



PSHE LONG-TERM OVERVIEW 2025-2026 – KEY STAGE 4



	Autumn 1 Transition	Autumn 1 RSE	Spring 1 Personal Safety	Spring 2 Living in the wider world	Summer 1 Being a good Citizen Inc. active citizenship	Summer 2 Physical and Mental Health
Year 10	<p>This unit supports students in their transition from Year 9 to Year 10, focusing on personal development, academic preparation, and wellbeing. Students begin by reflecting on their goals and expectations as Year 10 learners, setting targets to guide their progress. They explore strategies for managing the increased workload of GCSEs, including prioritizing tasks and developing effective study and revision techniques beyond simple highlighting.</p> <p>The unit incorporates opportunities for discussion and critical thinking through P4C (Philosophy for Children) sessions, and includes practical insights from external contributors, such as an employer talk with, to broaden students' perspectives on future pathways. Additionally, students address social and emotional challenges associated with adolescence, including social anxiety, performance pressure, and public speaking, equipping them with strategies to manage these confidently throughout the year.</p>	<p>This RSE unit equips students with the knowledge, skills, and understanding to navigate relationships safely and responsibly. Students explore topics around sexual health and wellbeing, including contraception, miscarriage, unplanned pregnancy, and abortion, fostering informed decision-making.</p> <p>The unit also addresses critical safeguarding issues such as neglect, grooming, sexual exploitation, and relevant sexual violence laws, ensuring students understand their rights and how to seek help. P4C (Philosophy for Children) sessions encourage critical thinking and reflection on the ethical and social dimensions of these topics.</p> <p>Through this unit, students develop both practical knowledge and emotional resilience to manage relationships safely and respectfully.</p>	<p>This unit focuses on equipping students with the knowledge, skills, and strategies to keep themselves safe in a range of real-world contexts. Students explore key issues including knife crime, hate crime, harassment, and the role of bystanders in preventing harm. Online safety is also addressed, covering peer influence, self-esteem, the legalities of sharing images, and managing harmful content.</p> <p>The unit covers substance misuse, including drugs, exploitation, County Lines, and gang involvement, highlighting risks and support pathways.</p> <p>Practical safety and wellbeing skills are reinforced, including Advanced First Aid, Mental Health First Aid, and CPR practice, ensuring students are prepared to respond confidently in emergency situations.</p>	<p>This unit supports students in developing the knowledge, skills, and confidence to engage responsibly as citizens and prepare for life beyond school. Students explore critical thinking and ethical decision-making in societal contexts. Students learn about the importance of voting, the electoral process, and participation, alongside understanding democracy and the electoral system. Entrepreneurial skills are developed through sessions such as "The Apprentice," fostering innovation and business awareness.</p> <p>The unit also focuses on careers and aspirations, including target setting for Year 11, and practical life skills such as car maintenance and driving awareness. Global citizenship and interdependence are explored, helping students understand their role and responsibilities in a wider societal context.</p>	<p>This unit focuses on developing students' understanding of their rights and responsibilities within society. Students explore themes of respect, diversity, and tolerance, learning how to value and engage positively with people from different backgrounds.</p> <p>The unit also covers equality and key legislation, including the Equality and Human Rights Acts, as well as an overview of legal systems, helping students understand the framework that supports fairness and justice in society.</p> <p>Through this unit, students develop the knowledge, skills, and attitudes needed to contribute responsibly and ethically as active citizens.</p>	<p>This unit supports students in understanding the connection between physical and mental wellbeing. Students explore breast cancer awareness and the importance of early detection, alongside learning how nutrition affects brain function, mood, and overall focus.</p> <p>The unit examines the relationship between emotions, hormones, and physical health, helping students understand the mental load they carry and its impact on wellbeing. Strategies for managing stress and understanding physiological stress responses are also covered, equipping students with practical tools to maintain both mental and physical health.</p>

	Autumn 1 Transition	Autumn 2 Personal Safety	Spring 1 RSE	Spring 2 Physical and Mental Health	
Year 11	<p>This unit supports students in preparing for the final year of secondary school, focusing on personal, academic, and emotional readiness. Students begin by reflecting on their goals and expectations as Year 11 learners, setting targets to guide their progress.</p> <p>The unit addresses exam anxiety and stress management, providing strategies to cope effectively with pressure. Through P4C sessions, such as "It's OK Not to Be Top Dog," students explore mindset, motivation, and resilience. Additional lessons focus on preventing burnout, maintaining long-term focus, and developing effective revision and memory-boosting techniques to support academic success.</p>	<p>This unit focuses on equipping students with the knowledge and strategies to stay safe in social settings. Students explore safety when out at night or at social events, learning to identify risks, make responsible choices, and support themselves and others in potentially challenging situations.</p> <p>The unit also addresses addiction, with a focus on gambling, raising awareness of risks, consequences, and support options. Through these lessons, students develop both practical safety skills and an understanding of healthy decision-making in social contexts.</p>	<p>This unit equips students with knowledge and skills to make informed decisions regarding sexual health, fertility, and routes to parenthood. Students explore the impact of drugs and alcohol on decision-making, helping them understand how substance use can affect choices and relationships.</p> <p>The unit also addresses safeguarding issues, including forced marriage, honour-based violence, unhealthy relationships, and unwanted attention, such as stalking and harassment. Through these lessons, students develop awareness, resilience, and strategies to maintain safe and respectful relationships.</p>	<p>This unit supports students in understanding and managing the factors that affect both mental and physical wellbeing. Students explore coping strategies for academic and social stress, learning practical approaches to manage pressure effectively.</p> <p>Lessons on mindfulness, healthy diet, and sleep emphasize the connection between lifestyle choices and overall wellbeing. Through P4C sessions, students reflect on the interrelationship between physical and mental health, while targeted lessons on anxiety equip them with strategies to recognize, manage, and seek support for emotional challenges.</p>	Exam Prep/ Leave