

PSHCE

Curriculum & Rubric Map Overview

2026-2027

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: <i>Is managing my online and offline world within my control?</i> Key Knowledge: 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, online gaming risks Online safety, sexting, consequences, online legislation, online identity Online gaming- safety and financial risks Restart A Heart Day Key skills: Self-reflection and identity awareness; Risk assessment and safer choices; Help-seeking and communication.	Celebrating Difference: <i>Does difference result in inequality?</i> Key Knowledge: Prejudice and discrimination, Equality Act 2010, bystanders Attitudes and values, recognising differences, evaluating influences Assumptions and stereotypes Human Rights, protected characteristics, Bullying, fear and motivations Respect, inclusion and exclusion Key skills: Recognising prejudice and stereotypes; Empathy and respectful dialogue; Challenging bullying and exclusion.	Dreams and Goals: <i>Is success only possible when physical and emotional needs are balanced?</i> Key Knowledge: Defining success, setting dreams and goals Pace of change, skills for the future, developing skills and setting targets What is failure and what we can learn from it, when coping strategies for when things go wrong, fixed v growth mindset Building skills for the future and teamwork Gang culture and knife crime Health and wellbeing: the benefits of sleep, exercise and being outdoors Key skills: Goal setting and target review; Resilience and growth mindset; Teamwork and problem-solving.	Healthy Me: <i>When it comes to health, to what extent am I in control?</i> Key Knowledge: Nutrition and exercise, managing physical activity and mental health What is sleep? How sleep cycles work, sleep and mood, health, and memory, good sleep Stress, effect of stress on the body, recovering from a state of stress, combating stress with mindfulness and movement Physical illness and medicine, personal hygiene, health choices Substances and the effects of substances (nicotine and caffeine, vaping) Working together to improve well-being, contributing to your community Key skills: Making informed health choices; Managing stress and wellbeing; Understanding risk and consequences.	Relationships: <i>Is love all you need?</i> Key Knowledge: Changing relationships, consent Managing change, emotional support and friendships Falling out and conflict childhood friendships Authenticity and seeking validation, social media and how to spot AI and fake accounts Setting boundaries, sextortion, staying safe online Healthy and unhealthy relationships, finding balance and respect Key skills: Recognising healthy relationships; Setting boundaries and consent; Resolving conflict safely.	Changing Me: <i>Can all change be positive in some way?</i> Key Knowledge: Puberty and hormonal changes, reproduction, personal hygiene, menstrual cycle Pregnancy, fertilisation, IVF, giving birth and after-birth Deciding to have a child, responsibilities of parenthood, types of committed relationships and families, UN Convention on the Rights of a Child Body image, media, AI and filters, self-esteem, body confidence FGM-myths, facts and the law and getting support Emotions, hormones and moods Key skills: Managing change and emotions; Body confidence and self-esteem; Knowing how to access support.
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

