

Long Term Plan – PSHE (2026-27)

Vision: To enable students to become culturally, socially and politically engaged in their communities (Locally, Nationally and Globally)						
	HT1 (3 lessons)	HT2 (4 lessons)	HT3 (3 lessons)	HT4 (2 lessons)	HT5 (4 lessons)	HT6 (3 lessons)
Year 7	<u>Understanding myself</u> <u>Wellbeing</u>	<u>Understanding myself</u> <u>My body and me</u>	<u>Understanding myself with</u> <u>others</u> <u>Healthy lives</u>	<u>Understanding myself with</u> <u>others</u> <u>Healthy relationships</u>	<u>Understanding myself within the</u> <u>world</u> <u>Identity and community</u>	<u>Understanding myself within</u> <u>the world</u> <u>Digital lives</u>
	<u>PSHE</u> 1. What are my emotions telling me? 2. How can we make healthy choices for our mental wellbeing? 3. How can we build a positive relationship with ourselves?	<u>PSHE</u> 1. How do I keep my body and teeth clean? 2. How do our bodies change during puberty? 3. How does it feel to go through puberty? 4. How do our genitals change during puberty?	<u>PSHE</u> 1. What support might females need during their period? 2. How can we stay safe in different environments? 3. How can we perform first aid?	<u>PSHE</u> 1. How can we keep our friendships healthy? 2. How do we have healthy boundaries with our friends?	<u>PSHE</u> 1. How can we reduce harmful stereotypes? 2. What is sexual harassment and how can we stop it? 3. How does the Equality Act Protect everyone in the UK? 4. How can we create a world free from sexism?	<u>PSHE</u> 1. How do we choose what to share online? 2. How does money affect the online world? 3. How can online content affect us?
	<u>Tutor time</u> <i>Induction</i>	<u>Tutor time</u> <i>Statutory content</i> How do exercise and sleep impact our physical health? (2)	<u>Tutor time</u> <i>Statutory content</i> What rights do we have to privacy and our bodies? What do we need from a healthy relationship?	<u>Tutor time</u> <i>Greater depth</i> How do we identify and challenge bullying? (2) What does identity mean to you? (2)	<u>Tutor time</u> <i>Greater depth</i> Is it easy to find a sense of belonging? What does a community need to be healthy?	<u>Tutor time</u> <i>Greater depth</i> What aspirations do we have for the world? Who decides what we view online?

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	Statutory content What are the facts about alcohol? (2) Greater depth How can we talk about our mental health? (2) How can we overcome barriers to physical exercise? (2) What are the facts about legal and illegal drugs? (2)	Statutory content How can families have healthy relationships? Greater depth How can we manage risks while trying new things? (2) How can we all love the body we have? (2) What roles do we play in relationships? (2) Parliament week	Statutory content How can we be active bystanders? (2) What are the links between sexism, harassment and harm? (2) Greater depth How can we end relationships with kindness? (2) Careers focus Preparing for the world of work (2) Budgeting for teenagers (2)	Statutory content What do the Fundamental British Values mean to you? Greater depth What is a healthy way to express romantic feelings? (2) How can people make healthy choices about sex and intimacy? (2) How can we create a school free from sexual harassment? (2)	Greater depth What does heritage mean to you?	Greater depth Why do people sometimes behave differently online? How can algorithms unite us or divide us?
Year 9	<u>Understanding myself</u> <u>Wellbeing</u>	<u>Understanding myself</u> <u>My body and me</u>	<u>Understanding myself with others</u> <u>Healthy lives</u>	<u>Understanding myself with others</u> <u>Healthy relationships</u>	<u>Understanding myself within the world</u> <u>Identity and community</u>	<u>Understanding myself within the world</u> <u>Digital lives</u>
	<u>PSHE</u> 1. Self-regulation techniques 2. Why can it be hard to talk about our feelings? 3. How can we manage peer influence?	<u>PSHE</u> 1. How can we manage feelings around changes? 2. How can people protect themselves and others from STIs? 3. What is required for safe and pleasurable physical intimacy? 4. Why is sexual consent so important?	<u>PSHE</u> 1. How do online cultures affect our connection to each other? 2. How can we check our own health? 3. How can blood, organ and stem cell donation save lives?	<u>PSHE</u> 1. What are the warning signs of unhealthy sexual behaviour? 2. How are stereotypes used to spread hate and make money?	<u>PSHE</u> 1. How do gender norms influence the way we behave? 2. What would our world be like if there was more tolerance? 3. What is it like to live in Britain? 4. What is the social model of disability?	<u>PSHE</u> 1. What can be the impact of deepfakes? 2. How can we respond to online influence? 3. Why can being online feel addictive?

