Year 7 PHSE Curriculum Overview 2026-2027

Half Term	Lesson Titles
Half Term 1A	• Recognising and preventing bullying • Developing your leadership skills • What is diversity?
Half Term 1B	• What is mental health? • Mindfulness • Social media and mental health
Half Term 2A	• The impact of bullying • Who am I? • What is an entrepreneur? • Growing up: Physical and Mental changes • Understanding menstruation
Half Term 2B	• What makes a healthy relationship? • Coping with change – bereavement, divorce and separation • What is a career? • Exploring Possibilities: Dream Jobs
Half Term 3A	• Media literacy: staying safe online • Media literacy: becoming a responsible digital citizen • Smoking and vaping – risks and consequences • Healthy lifestyles – maintaining a balanced diet • Female Genital Mutilation: facts and risks
Half Term 3B	• Managing risk: travelling safely • Careers and the future • What is a work/life balance? • What is democracy?

Year 8 PHSE Curriculum Overview 2026-2027

Half Term	Lesson Titles
Half Term 1A	• Managing risks – looking after your personal safety • Gambling – the facts • Challenging gender stereotypes
Half Term 1B	• What are protected characteristics? • Mental Health: Talking about our emotions • Mindfulness
Half Term 2A	• Self-esteem and confidence • What are my interests? • Creating the life you want: making a vision board • Sexuality and attraction: an introduction • Consent – what is it and why is it essential?
Half Term 2B	• Spotting unhealthy and abusive relationships • Harmful relationship behaviours: recognising the signs • Media Literacy – interpreting information online • Media literacy: data, advertising, and persuasive design
Half Term 3A	• Overcoming conflict and finding forgiveness • Addictive substances – alcohol • Healthy lifestyles: exercising for physical and mental wellbeing • Healthy lifestyles: taking responsibility for your physical health
Half Term 3B	• Job applications: superhero CVS • Challenges and rewards of work • What does success mean to me? • Careers and the climate • What is the role of the media in democracy?

Year 9 PHSE Curriculum Overview 2026-2027

Half Term	Lesson Titles
Half Term 1A	• Financial choices: budgeting, saving and debt • Social influences – young people and gangs • Recognising and preventing discrimination
Half Term 1B	• Mindfulness • Mental Health: Developing Coping Strategies • Sex, Relationships and the Media • Practising safe sex
Half Term 2A	• Relationships and sex • What comes after school? The main learning pathways • Decision making: choosing what to study at KS4 • Harmful relationship behaviours: harassment and the law • Relationships and conflict
Half Term 2B	• Local politics • Why is democracy important? • How does British politics impact me? • What is good communication? • County lines
Half Term 3A	• Sex and consent online • Family life: parenthood and caring • Addictive substances: legal and illegal drugs • Healthy lifestyles: health services, self examination, and vaccination
Half Term 3B	• Healthy lifestyles: accessing health services • Healthy lifestyles: achieving balance • What is the labour market and why is it important? • Working and earning: managing your money • What are my skills? • Taking control of your career journey

Year 10 PHSE Curriculum Overview 2026-2027

Half Term	Lesson Titles
Half Term 1A	• Managing risk: unsafe and emergency situations • Revising effectively • Challenging prejudice and discrimination
Half Term 1B	• Mindfulness • An introduction to body image • Sexuality and attraction: coming out • Sexual Health: Accessing and choosing contraception
Half Term 2A	• The impact of relationships • Reflecting on my career journey: past, present and future • What type of career is best for me? • Exploring employer profiles • Preparing to go on work experience • Understanding pregnancy: your choices • Understanding menstrual health: conditions and self-advocacy
Half Term 2B	• Stalking, sexual violence, and reporting • Changing relationships: managing your feelings • Understanding marriage and civil partnerships • Navigating social influence and pressure • Recognising and challenging misogyny
Half Term 3A	• Recognising strengths in others and ourselves • Staying safe online: protecting your personal data • Staying safe online: AI, risks, and critical thinking • What is a healthy lifestyle?
Half Term 3B	• Alcohol: risks, consequences, and safety • Health related choices: blood, organ, and stem cell donation • Health-related choices: aesthetic procedures • Wellbeing in the workplace • In person, hybrid, and remote: what works best?

Year 11 PHSE Curriculum Overview 2026-2027

Half Term	Lesson Titles
Half Term 1B	• What are my employability skills? • Post 16 - Choices, Choices • Decision making: choosing your post-16 pathway • Researching volunteering and paid work • Money talks: apprenticeships vs. higher education • Is AI a threat to our jobs? • Mental health: recognising challenges and accessing support • Understanding consent and intimacy: offline and online • Sexual health: preventing and treating STIs
Half Term 2A	• Abusive behaviours • Staying safe online: harmful content and scams • Staying safe online: misinformation and extremism • Know your rights: the Equality Act 2010 • Gambling: risks, consequences, and safety • Financial choices: managing finances in the world of work • Substance addiction: how to seek help • Managing our health: services and support • Illegal drugs: risks, consequences, and support • Control, coercion, and grooming • Managing our health: screening, prevention, and medicines
Half Term 2B	• Navigating changes in romantic relationships • Rights and responsibilities: marriage and civil partnerships • Taking others' perspectives • Understanding pornography • Understanding fertility, parenthood, and pregnancy loss • Mental health: building resilience

Year 12 PHSE Curriculum Overview 2026-2027

Half Term	Lesson Titles
Half Term 1B	• Preparing for a personal guidance one-to-one • Post 18 - Choices, Choices • Setting Career Goals • How to network and be enterprising • Wellbeing: balancing life, learning, and work • What makes an employer 'good' to work for? • Making choices about your sexual health
Half Term 2A	• Relationships – Trust and Intimacy • Staying safe: recognising harassment and abuse • Understanding cultural identity and cultural competency • Making choices about pregnancy and parenthood • Control, coercion, and grooming • Sexual violence, reporting, and bystander action • Body enhancement
Half Term 2B	• Staying safe: alcohol and binge drinking • Staying safe: exiting aggressive social situations • Staying safe: protecting your finances • Staying safe: dangerous and emergency situations • Respectful relationships: ending relationships • Understanding forced marriage • Staying safe: setting boundaries online • Online influence: extremism and AI

Year 13 PHSE Curriculum Overview 2026-2027

Half Term	Lesson Titles
Half Term 1B	• Personal branding: your CV and online profile • The basics of interviews: in person and online • Confidently managing transitions • Preparing for an employer assessment day • Being self-employed and working freelance • Should all employers adopt a four-day week? • Consent matters
Half Term 2A	• Pornography: influence and harm • Understanding inclusion • Intersectionality, marginalisation, and privilege • Pregnancy and parenthood: revisited • Mental health: accessing support • Staying safe: recreational drugs • Relationships, power imbalances, and exploitation • Leaving home: building a healthy lifestyle • Financial choices: working and earning
Half Term 2B	• Staying safe: transport and travel • The role of constructive criticism • Respectful relationships: meeting new people • Respectful relationships: values and differences • Understanding online misinformation