



Content - Big ideas

Autumn Term 1: Relationships and Sex Education (RSE)

Attitudes to mental health, healthy and unhealthy coping strategies, change, loss and grief

Autumn Term 2: Living in the Wider World

Spending decisions, budgeting, critical consumers, getting a job

Spring Term 1: Relationships and Sex Education (RSE)

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

Spring Term 2: Relationships and Sex Education (RSE)

Sexual health, contraception, healthy relationships and respectful relationships

Summer Term 1: Health and Wellbeing

Medicinal and recreation drugs, the relationship between habit and dependence, assessing risk and managing influence

Summer Term 2: Living in the Wider World

Being a responsible citizen, the world of work, understanding global issues and the economy and me

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.