



## PSHE LONG-TERM OVERVIEW 2025-2026 – KEY STAGE 3



	Autumn 1 Transition	Autumn 2 RSE	Spring 1 Being a good citizen, active citizenship	Spring 2 Personal Safety	Summer 1 Living in the wider world	Summer 2 Physical and Mental Health
Year 7	<p>This unit supports students in developing self-awareness, confidence, and a sense of belonging within the school community. Lessons focus on understanding school expectations, knowing how to access support services and building resilience when facing change. Students will also explore positive relationships, managing peer pressure, and resolving conflicts effectively.</p>	<p>This unit focuses on helping students understand and navigate a range of relationships and life experiences with empathy and respect. Lessons explore family dynamics, including divorce and bereavement, as well as the qualities of healthy and respectful friendships. Students will also learn about menstrual wellbeing, personal hygiene, and maintaining positive online relationships. Through P4C discussions on healthy friendships, and learning about the laws surrounding the sharing of content online, students will develop a deeper understanding of respect, responsibility, and wellbeing both in person and online.</p>	<p>This unit explores what it means to be a responsible and engaged member of society, both locally and globally. Students will reflect on the qualities of a good citizen, examine social responsibility, and consider ethical decision-making. They will evaluate how individual and collective actions—such as lifestyle choices and environmental impact—affect communities and the wider world. The unit encourages critical thinking, personal reflection, and informed decision-making, helping students understand their role in contributing positively to society and the environment.</p>	<p>This unit helps students understand how to protect themselves and others in everyday life and online environments. Over the course of the lessons, learners explore the concept of consent in non-sexual contexts, strategies for staying safe online—including data privacy, responsible sharing, and the risks of anonymous chat rooms—and the impact of bullying and online bullying. The unit also introduces basic first aid skills, empowering students to respond confidently in minor emergencies. Through discussion, reflection, and practical activities, students develop awareness, responsibility, and the skills needed to maintain their own safety and support the safety of others.</p>	<p>This unit, “Living in the Wider World,” supports students in developing self-awareness, resilience, and practical life skills for the future. Across the lessons, learners reflect on their personal strengths and skills, explore strategies for overcoming challenges and fears, and build confidence through activities such as public speaking. They also develop financial literacy by learning about saving, banking, budgeting, and planning for the future. Through reflection, discussion, and hands-on activities, students gain the knowledge and skills to make informed decisions, manage resources effectively, and navigate the wider world with confidence and independence.</p>	<p>This unit focuses on helping students understand and maintain their wellbeing in both body and mind. Lessons explore the impact of technology on mental health, strategies for looking after mental wellbeing, and practical approaches to healthy living, including nutrition, exercise, and sleep. Students also learn about managing periods and menstrual health, fostering knowledge and confidence in personal care. Through discussion, reflection, and practical guidance, learners develop the skills and understanding needed to make informed choices that support their physical and mental health.</p>

	Autumn 1 Transition	Autumn 2 RSE	Spring 1 Being a good citizen, active citizenship	Spring 2 Personal Safety	Summer 1 Physical and Mental Health	Summer 2 Living in the wider world
Year 8	<p>This unit supports students in successfully moving into a new school year by fostering self-awareness, responsibility, and effective learning habits. Lessons focus on reflecting on personal goals and expectations as a Year 8 student, setting targets, and taking ownership of learning. Students explore resilience and strategies for coping with setbacks, as well as managing focus, distractions, and digital boundaries. Through reflection, discussion, and practical strategies, learners develop the confidence, self-management skills, and mindset needed to navigate the challenges of the new school year successfully.</p>	<p>This unit helps students understand healthy and unhealthy behaviour within relationships and explore issues of respect, diversity, and consent. Lessons cover recognizing abusive behaviour, understanding the law around consent (non-sexual contexts), and appreciating the diversity of relationships, including LGBTQ+ experiences. Students also learn about the biological processes and hormones that influence development. Through discussion, reflection, and guided learning, learners develop the knowledge, awareness, and skills to build positive, respectful relationships and make informed choices about their own wellbeing.</p>	<p>This unit encourages students to explore the responsibilities and roles of citizens in society and the wider world. Lessons examine the hidden costs of convenience, including the sustainability of fast fashion and consumer habits, as well as the role of the police and courts in upholding justice. Students consider issues of discrimination, including racism and barriers faced by people with disabilities, and engage in Philosophy for Children (P4C) discussions to reflect on values and ethical decision-making. Through enquiry, discussion, and critical reflection, learners develop the awareness, knowledge, and skills needed to act as responsible, informed, and ethical citizens.</p>	<p>This unit supports students in recognising risks and developing the skills to protect themselves and others in everyday life and online. Lessons cover health-related issues such as HPV and FGM, online safety including prohibited items, scams, hoaxes, and the dangers of online trends. Students also explore safety in the community and learn how to handle small emergencies confidently. Through discussion, practical activities, and reflection, learners build awareness, resilience, and the knowledge needed to stay safe and act responsibly in a range of situations.</p>	<p>This unit helps students understand how to maintain and improve their wellbeing through self-care and healthy habits. Lessons explore strategies for looking after mental health, understanding common mental health conditions, and promoting balance and moderation in daily life. Students also examine the positive impact of sport on mental wellbeing and develop practical self-care strategies. Through discussion, reflection, and practical activities, learners gain the knowledge and skills to make informed choices that support both their physical and mental health.</p>	<p>This unit equips students with the knowledge, skills, and confidence to navigate education, work, and financial decisions. Lessons cover building a CV, developing social skills and networking, and engaging with career opportunities through talks and discussions. Students also develop financial literacy, including saving, borrowing, managing personal finances, understanding debt, and exploring the cost of living, inflation, interest rates, loans, and exchange rates. Additionally, workplace skills are explored to prepare learners for future employment. Through practical activities, reflection, and discussion, students gain the tools to make informed choices, manage resources effectively, and plan for their future.</p>

