



Content - Big ideas

Autumn Term 1: Health and Wellbeing

Friendships, bullying v banter, wellbeing, overcoming challenges

Autumn Term 2: Relationships and Sex Education (RSE)

The online world, sending and sharing images, recognising and managing emotions

Spring Term 1: Relationships and Sex Education (RSE)

My changing body/puberty, menstruation, body image and body confidence

Spring Term 2: Living in the Wider World

Spending decisions, budgeting, getting a job, the critical consumer

Summer Term 1: Relationships and Sex Education (RSE)

Stereotypes and equality, making choices, consent in relationships, age of consent

Summer Term 2: Health and Wellbeing

Managing influences, healthy lifestyle choices, personal safety and risk management

Prior learning

The PSHE curriculum is spiralled, with key topics revisited and deepened each year. This allows students to build on previous learning, reinforcing skills and understanding while introducing more complex concepts as they progress.

Global/IOM/Subject Links

PSHE links with other subjects:

- **Science** (health, puberty)
- **PE** (healthy lifestyles)
- **Citizenship** (rights, democracy)
- **ICT** (online safety)
- **English** (communication)
- **Religious Studies** (diversity, ethics)
- **Maths** (financial education)

Subject specific skills development

PSHE equips students with essential life skills, including emotional intelligence, effective communication and critical decision making. It fosters resilience, empathy, and problem solving, helping students manage their wellbeing, both physically and mentally. These skills empower students to lead confident, responsible and independent lives, preparing them for future challenges both in and outside of school.