

Curriculum map: PSHE Education: Long term overview - Thematic Model



Key Stage 3

year
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Autumn 1 (Health and wellbeing)	Autumn 2 (Living in the wider world)	Spring 1 (Relationships)	Spring 2 (Health and Wellbeing)	Summer 1 (Relationships)	Summer 2 (Living in the wider world)
Managing change and transition	Developing skills and aspirations	Diversity, prejudice and stereotypes	Healthy routines; Puberty; Keeping safe	Building relationships; Influences on relationships	Financial decisions; Savings; Budgeting and taking risks

year
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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Drugs and Alcohol	Community and Careers	Discrimination; Belonging; Community and Social Justice	Mental health; Emotional wellbeing; Coping Strategies	Identity and Relationships; Consent; Introduction to Contraception	Digital Literacy; Online Safety

year
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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Peer influence: Substance Abuse and Gangs	Respectful relationships; Managing Conflict	Setting goals; GCSE options; Career Options	Healthy lifestyle; Health services; Developing coping strategies,	Intimate relationships; Consent; Contraception, Fertility and pregnancy choices	Navigating online harms; misogyny; Deep fakes

Key Stage 4

Exam Board:



year
10

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Mental health; Change, Loss; Grief	Financial decision making	Healthy relationships; Pleasure and challenges; Pornography; Peer pressure	Exploring influence; Knowing your rights; Managing risk	Living in the wider world: Work experience	Relationships: Extremism and radicalisation

year
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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Wellbeing; Stress management	Applications and skills for further education; Employment and career progression	Healthy and unhealthy relationships; Relationship challenges and abuse	Body image, Illnesses; First aid; Bereavement	Families; Marriage and forced marriage; Teen pregnancy; Abortion	