Curriculum & Rubric Map Overview

2026-2027

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: <i>Is managing my online and offline world within my control?</i> Key Knowledge: Who am I?, self-identity, influences, online influence Family and identity, community living Family, managing expectations, active listening skills First impressions, managing influences on our identity, self-image, positive self-talk Marriage and civil partnerships, the law, beliefs and religions, protected characteristics, respect Online and online identity Key skills: Self-identity and positive self-talk; Active listening and communication; Evaluating online influence.	Celebrating Difference: <i>Does difference result in inequality?</i> Key Knowledge: Prejudice and persecution, propaganda LGBT community, Equality Act 2010, protected characteristics, mental health Social justice, inequality, hate crimes, hate incidents Multicultural society, mutual respect and Tolerance, ethnic groups, religious and spiritual groups, The Golden Rule What matters to you and standing up for what you believe in Celebrating differences, positive, sustainable and ethical contributions to society Key skills: Analysing prejudice and propaganda; Respectful discussion of difference; Standing up for equality.	Dreams and Goals: <i>Is success only possible when physical and emotional needs are balanced?</i> Key Knowledge: Goal setting, grit and resilience Can money buy happiness Positives and negatives of being online, digital footprints, keeping safe online Income and the economy, salary growth factors, salary gap and equal pay Spending and budgeting, receipts and payslips Sextortion, online scams, phishing, bank accounts and credit cards Key skills: Financial decision-making; Digital literacy and online safety; Budgeting and future planning.	Healthy Me: <i>When it comes to health, to what extent am I in control?</i> Key Knowledge: Types of health, nutrition, exercise, cardiovascular health and diabetes Risks, illegal and legal substances Healthy/unhealthy lifestyle habits, dental health, skin protection, steps to protecting physical health Vaccinations, immunity, Covid-19 Vaping, peer pressure, the law Interactive play and self-assessment review of the topic Key skills: Evaluating lifestyle choices; Resisting peer pressure; Understanding health risks.	Relationships: <i>Is love all you need?</i> Key Knowledge: Is everything we see on social media real, AI profiles, what does having a positive relationship with yourself look like When relationships change, end or people grow apart, feelings and emotions, positive aspects of relationships Assertiveness, sexting and sextortion Power dynamics, control and manipulation, risky behaviours and knife crime Social media, personal data and online safety SEND and Inclusion-ADHD and Autism Key skills: Assertive communication; Recognising power and control; Protecting personal data online.	Changing Me: <i>Can all change be positive in some way?</i> Key Knowledge: Intimate relationships, attraction, behaviours in healthy and unhealthy romantic relationships, harassment What makes a healthier relationship (friendship and romantic relationships)? Me and my relationships, attraction, love or crush? Sexuality Pornography and the law, dealing with unwanted message Alcohol, the law, effects of alcohol on the brain, alcohol and risky situations Recognising healthy and unhealthy relationships-pitching a TV show about relationships for teens Key skills: Understanding consent and the law; Recognising healthy and unhealthy relationships; Managing risky situations.
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

Curriculum & Rubric Map Overview

2026-2027

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: <i>Is managing my online and offline world within my control?</i> Key Knowledge: Groups, being me in a group, peer approval, fitting in and friendship, conflict or celebration Relationships, perceptions and expectations about intimate relationships, consent, coercive control Peer approval, personal safety, sexual exploitation, grooming, radicalisation, county lines Self-identity, influences, social groups, social media abuse, risks and experimentation Consent, rape and sexual assault, signs of refusing, perceptions and misperceptions Positive and negative self-esteem and self-identity, influences Key skills: Managing peer influence; Identifying risk and exploitation; Understanding consent and personal safety.	Celebrating Difference: <i>Does difference result in inequality?</i> Key Knowledge: Power of positive language, being understood, Changing your thinking Prejudice, sexism, racism, ableism, ageism, LGBT phobia, banter and bullying, taking back your power Reducing fear and promoting equality, action plan for change Cyber bullying and harassment, the law on bullying Bias, stereotypes, discrimination, harassment, victimisation, nonconsensual behaviours and what influences it Changemakers, campaigning and challenging inequality Key skills: Using positive language; Challenging discrimination and bullying; Planning action for inclusion.	Dreams and Goals: <i>Is success only possible when physical and emotional needs are balanced?</i> Key Knowledge: SMART planning, objectives, roadmap for success Changing appearances, cosmetic surgery and weight loss products Mental health illness and stigma Social, misinformation, disinformation, discerning the real from the fake and self-esteem Deepfakes and AI, staying responsible and protecting our online identities, impacts on mental health Illegal and harmful online content, misogyny Key skills: SMART planning and goal setting; Evaluating information online; Building self-esteem and resilience.	Healthy Me: <i>When it comes to health, to what extent am I in control?</i> Key Knowledge: Teenage brain development, changing social and physical environment during teenage years, the brain, learning and memory Protecting the brain, risks of drugs and alcohol - physical and psychological effects, the law, safety, drug classification, supply and possession legislation Belonging, loneliness and inclusion Emergency situations, first aid, CPR, cardiac arrest Mental health first aid, selfcare, being a good listener, where to find mental health support Health choices (nutrition, stress, sleep) Key skills: Understanding brain development and risk; Applying first aid and support strategies; Maintaining mental and physical health.	Relationships: <i>Is love all you need?</i> Key Knowledge: Equality and equity, Healthy v Unhealthy behaviours, assertiveness and self-worth Saying “no” and consent, Sex and the law, getting help What is pornography, fake v real life, The Online Safety Act 2023, The effects of watching pornography Contraception, how relationships change when they become intimate, Pregnancy and how to prevent it Consequences of unprotected sex, STI’s; types, symptoms and treatment, deciding to have sex and being ‘ready’ Consent and age, The Gillick Competence Test Key skills: Assertiveness and consent; Evaluating media and pornography critically; Making informed sexual health choices.	Changing Me: <i>Can all change be positive in some way?</i> Key Knowledge: Reflection on changes and managing emotions Self-expression, influences, body image Masculinity (positive), online influence and influencer tactics Misogyny, incel culture and healthy vs unhealthy online communities Mental health and addiction, dopamine and memory The importance of sleep in for the body and brain, the impact of sleep on mental health, sleep routines Key skills: Managing emotional change; Critiquing online influence and stereotypes; Developing healthy coping strategies.
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

