

PSHCE

Curriculum & Rubric Map Overview

2025-2026

Year 7

The table below details the skills and knowledge students will be covering each half term in PSHCE

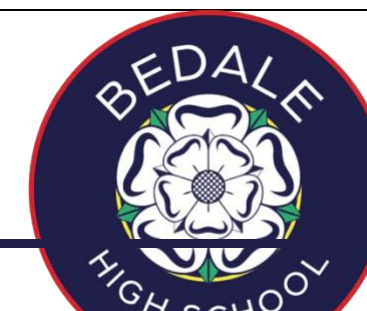
Time frames for when students will complete their Interim and Masters Assessments have also been given. Both assessments will aim to assess the knowledge and skills a student has covered up to that point in their education, this also includes the curriculum covered in the previous year/s.



	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge and skills that will be covered during this half term.	Being Me In My World: Is managing my online and offline world within my control? Who am I? fitting in / transition to a new school Influences and influencers, gateway emotions Peer pressure, belonging, child-on-child abuse Online identity, risks and tips to keep safe Consequences of online comments, sexting, child-on-child abuse Online safety Restart A Heart Day	Celebrating Difference: Does difference result in inequality? Prejudice, discrimination, assertiveness, what's important to you? Who influences you? ethical issues, changing attitudes Stereotypes and examples Challenging discrimination, protected characteristics and Equality Act Bullying, why be a bully? Would you intervene? child-on-child abuse Inclusion or exclusion, importance of being included	Dreams and Goals: Is success only possible when physical and emotional needs are balanced? My dreams and goals, achievements and failures Key skills needed for the future, what skills would I like to develop Learning from mistakes, setbacks Influences, consequences of decisions, how could I positively affect my future? Child criminal exploitation, gangs, county lines Control over your life	Healthy Me: When it comes to health, to what extent am I in control? Managing emotions, tips to combat stress and anxiety, mindfulness Nutrition, exercise, mental health, What is sleep? How sleep cycles work, sleep and mood, health, and memory, good sleep Stress, effects of stress on the body, recovering from a state of stress, combatting stress Health choices, physical illness and medicine, substance misuse Working together to improve well-being	Relationships: Is love all you need? Relationship with self, consent, change, healthy relationships Healthy relationships and support Emotions in relationships, scenarios, managing conflict within friendship groups Discernment, social media vs real life, fake news, authenticity Assertiveness, rights and responsibilities, sexting, child-on-child abuse Healthier and less healthy relationships	Changing Me: Can all change be positive in some way? Healthier and less healthy relationships Responsibilities of having a baby, pregnancy and birth, IVF UN Children's rights, factors to consider when choosing whether to have/or not have a child, different types of families Body image, media and filters, self-esteem, body confidence Emotions and moods, factors affecting mood like food, exercise, sleep, hormones, the brain Becoming an adult
Assessments	End of Topic Assessment	AP1 Interim Iterative Assessment	End of Topic Assessment	AP2 Interim Iterative Assessment	End of Topic Assessment	AP3 Masters Assessment

PSHCE

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2025-2026

Year 8

The table below details the skills and knowledge students will be covering each half term in PSHCE

Time frames for when students will complete their Interim and Masters Assessments have also been given. Both assessments will aim to assess the knowledge and skills a student has covered up to that point in their education, this also includes the curriculum covered in the previous year/s.

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge and skills that will be covered during this half term.	Being Me In My World: Is managing my online and offline world within my control? Who am I?, influences, uniqueness of me Family, definitions, community living Family expectations, active listening, roles within the family (i.e. stereotypes, firstborn) First impressions, managing influences on our identity, self-image, be positive Marriage and the law, beliefs and religions, protected characteristics, respect Being unique, expectations, managing them, online and offline identity	Celebrating Difference: Does difference result in inequality? Anne Frank, celebrating similarity, fear, racial and religious prejudice, hate crime Social injustice, inequality, causes, benefits of multiculturalism, what is racist/religious hate crime? Religion in decline? fundamentalism, stereotypes, celebrating diversity, positive aspects of religion Bullying, the law, types of bullying, LGBT+, get involved, golden rule, child-on-child abuse consequences Making a positive contribution, making a stand, Malala, what matters to you. Can only the rich change the world? Charles Drew, How can I make a difference? Taking positive action	Dreams and Goals: Is success only possible when physical and emotional needs are balanced? Short, medium & long-term goals, flexibility, employability skills, grit Money impact, positives and negatives, what can't be bought? Online safety – digital footprint, impact on career Money, wages and career goals, what affects your earning potential, budgeting Weekly costs, debt, gambling, emotions linked to too much/little money Gambling issues and support	Healthy Me: When it comes to health, to what extent am I in control? Different types of health, nutrition and exercise, cardiovascular health and disease, diabetes Perceived risk and actual risk, illegal substance use risks, legal substances use risks Habits for a healthy lifestyle, dental health, how to see a dentist, skin health and sunscreen Vaccination, UK vaccination programme, Does vaccination work? herd immunity, Covid 19 vaccination and social responsibility Peer pressure, the changing teenage brain, risks in social situations, social risk and substance misuse Interactive play and well-being choices	Relationships: Is love all you need? Relationship with self, social media, self-image Pressures of different relationships, freedom and control Personal space, mindfulness, introvert/ extrovert, setting boundaries Knife crime and the law, imbalance of power in relationships, coercive behaviour, positive futures Social media, safety tips, laws, trolling, sharing information online, personal data, employer's rights to access Neurodiversity, being aware of senses	Changing Me: Can all change be positive in some way? Intimate relationships, me and my relationships, attraction, healthier and less healthy relationships What makes a healthier relationship (friendship or romantic)? Me and my relationships, attraction, love or crush? Pornography and the law, dealing with unwanted messages Alcohol, the law, effects of alcohol, scenarios A summary of recognising healthier and less healthy relationship characteristics
Assessments	End of Topic Assessment	AP1 Interim Iterative Assessment	End of Topic Assessment	AP2 Interim Iterative Assessment	End of Topic Assessment	AP3 Masters Assessment

