

Curriculum Map – PSHE

<p>What is the aim of the curriculum?</p> <p>How does it demonstrate ambition for students?</p>	<p>The PSHE curriculum at our school aims to equip students with the knowledge, skills, and understanding they need to lead safe, healthy, and fulfilling lives. It supports their personal development, emotional well-being, and social awareness, while preparing them for the challenges and opportunities of modern life. The curriculum is designed to foster resilience, empathy, and informed decision-making, ensuring students are confident and capable of navigating adolescence and adulthood.</p> <p>The curriculum demonstrates ambition by:</p> <p>Progressive content through the PSHE curriculum strands: It builds year on year, starting with foundational topics such as transition, managing peer relationships and goal setting in Year 7, and advancing to more complex themes like personal safety, for example body modifications, healthy relationships, and financial literacy by Year 11.</p> <p>Real-world relevance: Topics such as online safety, career planning, and sexual health are directly linked to students lived experiences and future aspirations.</p> <p>High expectations: Students are encouraged to engage critically in sensitive and challenging issues, promoting maturity and thoughtful reflection.</p> <p>Preparation for life beyond school: Through careers education (e.g. Unifrog), financial awareness, and understanding of legal rights and responsibilities, students are empowered to make informed choices and pursue ambitious pathways.</p>
<p>How does the curriculum allow time for teaching, practicing and revisiting content and for addressing gaps in student knowledge as quickly as possible?</p>	<p>The PSHE curriculum is structured to ensure that key themes are revisited across year groups, allowing students to deepen their understanding over time. Each year builds on prior knowledge, with spiral coverage of topics such as mental health, relationships, personal safety, and careers education. This cumulative approach enables both reinforcement and progression.</p> <p>Dedicated tutor time and termly PSHE lessons provide regular opportunities to teach and revisit content. Quizzes, reflective activities, and discussion-based learning help identify gaps in understanding, which can then be addressed through targeted follow-up sessions or adapted delivery. The inclusion of national awareness weeks (e.g. Careers Week, Mental Health Week) also allows timely reinforcement of key messages.</p> <p>Additionally, the use of platforms like Unifrog supports personalised learning and enables staff to monitor student engagement and progress, helping to close gaps quickly and effectively.</p> <p>Whole school PSHE curriculum review in the autumn term will allow adjustments a whole school PSHE map looking at students' base knowledge throughout the school and tutor time to allow a more challenging PSHE curriculum to be built on from the Summer term into 2026-2027</p>

<p>How is the curriculum designed to build students' knowledge and skills cumulatively? How does it pave the way for future learning?</p>	<p>The PSHE curriculum is designed as a spiral model, where key themes are revisited and deepened each year from Year 7 to Year 11. This cumulative structure ensures that students build on prior knowledge while developing more sophisticated understanding and skills as they mature.</p> <p>For example:</p> <p>In Year 7, students begin with foundational topics such as transition, goal-setting, and puberty.</p> <p>By Year 9, they are exploring more complex issues like radicalisation and extremism, managing personal risks, and sexual health.</p> <p>In Years 10 and 11, the curriculum addresses adult themes such as employment rights, financial literacy, mental health conditions, and long-term relationships.</p> <p>This progression supports both academic and personal development, ensuring students are prepared for future learning in subjects like RS, science, and citizenship, as well as for life beyond school. Careers education is linked in both key stages with platforms like Unifrog and activities aligned to Gatsby Benchmark 4, helping students understand progression routes and career pathways.</p>
<p>How does the curriculum highlight progression routes for the subject and future career paths (Gatsby Benchmark 4)</p>	<p>The PSHE curriculum is closely aligned with Gatsby Benchmark 4, ensuring that students are exposed to a wide range of progression routes and career pathways throughout their time at school. Careers education is embedded from Year 7 to Year 11, with increasing depth and relevance as students move through key stages.</p> <p>Key features include:</p> <p>Unifrog integration: From Year 8 onwards, students use Unifrog to explore skills, interests, and career options. This platform supports personalised career exploration and helps students build a profile that informs future choices.</p> <p>National Careers Week: Embedded annually across all year groups, this provides targeted opportunities to engage with career-related content and external resources.</p> <p>Curriculum links to employment: Topics such as employment rights, financial literacy, and managing online presence are taught in KS4, directly preparing students for the world of work.</p> <p>Real-life application: Lessons on interview skills, work experience preparation, and post-16 options in Year 10 and 11 ensure students understand the practical steps needed to pursue their chosen pathways.</p> <p>This structured approach ensures students are not only aware of future opportunities but are actively supported alongside the pastoral programme in planning and preparing for them.</p>

