

2025-2026 PSHE Curriculum

PSHE Curriculum	
Statutory RSE	
Careers – Wider World	
Citizenship	
Exam Study Skills	
Character Education	

PSHE Doubles – Periods 2/3
Friday 10 th October
Thursday 4 th December
Wednesday 4 th Feb
Tuesday 10 th March
Monday 8 th June

Additional Assemblies
2 nd December 2025: Working for Marcus (Year 9)
8 th January 2026: Bully4U (Year 7)
22 nd January 2026: Ignite by Saltmine (Year 8/10)

Year 7	
Autumn 1	1. Learner Habits (4 sessions) 2. Puberty (2 sessions)
PSHE Double:	<u>Friday 10th October</u> - Puberty
Autumn 2	3. Physical Health & Wellbeing (4 sessions) 4. Addictions (5 sessions)
PSHE Double:	<u>Thursday 4th December</u> – Stephen Seki Talk & Physical Health
Spring 1	5. Risky Behaviour: Sharing Images (3 sessions)
PSHE Double:	<u>Wednesday 4th Feb</u> - NHS Careers
Spring 2	6. Active Citizenship (6 sessions)
PSHE Double:	<u>Tuesday 10th March</u> - Dormston Litter Pick & Being an Active Citizen
Summer 1	7. Mental Health & Wellbeing (7 sessions)
Summer 2	<i>Finish Mental Health & Wellbeing by end of summer 2</i>
PSHE Double:	<u>Monday 8th June</u> - Self-image and the Media

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Year 7 – Life Skills: Timetabled lessons

Autumn 1	1. Settling into Dormston 2. Character Education: Identity, Friendships and Diversity
Autumn 2	3. NHS – Careers
Spring 1	<i>NHS Continued</i>
Spring 2	4. Finance
Summer 1	5. Health and Wellbeing: Exams
Summer 2	6. First Aid

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Year 8	
Autumn 1	1. Crime & Consequences (6 sessions)
PSHE Double:	<u>Friday 10th October</u> – Crime & Consequences
Autumn 2	2. Children's Rights & Responsibilities (5 sessions)
PSHE Double:	<u>Thursday 4th December</u> - Children's Rights & Responsibilities
Spring 1	3. Careers (4)
PSHE Double:	<u>Wednesday 4th Feb</u> - Stereotypes Day (Periods 2-4)
Spring 2	4. Finance (3 sessions) 5. Misinformation and Disinformation (3 sessions)
PSHE Double:	<u>Tuesday 10th March</u> – Sharing Sexual Images
Summer 1	6. Managing Emotions & Exam Preparation (3 sessions)
Summer 2	7. Careers –Charity initiative
PSHE Double:	<u>Monday 8th June</u> – Charity Initiative

Year 8 – Additional PSHE Lessons (Delivered by MPT)	
	1. Body Image & Developing Relationships
	2. Family Relationships & Conflict
	3. Self-Harm & Eating Disorders

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Year 9	
Autumn 1	1. Character Education (2 sessions) 2. Diversity (4 sessions)
PSHE Double:	<u>Friday 10th October</u> – Stonewall & Sustainability
Autumn 2	3. Sex & Relationship Education (5 sessions)
PSHE Double:	<u>Thursday 4th December</u> – Sexual Image Sharing, Deepfakes and Sextortion
Spring 1	4. Careers
PSHE Double:	<u>Wednesday 4th Feb</u> -Options
Spring 2	5. Addictions (5 sessions)
PSHE Double:	<u>Tuesday 10th March</u> - Addictions
Summer 1	6. Democracy (6 sessions)
Summer 2	<i>Finish Democracy by the end of w/b 22nd June</i> 7. Financial Literacy: Budgeting and Financial Responsibility(3 sessions)
PSHE Double:	<u>Monday 8th June</u> - Campaign & Vote

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Year 9 – Additional PSHE Lessons (Delivered by JDT and ABR)

1. Sex & Relationships inc. contraception
2. Cancer Risks
3. Planning for healthy lifestyles

Year 10

Autumn 1	<ol style="list-style-type: none"> 1. Learner Habits (3 sessions) 2. Mental Health (3 sessions)
PSHE Double:	<u>Friday 10th October</u> : Mental Health & Character Education
Autumn 2	<ol style="list-style-type: none"> 3. Sex & Relationships (6 sessions)
PSHE Double:	<u>Thursday 4th December</u> : Sex & Relationships
Spring 1	<ol style="list-style-type: none"> 4. Laws & Rights (2 sessions)
PSHE Double:	<u>Wednesday 4th February</u> : Poverty
Spring 2	<ol style="list-style-type: none"> 5. Radicalisation, Incel Culture and Tackling Misogyny (6 sessions)
PSHE Double:	<u>Tuesday 10th March</u> : WEX Preparation
Summer 1	<ol style="list-style-type: none"> 6. Democracy (6 sessions)
Summer 2	<ol style="list-style-type: none"> 7. Financial Literacy (3 sessions)
PSHE Double:	<u>Monday 8th June</u> – Cryptocurrency & Financial Exploitation

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Year 11	
Autumn 1	1. Committed Relationships (3 sessions) 2. Fertility & Routes to Parenthood (4 sessions)
PSHE Double:	Friday 10 th October: - Pregnancy Choices
Autumn 2	1. Physical Health (3 sessions) 2. Mental Health (2 sessions)
PSHE Double:	Thursday 4 th December – Mocks
Spring 1	GCSE Strategy/FMM
PSHE Double:	Wednesday 4 th February – Mental/Physical Health and Data Reflection
Spring 2	GCSE Strategy/FMM
PSHE Double:	Tuesday 10 th March – TBC: First aid (FMM)