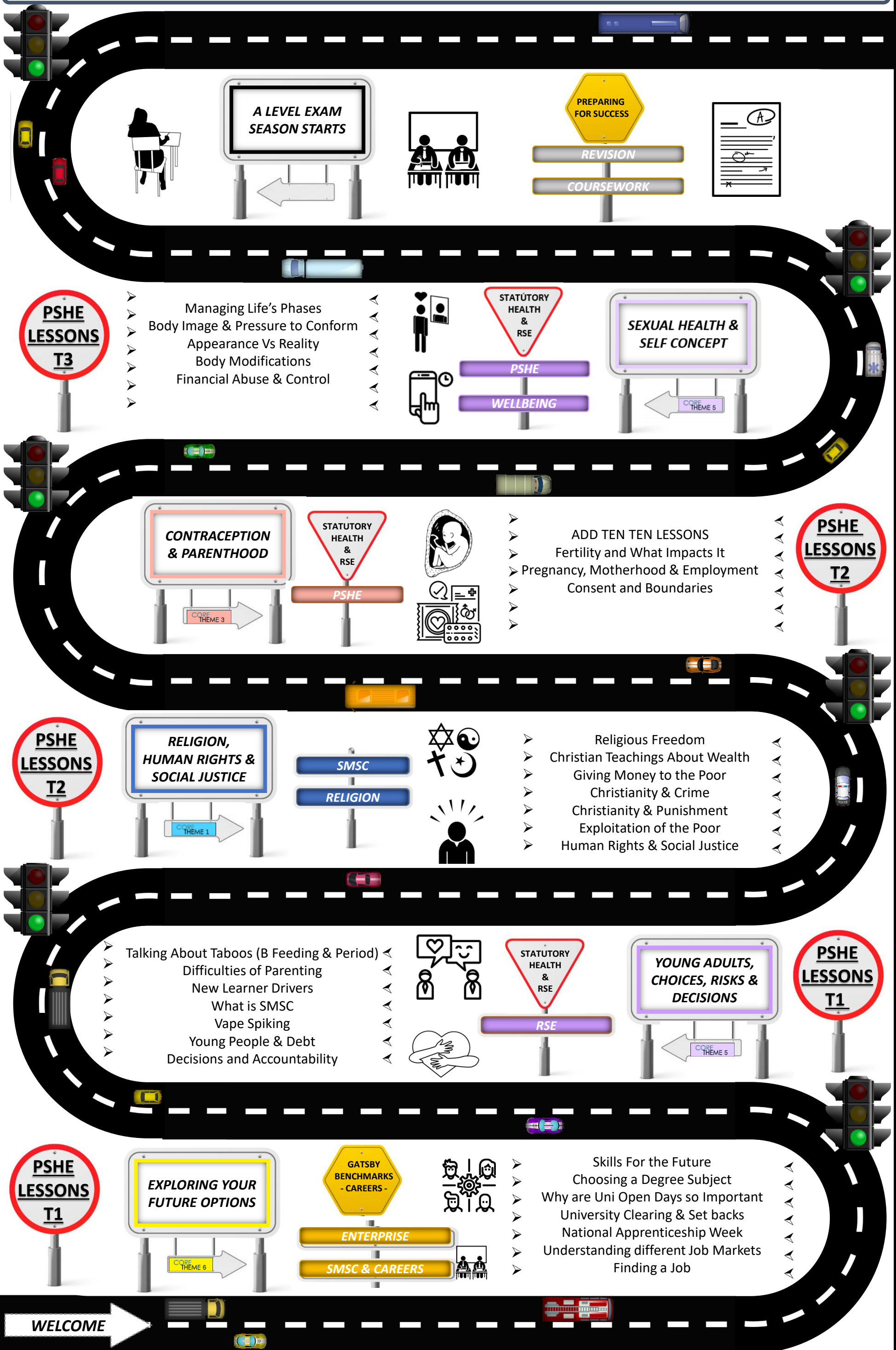
CREATIVITY
& INNOVATION

DECISION
MAKING

RESILIENCE
& STAYING POSITIVE

PLANNING
& ORGANISATION

SKILLS DEVELOPED



RSE 2026
COMPLIANT

HEALTH 2026
COMPLIANT

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PERSONAL DEVELOPMENT

ASSESSMENT & PROGRESS IN PSHE

- ✓ Themed Projects,
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- ✓ End of Unit Quizzes
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