Curriculum & Rubric Map Overview

2026-2027

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: <i>Is managing my online and offline world within my control?</i> Key Knowledge: Human rights, societal freedom, violations, understanding safety in UK and beyond Grief cycle, loss and bereavement, responses to loss, support The law and social media risks, algorithms and use of online data, GDPR, the dark web, managing online content, dealing with harmful online content -suicide, self-harm, violence 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 AI chatbots and online scams Key skills: Understanding rights and responsibilities; Managing online risks; Seeking support in unsafe situations.	Celebrating Difference: <i>Does difference result in inequality?</i> Key Knowledge: Human Rights, responsibilities, The European Convention on Human Rights, The European Court of Human Rights, The Human Rights Act 1998 Multicultural societies, successful societies, agree to disagree, changing and ending relationships Equality Act 2010, hidden disabilities, discrimination in the workplace, reasonable adjustments and the Law Equality and inequality, campaigning for change Equality in relationships, empowered and disempowered, the impacts on physical and mental health, changing and ending relationships UK v USA healthcare Service, accessing a GP Key skills: Applying equality legislation; Respectful debate and disagreement; Campaigning for positive change.	Dreams and Goals: <i>Is success only possible when physical and emotional needs are balanced?</i> Key Knowledge: Resilience, nurturing important relationships, when things don't go to plan Achieving your goals and the impact of physical and mental health, taking care of your mind and body Real v online behaviours, social media usage-the pros and cons, responsible posting, the impact of social media on future employment The body and vital organs, blood, organ and stem cell donation, right to choose and opting out Balanced lifestyles Resilience toolkit Key skills: Resilience and self-management; Responsible digital citizenship; Balancing goals and wellbeing.	Healthy Me: <i>When it comes to health, to what extent am I in control?</i> Key Knowledge: My health MOT, top tips for health, adopting healthy habits Cancer, breast cancer, testicular cancer, risk factors, skin cancer and SPF and tanning Common mental health disorders and treatment, substance use and mental health, mental health stigma Sexual health, autonomy and consent, STIs (transmission, treatment, symptoms) HIV/Aids Safer sex contraception, hormonal contraception vs barrier methods of contraception, menstrual cycle, where to get contraceptives Threats to health (cancer, diabetes, cardiovascular disease) Key skills: Making preventative health choices; Accessing health services and support; Evaluating health risk factors.	Relationships: <i>Is love all you need?</i> Key Knowledge: Long-term relationships and legal status, the science of attraction: lust, attraction and attachment How to have a good relationship with yourself, why do relationships end, unsafe, toxic and unhealthy relationships and how to stay safe and get help The law on marriage and cohabitation, parenting and the impact on children Real life vs relationships that we see in the media, the difference between sexual relationships in pornography and real-life Stalking and harassment, coercion and abuse Free choice and pressure in relationships, the law on coercion, abuse, sex trafficking and modern slavery. Key skills: Recognising unhealthy relationship behaviours; Understanding consent and coercion; Knowing how to get help.	Changing Me: <i>Can all change be positive in some way?</i> Key Knowledge: Impact of societal change on young people, role of media on societal change, reflection on change so far and how to manage it successfully Personal safety, cycling, railway, water safety, transport Gaining independence, alcohol, drink spiking, methanol poisoning and prevention Gender stereotypes, stereotypes in relationships, marriage and civil partnerships, values in relationships Virginity testing and hymenoplasty, medical facts, rights and the laws Physical and emotional changes, family change, strategies to help with managing change, sources of support Key skills: Personal safety and independence; Challenging stereotypes and harmful practices; Managing physical and emotional 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

