

Notes: PSHE and Careers follows a spiral approach, meaning each year group has a combination of the main PSHE themes: **Health & Wellbeing**, **Relationships**, **Careers and Economic Wellbeing** and **Study Skills**.

PSHE and Careers Lesson over-view 2026-2027

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	L1 What is PSHE? L2 Transition from primary school; Reflect on yourself L3 Friendship L4 Being part of a group L5 Study habits L6 Learning styles Assessment: Transition from primary school	L1 Balanced diet L2 Managing a balanced diet on a budget L3 Mental health L4 Screen time-age limits online and introduction to e-safety L5 Digital resilience L6 Sexting Assessment: How to be physically and mentally healthy	L1 Bullying L2 Cyberbullying L3 Racism L4 Identity L5 Road Safety L6 First Aid including defibrillators Assessment: Bullying	L1 Alcohol L2 Cigarettes and vaping L3 Energy drinks L4 Puberty L5 Menstruation L6 Puberty & emotions Assessment: Smoking and cigarettes: making healthy choices	L1 FGM & Breast ironing (parent consultation- delivered in Science) L2 Self esteem L3 Friends L4 Family L5 Emotions Assessment: ways to boost self esteem	L1 Personal hygiene L2 Dental Health & Vaccines L3 Introduction to Blood Donation L4 Kindness L5 Relationships L6 How to communicate effectively
8	L1 Peer influence L2 Drugs L3 Consequences of taking drugs L4 Alcohol and its effects L5 Personal safety L6 Risk and influence Assessment: Illegal drugs and their effects	L1 Discrimination L2 British values L3 Stereotypes L4 Consumer rights L5 Consumer choice L6 Consumer choice Case Studies Assessment: Rights and responsibilities	L1 Human rights L2 Balancing human rights L3 Racism L4 Antisemitism L5 Homophobia L6 Being inclusive Assessment: Racism	Staff consultation prior to delivery of this material L1 Mental Health L2 Emotional Well-being L3 Taking care of myself L4 Body image L5 Managing loss L6 Copying with change Assessment: Promoting emotional wellbeing	Staff consultation prior to delivery of this material L1 Intimate relationships and consent L2 Pregnancy L3 Contraception includes miscarriage L4 HIV L5 AIDs L6 STIs Assessment: Contraception quiz	L1 Social media L2 Staying safe on social media L3 Scams, algorithms and targeted marketing L4 AI L5 How AI can make our lives easier L6 The future of AI
9	L1 Transition to successful GCSEs L2 Resilience L3 Study skills L4 Work life balance and Sleep L5 GCSE and Careers L6 GCSEs and Careers, using Spring Pod Assessment: Transition to GCSE	L1 Healthy eating L2 Body image L3 Harmful coping strategies (eating disorders) L4 KS5 Pathways L5 Strengths for employment linked to Co-curricular opportunities L6 Ageism Assessment: Making healthy decisions	L1 Conflict at home L2 Domestic abuse L3 Toxic friends L4 Responsibility in the family L5 Roles on the family-different family types L6 Diversity-LGTQ+/religion/gender Assessment: Managing conflict with friends and family	L1&2 Drugs L3&4 Alcohol L5&6 Managing risk Assessment: Managing risks of drugs and alcohol	L1 Sexual Exploitation L2 Coercive behaviour L3 British values L4 Democracy L5 Human rights and International Law L6 Human rights case studies Assessment: Exploitation	L1 Introduction to Enterprise project L2 Planning enterprise project L3 Presenting enterprise project L4 Labour Market Information L5 Writing a CV L6 Caring for the environment
10	L1 Peer pressure L2 Unsafe social groups L3 Risks and consequences (gangs) L4 Getting out (gangs) Assessment: Risks of unsafe social groups L5 Personal strengths and weaknesses for the future L6 Higher education pathways	L1 Mental health and the stigma attached L2 Depression & anxiety L3 Economic wellbeing L4 Debt L5 Gambling L6 Help with gambling Assessment: Understanding debt	L1 Learning styles and revision techniques L2 Revision plan L3 Exam stress and resilience L4 Governance and the Legal System L5 Community volunteering L6 Super-curricular activities Assessment: Exam prep'	L1 Family life and Parenting Skills L2 Relationship breakdown L3 Safe relationships L4 Intimate relationships L5 Preparing for work experience L6 Balance the demands of work and stereotypes Assessment: Relationships	L1 Knife crime L2 Knife crime case studies L3 Extremism L4 Extremism case studies L5 Exploring Prevent L6 Planning presentation Assessment: Group presentation on extremism	Staff consultation prior to delivery of this material L1 Online Safety including report online information L2 Marriage/forced marriage/honour-base L3 Skills for employment L4 Work Experience Review L5 Rights in the workplace L6 Rights in the workplace – case studies
11	L1 Employability review and Setting targets L2 Career paths L3 Training requirements (computer room) L4 Post-16 options L5 Applying at 16 L6 Interviews Assessment: Post 16 pathways	L1 Online relationships L2 Helping a friend L3 Contraception and decisions around pregnancy includes miscarriage, adoption, abortion and support. Staff consultation L4 Lifestyle-screening-information on menopause L5 Diet, lifestyle & consequences L6 Learning to drive Assessment: Keeping healthy/PSHE takeover				