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2025-2026

Year 9



The table below details the skills and knowledge students will be covering each half term in PSHCE

Time frames for when students will complete their Interim and Masters Assessments have also been given. Both assessments will aim to assess the knowledge and skills a student has covered up to that point in their education, this also includes the curriculum covered in the previous year/s.

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge and skills that will be covered during this half term.	Being Me In My World: Is managing my online and offline world within my control? Groups, being me in a group, peer v friendship, conflict or celebration, child-on-child abuse Relationships, expectations and perceptions, love or abuse?, coercive control, child-on-child abuse Peer approval, managing personal relationships, child-on-child abuse, damaging relationships, grooming, county lines, radicalisation Self-identity, influences, social groups, social media, risks and experimentation Positive and negative self-identity, fitting in (leading to crime?) risks, consent, perception, misperception Perception, misperception	Celebrating Difference: Does difference result in inequality? Prejudice, discrimination, protected characteristics and equality act, banter, child-on-child abuse, law and bullying, schools, hate crime LGBT+ rights in the workplace, challenging negative attitudes, why do people judge? Power of positive and negative language, being understood, banter or verbal bullying Types of bullying including online effects on mental health, self-awareness, anti-bullying strategy Diversity, discrimination, protected characteristics Prejudice and stereotyping, protecting against discrimination	Dreams and Goals: Is success only possible when physical and emotional needs are balanced? Personal strengths, health goals Importance of planning, career options, world of work, choices Happiness pressure, being happy, cosmetic procedures, appearance Mental health and ill-health, causes, support, stigma Media manipulation & fake news, effects on mental health, self-esteem Mental well-being strategies	Healthy Me: When it comes to health, to what extent am I in control? Teenage brain development, three 'ways of thinking', changing social and physical environment during teenage years, physical health recap, the brain, learning & memory Protecting the brain from risks such as alcohol, smoking, vaping, illegal drugs. Windows of development, decision making, physical and mental health decisions Emergency situations, lifesaving skills (link with Resuscitation Council UK interactive lesson) Mental health first aid, self care, being a good listener, helping someone with mental health difficulties, where to find mental health support Role play conversation, fitting in and taking risks	Relationships: Is love all you need? Positive and negative impact of relationships, imbalance and equality in relationships, peer pressure Self-worth, consent, assertiveness skills, assertive body language Pornography and the law, how real is pornography? effects of porn Sex and the law, age of consent, contraceptive choices Consequences of unprotected sex, physical and emotional, (pregnancy, STIs), contraceptive choices, worries surrounding intimacy Age of consent	Changing Me: Can all change be positive in some way? Mental health, dopamine, addiction, substances Change, reactions and responses to change, resilience Sleep facts and needs, how to sleep better, benefits of relaxing Resilience, dealing with obstacles, tips on developing resilience Self-expression, influences, body image, choices Dealing with change
Assessments	End of Topic Assessment	AP1 Interim Iterative Assessment	End of Topic Assessment	AP2 Interim Iterative Assessment	End of Topic Assessment	AP3 Masters Assessment

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2025-2026

Year 10

The table below details the skills and knowledge students will be covering each half term in PSHCE

Time frames for when students will complete their Interim and Masters Assessments have also been given. Both assessments will aim to assess the knowledge and skills a student has covered up to that point in their education, this also includes the curriculum covered in the previous year/s.