Long Term Plan – PSHE (2026-27)

	<u>Tutor time</u> Statutory content How can we avoid pressuring other people? (2) Greater depth Experiencing complex emotions (including mental ill-health) (2) How could someone respond to drug-related emergencies? (2) How can we stay safe in public spaces? (2) How can we avoid criminal exploitation? (2) How can we support everyone to have a positive body image? (2)	<u>Tutor time</u> Greater depth How are people affected by hormonal and mood cycles? (2) When does showing vulnerability in a relationship make you stronger? (2) Parliament week	<u>Tutor time</u> Statutory content How do we avoid financial scams and exploitation? (2) How can bystanders reduce sexual harassment? (2) Greater depth Why are pleasure and attunement important in sexual situations? (2) Careers focus Pathways to the future I want (2) Setting high expectations for the future (2) How do successful people achieve their goals? (2)	<u>Tutor time</u> Greater depth What are the impacts of domestic abuse on wellbeing? What influences our sense of identity?	<u>Tutor time</u> Greater depth How can healthy communities make our lives better? Why does sexism still exist today? How can we create an anti-discrimination school? What are my rights?	<u>Tutor time</u> Greater depth Making financial decisions that work for me
Year 10	<u>Understanding myself</u> <u>Wellbeing</u>	<u>Understanding myself</u> <u>My body and me</u>	<u>Understanding myself with others</u> <u>Healthy lives</u>	<u>Understanding myself with others</u> <u>Healthy relationships</u>	<u>Understanding myself within the world</u> <u>Identity and community</u>	<u>Understanding myself within the world</u> <u>Digital lives</u>
	<u>PSHE</u> - Healthy and unhealthy coping strategies - Techniques for improving mental health and low mood - How can we overcome barriers to a healthy lifestyle?	<u>PSHE</u> - Pregnancy and healthy foetal development - How can people make healthy choices around contraception? - How can we manage conflict healthily? - Why do some people have civil partnerships or marriages?	<u>PSHE</u> - How can someone communicate choices about sex and intimacy? - What are the effects of illegal drugs on the body and mind? - How can we manage powerful influence?	<u>PSHE</u> - How can someone identify and seek help for relationship abuse? - How can we ensure that our own behaviour is healthy and never controlling?	<u>PSHE</u> - How do online cultures and content affect sexual relationships? - What does it mean to be anti-racist? - How can we promote equality and respect online? - Why is talking about discrimination complex?	<u>PSHE</u> - How easy do people find it to express their religion or beliefs? - Why can extremism spread online? - How important is money for happiness?

Long Term Plan – PSHE (2026-27)

	<u>Tutor time</u> Statutory content How can someone stop smoking or vaping? Greater depth How can we improve our self-esteem? (2) How can people stay safe around alcohol? (2)	<u>Tutor time</u> Greater depth How does media affect body image and the way we relate? (2) How can we manage conflict healthily? (2) How can we help our friends to have healthy boundaries? (2)	<u>Tutor time</u> Statutory content What life saving and first aid skills do I need? How do gender stereotypes influence sexual violence? Greater depth How can someone understand sexual pleasure and desire? (2) What are our responsibilities around sex and intimacy? (2) How can romantic relationships be impacted by technology? (2) How can we respond to sexual behaviour online? (2)	<u>Tutor time</u> Greater depth What are the effects of sexual harassment on men and women? How do we measure our worth?	<u>Tutor time</u> Greater depth How do wealth and class impact our lives?	<u>Tutor time</u> Greater depth How can we create a positive reputation online? Saving money and budgeting wisely How might AI affect our lives?
	<u>Understanding myself</u> <u>Wellbeing</u>	<u>Understanding myself</u> <u>My body and me</u>	<u>Understanding myself with others</u> <u>Healthy lives</u>	<u>Understanding myself with others</u> <u>Healthy relationships</u>		

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Year 11	<u>PSHE</u>	<u>PSHE</u>	<u>PSHE</u>	<u>PSHE</u>		
	- Balancing everyday pressures and opportunities - How can we build resilience and overcome challenges? - How does addiction impact mental health?	- What does it mean to become a parent? - Fertility, infertility and miscarriage - The choice to continue or end a pregnancy - How can we access the healthcare we need?	- What expectations exist about sex and intimacy? - How can we avoid exploitation and radicalisation? - How can I feel confident and safe when meeting new people?	- How can we avoid putting romantic and sexual pressure on other people? - What can be the impact of combining alcohol and drugs with intimacy?		

Personal Development Days

Year 7	Year 8	Year 9	Year 10
○	○	○	○

Tutor time programme

	Year 7	Year 8	Year 9	Year 10	Year 11
Monday	PSHE	CEIAG	Literacy	PSHE	Assembly
Tuesday	PSHE	PSHE	PSHE	Assembly	Literacy
Wednesday	Literacy	Literacy	Assembly	Literacy	Intervention
Thursday	CEIAG	Assembly	CEAIG	CEAIG	Intervention
Friday	Assembly	PSHE	PSHE	PSHE	Intervention