Year 7	PSHE Lesson by Lesson Curriculum Map		
Lesson	Autumn Term	Spring Term	Summer Term
1	Transition to secondary school	Health and puberty 1	Personal safety
2	Setting Goals	Health and puberty 2	What is AI?
3	Careers about me	FGM	What apps are out there to support us as teenagers
4	Careers and stereotyping	Healthy lifestyle choices - diet and exercise	British values
5	Friendship and Empathy	Mental Health	The Equality Act 2010
6	Conflict, Bullying and Bystanders	Bereavement (grief and loss)	Prejudice and discrimination
7	Quiz		
Year 8	Autumn Term	Spring Term	Summer Term
1	Alcohol	Discrimination	Introduction to Unifrog - building your profile
2	Smoking & Vaping	Racism	Unifrog 2 - what are skills
3	Drugs	Homophobia, sexual orientation, and gender identity	Unifrog 3 - Using the careers library
4	Mental health and mental illnesses	Healthy Relationships and Consent	Cyber first navigators - Protecting personal information
5	Promoting emotional well-being	Sharing Images, including AI images	Cyber first navigators - Managing devices and accounts
6	Positive body image and confidence	Introduction to contraception	Cyber first navigators - Identifying scams and support
7	Quiz - mental health		Quiz
Year 9	Autumn Term	Spring Term	Summer Term

1	Gangs managing risk and staying safe 1	Unifrog 1- What skills do you have?	STI's
2	Gangs managing risk and staying safe 2	Unifrog 2 - Using the careers library	Why have sex?
3	Gangs managing risk and staying safe 3	Unifrog 3 - Thinking about your option choices	Contraception available
4	Police session – Knife Crime	Social media and online stress	Contraception explored
5	Radicalisation and extremism	Importance of happiness and our mental health	Managing your online presence and reputation (careers focus)
6	Incel culture	What is anger?	Employment and personal finance explored
7	Quiz - county lines and gangs		
Year 10	Autumn Term	Spring Term	Summer Term
1	Stereotypes, the media and online relationships	Common Mental health conditions	Types of long-term commitment
2	Sexual Harassment	Eating Disorders and Self-Harm	Forced marriage
3	Gender based violence	Suicide	Intimacy
4	Incel Culture	Blood organ and stem cell donation	Pornography
5	Identifying career preferences and navigating the careers landscape	What is Cancer and Cancer Prevention	Employment Rights and preparing for work experience
6	Employment sectors and Types of employment	KS4 Grief and loss	Exploring a pay check / slip
7	Unifrog Research lesson		
Year 11	Autumn Term	Spring Term	Summer Term
1	Mapping a career path - unifrog post 16	Body modifications	Exam stress and relaxation

2	What are my options for Post 16 (Help you Choose logins)	Importance of Sexual Health	Time management
3	Completing Post 16 applications (Help you Choose site)	Fertility and what impacts it	Recognising and celebrating success
4	Making a good impression at an interview (post 16)	Contraception Recap	What to do when exams are over
5	Alcohol and bad choices	Teenage pregnancy and choices	
6	Drugs and risks	Abortion laws, morals, and ethics	
7	Online financial harm		

PSHE Curriculum Overview 2025-2026

Year 7			
Autumn Term	Spring Term	Summer Term	Tutor time
Transition and Setting Goals	Health and Wellbeing (puberty & mental health)	Offline and online safety and support	First aid
Careers and Stereotyping	Bereavement (grief and Loss)	Rights, Responsibilities and British Values	Personal safety
Diversity and Equality (Conflict, Friendship and Empathy)			
Year 8			
Autumn Term	Spring Term	Summer Term	Tutor time
Understanding Types of Drugs (Caffeine, Nicotine, Alcohol)	Diversity and Equality (Types of Discrimination)	Life beyond school - introduction to a careers-based programme called Unifrog	First aid
Health and Wellbeing - Mental health and emotional wellbeing	Healthy Relationships and Consent	Cyber first navigators - Staying safe online	Personal Safety
Year 9			
Autumn Term	Spring Term	Summer Term	Tutor time
Personal safety (drugs and knife crime)	Life beyond school (deciding on your option choices)	Relationships and Sex Education	First aid
Staying safe online & Diversity and equality - (Radicalisation and extremism)	Health and wellbeing (mental health conditions)	Life beyond school (Managing your online presence, employment and personal finance)	Cyber first navigators National careers week
Year 10			
Autumn Term	Spring Term	Summer Term	Tutor time

Healthy Relationships	Health and Wellbeing (common mental health conditions)	Relationships and Sex Education	First aid
Life beyond school (Identifying career preferences and work experience)	Health and wellbeing (Common health conditions, grief and loss)	Life beyond school (Types of employment and employment rights)	Work experience National careers week
Year 11			
Autumn Term	Spring Term	Summer Term	Tutor time
Life beyond school (What are my options for Post 16)	Health and wellbeing (Body modifications)	Health and wellbeing (Reducing stress and time management)	Revision techniques
Personal Safety (Drugs, alcohol and the risks)	Relationship and Sex education (Importance of Sexual Health and fertility)		Personal learning skills