



SKILLS DEVELOPED

TEAMWORK
& LEADERSHIP

PUBLIC
SPEAKING

PROBLEM
SOLVING

CREATIVITY
& INNOVATION

DECISION
MAKING

RESILIENCE
& STAYING POSITIVE

PLANNING
& ORGANISATION

SKILLS DEVELOPED

YEAR 8

Desert Island - Living
Desert Island - Building a Community
Desert Island - Making Decisions
Desert Island - Criminals Law & Society
How are Laws Made?
Prisons, Reform & Punishment



CITIZENSHIP

BRITISH VALUES

LAW, CRIME & SOCIETY

CORE THEME 1

YEAR 7

YEAR 7

FRIENDS, RESPECT & RELATIONSHIPS

CORE THEME 2

STATUTORY HEALTH & RSE

PSHE



Consent and Boundaries
Respect and Relationships
What Makes a Good Friend?
Friendships & Online Relationships
Being Positive
Pressure, Influence and Friends
What Does it Mean to be a Man Today?

YEAR 7

MONEY MEDIA & MODERN SOCIETY

CORE THEME 3

CITIZENSHIP

PSHE

BRITISH VALUES



Intro to Tax
Government & our Taxes.
Advertising Tricks.
Becoming a responsible citizen
How Deepfakes are being used in politics
How to Avoid Financial Scams.
Latest UK Census Data

YEAR 7

MANAGING CHANGE

TRANSITION

SMSC & CAREERS

GATSBY BENCHMARKS - CAREERS -



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

YEAR 7

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



STATUTORY HEALTH

PSHE

WELLBEING

PUBERTY & BODY DEVELOPMENT

CORE THEME 5

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



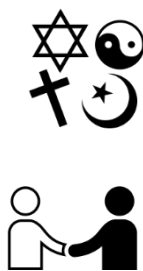
PSHE Learning Journey

Year 8

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

YEAR 9

What is your Identity?
Multicultural Britain
Importance of Being Kind
Breaking Down Stereotypes
Learning Disabilities
Prejudice and Discrimination
Challenging Islamophobia



CITIZENSHIP

BRITISH VALUES

CELEBRATING DIFFERENCES

CORE THEME 1

YEAR 8

YEAR 8

IDENTITY, RELATIONSHIPS & SEX EDUCATION

CORE THEME 2

STATUTORY HEALTH & RSE



Relationships and Sex Education
Being Yourself & Self-Love
Healthy Respectful Relationships
What is Love?
Dealing with Conflict
Periods and Menstrual Cycle
Introduction to Contraception
Sexual Orientation

YEAR 8

DIGITAL WORLDS & EMERGING DANGERS

CORE THEME 3

CITIZENSHIP

PSHE

EQUALITY



Deepfakes
Bullying & Digital Media Literacy
What is AI Generated Sexual imagery
AI & Chat Bots
Algorithms and content
AI - How is it changing the way we think
Illegal Online Behaviours

YEAR 8

DANGEROUS SOCIETY ONLINE & OFFLINE

CORE THEME 4

DRUGS EDUCATION

GANGS

YEAR 8

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



STATUTORY HEALTH

PSHE

WELLBEING

PHYSICAL HEALTH & MENTAL WELLBEING

CORE THEME 5

YEAR 8

YEAR 8

STAYING SAFE & BUILDING RESPECT

CORE THEME 2

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

WELCOME

RSE 2026 COMPLIANT

HEALTH 2026 COMPLIANT

SPIRAL THEMATIC APPROACH

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PSHE Learning Journey

Year 9

SKILLS DEVELOPED

TEAMWORK & LEADERSHIP

PUBLIC SPEAKING

PROBLEM SOLVING

CREATIVITY & INNOVATION

DECISION MAKING

RESILIENCE & STAYING POSITIVE

PLANNING & ORGANISATION

SKILLS DEVELOPED

YEAR 10

- Conspiracies Theories & Narratives
- Forms of Extremism
- What is Terrorism?
- War & Conflict
- The Radicalisation Process
- How Does Counter Terrorism Work?
- Antisemitism in the UK