	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge and skills that will be covered during this half term.	Being Me In My World: Is managing my online and offline world within my control? Freedom, human rights & act, safety, violations Grief cycle, loss, responses to loss, support Social media – pros and cons, algorithms, managing screen time and exposure Online identity, sharing/ enhancing images and the law, netiquette Personal data and risk, GDPR, social media and data collection, where to find help with online activity Different types of relationships, strategies for managing relationships on and offline	Celebrating Difference: Does difference result in inequality? Hidden disability, examples, challenges for those affected, protected characteristics, Equality Act Equality act in the workplace, rights and responsibilities, promoting equality What makes a society, agree to disagree, multiculturalism, equality in society Imbalance of power in relationships, coercion, equity, equality Equality/ inequality, groups or individuals that may be treated unfairly in society, challenging inequality Health and life chances, healthcare systems	Dreams and Goals: Is success only possible when physical and emotional needs are balanced? Important relationships, resilience & how to develop it My future goals, physical and mental health and how they may impact future goals, looking after mental health Work/life balance, success, social media and potential impact on career Achieving life balance, self-care Health goals, looking after others, blood and organ donation Developing resilience, achieving goals	Healthy Me: When it comes to health, to what extent am I in control? My health MOT, tips for health, adopting healthy habits Cardiovascular disease, diabetes, cancer, breast cancer and risk factors, breast checking, skin cancer and SPF, substance misuse and physical health Mental health, mental health disorders, seeking help, substance abuse and mental health, Sex, STIs, STI transmission, STI rates and data, testing for STIs, HIV/AIDS, HIV around the world Safer sex contraception, hormonal contraception vs barrier methods of contraception, menstrual cycle, accessing contraceptives Actions to support good physical and mental health	Relationships: Is love all you need? Long term relationships, love, lust, attachment, types of attraction, good relationship with self Relationship life cycles, ending a relationship, toxic relationships, managing a break up and rejection Types of intimacy in a relationship, attraction, long term relationships, acceptable and unacceptable behaviours Relationships and the media, discernment, pornography vs real life, how does pornography affect relationships Healthier and less healthy behaviours in a relationship, coercion, abuse and the law Healthy relationships and control	Changing Me: Can all change be positive in some way? Societal change, how will it affect me? social media and social change, supporting the environment Managing change, decision making Gaining independence, personal safety, cycling, water safety, public transport, alcohol Gender stereotypes, sexuality stereotypes, marriage stereotypes, maintaining values in a relationship Reflecting on physical and emotional changes, family changes, managing change, self esteem, influences Responses to positive and negative change, choices, self-esteem
Assessments	End of Topic Assessment	AP1 Interim Iterative Assessment	End of Topic Assessment	AP2 Interim Iterative Assessment	End of Topic Assessment	AP3 Masters Assessment

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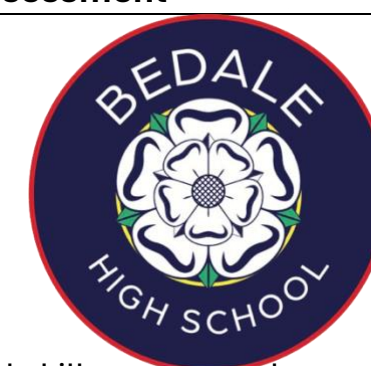
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2025-2026

Year 11

The table below details the skills and knowledge students will be covering each half term in PSHCE

Time frames for when students will complete their Interim and Masters Assessments have also been given. Both assessments will aim to assess the knowledge and skills a student has covered up to that point in their education, this also includes the curriculum covered in the previous year/s.



	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
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Knowledge and skills that will be covered during this half term.	Being Me In My World: Is managing my online and offline world within my control? Pros and cons of becoming an adult, age limits Relationships and the law, marriage and alternatives, consent, advice on sexual health, coercive control, domestic abuse, ‘honour-based violence’, arranged/ forced marriage Equality Act, coercive control, county lines, possession of drugs, identify ways to keep safe Self-review, online law and safety, including pornography and gambling, misuse of mobile phones, sexting, child-on-child abuse Being an adult, keeping safe, emergency situations, advice and support, first aid, scenarios Situations and consequences	Dreams and Goals: Is success only possible when physical and emotional needs are balanced? Anxiety & effects, tips, solution-based thinking, sleep needs and advice, benefits of relaxing Money, work, debt, gambling, employment, types of employment e.g., self-employed, employee, zero hours, financial goals, budgeting, credit cards Jobs in the future, dream job, managing your skillset, employment opportunities Intimate relationships, parenting, marriage and civil partnerships Barriers to D&G, when things go wrong, resilience Can technology help us reach our goals?	Healthy Me: When it comes to health, to what extent am I in control? Self-worth, changing identity as a teenager, positive role models, sleep, devices and mental health, nutrition and exercise Relationships and consent, being ready for sex, coercion, sexual harassment, sexual violence Hormonal health, puberty, hormones and fertility, female and male infertility, protecting fertility, testicle checking, menstrual cycle, IVF Contraceptives and sexual health, emergency contraception Pregnancy and choice, what is a pregnancy? knowing if you are pregnant, keeping a baby, abortion, adoption. Ways you can be healthy mentally, physically and sexually, healthy choices	Relationships: Is love all you need? Intimate romantic relationships, scenarios, sex perceptions, Are you ready for sex? Equality act, gender, gender diversity, sexuality LGBT+ Perceptions of LGBT+, timeline, Do’s and Don’ts of coming out Balance of power in relationships, case studies, child-on-child abuse My body my choice, breast ironing and FGM, challenging harmful social or cultural norms Being you in a relationship, staying true to yourself	Study skills: Following the completing of the PSHCE curriculum, HoF will be planning a series of sessions designed to promote independent learning, including revision skills and exam technique, in the run-up to external examinations	
	Assessments	End of Topic Assessment	AP1 Interim Iterative Assessment	End of Topic Assessment	AP2 Masters Assessment	