PSHCE

Curriculum & Rubric Map Overview

2026-2027

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
Knowledge and skills that will be covered during this half term.	Being Me In My World: <i>Is managing my online and offline world within my control?</i> Key Knowledge: Becoming an adult, age limits and the law 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 Gambling and associated risks, AI and algorithms Being an adult, keeping safe, emergency situations, advice and support, first aid, scenarios Self-review, the law on internet use, legal age limits and pornography, social media concerns, sexting Key skills: Applying the law to real-life situations; Risk assessment and personal safety; Knowing where to access support.	Dreams and Goals: <i>Is success only possible when physical and emotional needs are balanced?</i> Key Knowledge: Sleep, anxiety, fight or flight, solutions-focused thinking Money and employment, budgeting pitfalls, tax, national insurance, credit cards, gambling Future jobs and employment opportunities and skillsets Long-term family goals, marriage, civil partnership, parenting How to cope when things go wrong, developing resilience Types of technology, how can technology help us to reach our future goals Key skills: Financial literacy and budgeting; Future planning and employability; Resilience when plans change.	Healthy Me: <i>When it comes to health, to what extent am I in control?</i> Key Knowledge: Self-worth, identity, consent and power imbalance, being ready for sex, coercion Contraceptives, sexual health, STI's, emergency contraception Male and female reproductive health/fertility (PCOS, endometriosis, PMS, heavy periods) Pregnancy health, source of support, loss and miscarriage, becoming a parent Pregnancy choices including adoption, abortion, parenting and bringing up a baby Self-identity and self-worth, socialising Key skills: Sexual health decision-making; Understanding reproductive health; Accessing confidential advice and support.	Relationships: <i>Is love all you need?</i> Key Knowledge: Stages of a relationship, relationships in the media, features of a romantic relationship, our perceptions about sex and relationships LGBT terminology, gender identity, gender expression, sexuality, The Equality Act 2010 Perceptions and stereotyping of the LGBT+ community, LGBT+ rights, coming out Unbalanced relationships; signs and impacts, domestic abuse and getting help My body, my choice, FGM, challenging social norms and cultural practices, breast ironing/flattening Power in relationships, Staying true to yourself Key skills: Respectful relationship communication; Challenging stereotypes and discrimination; Recognising abuse and power imbalance.	Study skills: Following the completing of the PSHCE curriculum, There will be a series of sessions designed to help students to manage exam-stress, a promote independent learning, including revision skills and exam technique, in the run-up to external examinations Key skills: Independent revision planning; Managing exam stress; Exam technique and self-regulation.	
Assessments	End of Topic Assessment	AP1 Interim Iterative Assessment	End of Topic Assessment	End of Topic Assessment		