CITIZENSHIP

PREVENT

**COMBATTING
EXTREMISM &
TERRORISM**

CORE
THEME 1

**YEAR
9**

**YEAR
9**

**CONTRACEPTION
& STIS**

CORE
THEME 3

STATUTORY
HEALTH
& RSE

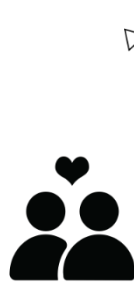
PSHE



- What are STIs?
- Treating STIs and the Clinic
- Contraception Explored
- Contraception - Condoms
- Contraception Explored Further
- HIV and AIDS
- HIV and AIDS Prejudice and Discrimination

**YEAR
9**

- Sexual Consent and the Law
- FGM and the Law
- Relationships and Partners
- Domestic Abuse and Domestic Violence
- Why Have Sex?
- Delaying Sexual Activity
- Sexual Harassment and Stalking



STATUTORY
HEALTH
& RSE

**SEX, THE LAW &
CONSENT**

CORE
THEME 4

**YEAR
9**

**YEAR
9**

**LEGAL &
ILLEGAL DRUGS**

CORE
THEME 3

STATUTORY
HEALTH

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

**YEAR
9**

- How Self-Esteem Changes
- What is a Penis?
- What is a Vulva?
- Bullying in all its forms
- Dealing with Grief and Loss
- Media and Airbrushing
- Cancer Prevention and Healthy Lifestyles



STATUTORY
HEALTH

PSHE

WELLBEING

**BODY
CONFIDENCE**

CORE
THEME 5

**YEAR
9**

**YEAR
9**

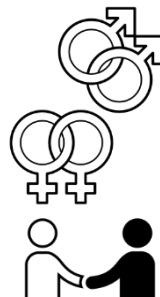
**EQUALITY &
DIVERSITY
EXPLORED**

CORE
THEME 6

CITIZENSHIP

PSHE

EQUALITY



- Equality Act 2010
- LGBTQ+ What is it?
- LGBTQ+ Rights Across the World
- Gender Equality
- Ableism and Disability Discrimination
- Removing the Barriers, Equality for All
- Racism & Discrimination in Society

WELCOME

RSE 2026
COMPLIANT

HEALTH 2026
COMPLIANT

SPIRAL THEMATIC APPROACH

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- Personal Safety & Digital Awareness
- Relationships and Sex Education
- Modern Dangers: Online and Offline
- Healthy Bodies & Emotional Wellbeing

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PSHE Learning Journey Year 10

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SKILLS DEVELOPED

YEAR 11

Critical Thinking & Fake News
Hate Crime in the UK
British Values and Identity
Mutual Respect & Tolerance
Individual Liberty
What are Human Rights?
Democracy Explored



CITIZENSHIP

BRITISH VALUES

EXPLORING
BRITISH VALUES

CORE
THEME 1

YEAR
10

YEAR
10

Relationships,
Respect & Modern
Challenges

RSE

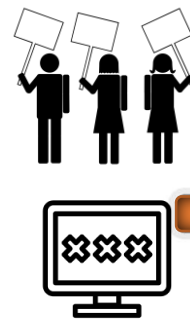
PSHE

PERSONAL SAFETY



Dangers of Virginity Testing
What is Sextortion
Positive Male Role Models & Incels
Marriage Vs Cohabitation & Civil P's
Financial Abuse and Control in
Relationships.
Ending Relationships
Personal Safety

Pleasure and Delaying Sexual Activity
Campaigning Against FGM
Sexting, Nudes and Penis Pics
Online Pornography (Myths vs Reality)
Porn and its Impact on Society
Unhealthy Relationships & Sexual Assault
Sexualisation of the Media



STATUTORY
HEALTH
& RSE

PSHE

EXPLORING
RELATIONSHIPS &
SEX EDUCATION

CORE
THEME 4

YEAR
10

YEAR
10

VIOLENCE,
CRIMES &
SEEKING SAFETY

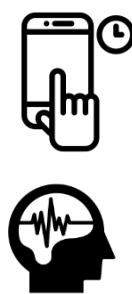
STATUTORY
HEALTH

RISK



Honour Based Violence
Forced Marriages and Breast Ironing
Online Gaming & Gambling
Social Media Validation
Modern-Day Slavery
Keeping Your Data Safe
Causes of Knife Crime