	Autumn 1 Being a good Citizen Inc. active citizenship	Autumn 2 Transition	Spring 1 Living in the wider world	Spring 2 RSE	Summer 1 Personal Safety Inc. e-safety	Summer 2 Physical and Mental Health and Wellbeing
Year 9	<p>This unit focuses on developing students as active and responsible citizens by engaging them in a school-wide fundraising project for Kipkelion. Students will plan, create, and manage their own stalls, developing skills in teamwork, organization, and communication. The unit culminates in a school fair where students showcase their stalls, raise money, and see the impact of their efforts on the wider community. Through this project, learners gain practical experience in social responsibility, civic engagement, and entrepreneurial thinking.</p>	<p>This unit supports students in successfully transitioning into Year 9 by developing self-management, decision-making, and future-planning skills. Lessons focus on building motivation and overcoming procrastination, managing relationships and respecting boundaries, and raising career awareness to help students plan for the future. Students also develop study skills, including critical thinking, spotting misinformation, and tackling misconceptions, culminating in making informed GCSE choices. Through reflection, discussion, and practical activities, learners gain the confidence and skills needed to take ownership of their learning and make thoughtful decisions about their academic and personal development.</p>	<p>This unit helps students develop the knowledge, skills, and confidence to navigate future education, work, and personal decision-making. Lessons include career talks, understanding insurance and risk management, and support with GCSE option choices. Students also engage in Philosophy for Children (P4C) discussions, explore legal matters and documentation, and develop media literacy skills to critically evaluate information. Through discussion, reflection, and practical activities, learners build the tools to make informed decisions, manage risks, and prepare for life beyond school.</p>	<p>This unit provides students with a comprehensive introduction to sexual education, focusing on knowledge, safety, and healthy decision-making. Lessons cover sexually transmitted infections (STIs), contraception, and consent, equipping students with the information needed to make responsible choices. The unit also addresses the impact of pornography and encourages critical discussion about its influence on relationships and expectations. Through reflection, discussion, and evidence-based learning, students develop the understanding, skills, and confidence to manage relationships and sexual health safely and respectfully.</p>	<p>This unit equips students with the knowledge and skills to stay safe and make responsible choices in modern society. Lessons explore serious societal risks such as extremism, radicalisation, misogyny, and the INCEL movement, alongside online literacy topics including AI, deepfakes, online addiction, gaming, and social media. Students also learn strategies for dealing with workplace bullying and managing conflict effectively. Through discussion, reflection, and practical activities, learners develop awareness, resilience, and the ability to navigate complex social and digital environments safely.</p>	<p>This unit focuses on supporting students' physical and emotional wellbeing and helping them develop strategies to maintain a healthy lifestyle. Lessons cover emotional health, kindness, and understanding emotional triggers, as well as physical wellbeing, body image, and changes during puberty. Students explore preventing health issues, including the dangers of tobacco and vapes, and learn about local health services and the legal age of medical consent. With activities designed to encourage reflection, discussion, and active engagement in maintaining both physical and mental health.</p>