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



STATUTORY
HEALTH

PSHE

WELLBEING

HEALTHY
MINDS & SAFE
CHOICES

CORE
THEME 5

YEAR
10

YEAR
10

HEALTHY BODIES
& HEALTHY
FUTURES

STATUTORY
HEALTH

PSHE

WELLBEING



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

WELCOME

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COMPLIANT

HEALTH 2026
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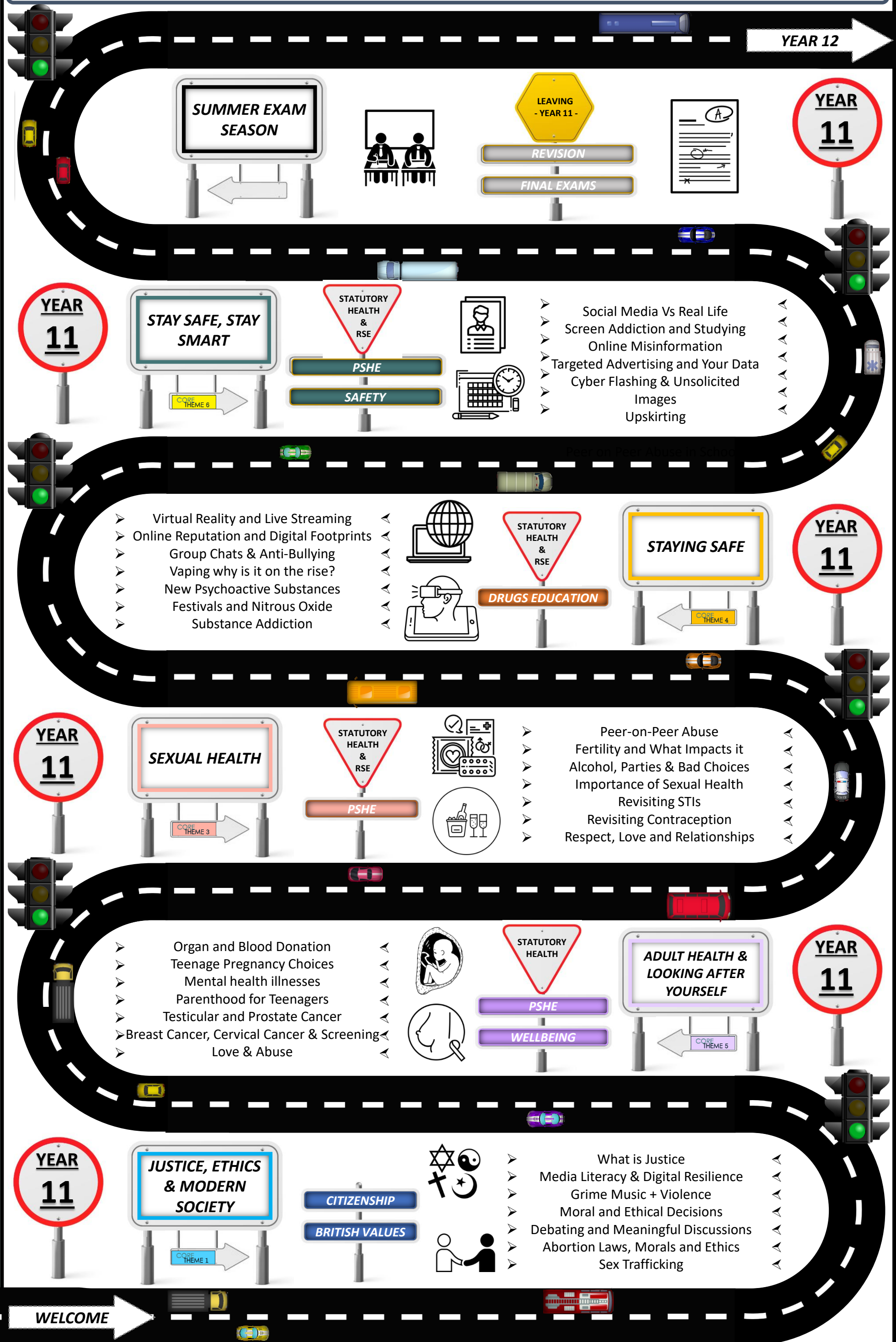
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