

CURRICULUM ROAD MAP – PSHE/ RSE

YEAR 7 to YEAR 9

TERM 1

Topic: Self Awareness

Key Concepts:
Personal Strengths
Skills for Learning
Discrimination
and Prejudice
Managing
Pressure



TERM 2

Topic: Self-Care,
Support and
Safety

Key Concepts
Feeling Unwell
Feeling Worried
Accidents and Risk
Keeping Safe Online
Public and Private
Gambling



TERM 3

Topic: Managing
Feelings

Key Concepts
Self Esteem
Strong Feelings



TERM 4

Topic: Changing
and Growing

Key Concepts
Puberty
Relationships
Parenthood
Consent
Friendships



TERM 5

Topic: Healthy
Lifestyle

Key Concepts
Healthy Lifestyles
Mental Well-Being
Physical Activity
Body Image
Medicinal Drugs
Drugs and Alcohol



TERM 6

Topic: The World I
Live In

Key Concepts
Diversity, Rights
and Responsibility
The Environment
Finances
Travel Training



CURRICULUM ROAD MAP – PSHE/ RSE

YEAR 10

TERM 1

Topic: Self Awareness

Recognising and naming emotions accurately
Reflecting on experiences and learning from them



TERM 2

Topic: Self-Care, Support and Safety

Managing health needs independently where appropriate
Identifying trusted adults and sources of support



TERM 3

Topic: Managing Feelings

Expressing emotions appropriately and safely
Using strategies to regulate emotions



TERM 4

Topic: Changing and Growing

Developing a positive body image
Understanding personal identity and individuality



TERM 5

Topic: Healthy Lifestyle

Making informed choices about physical and mental health
Understanding the importance of a balanced diet



TERM 6

Topic: The World I Live In

Recognising the diversity of people, cultures, and communities



CURRICULUM ROAD MAP – PSHE/ RSE

YEAR 11

TERM 1

Topic: Self Awareness

Managing increasing independence responsibly
Understanding personal interests, talents, and career aspirations



TERM 2

Topic: Self-Care, Support and Safety

Keeping safe online, including managing digital footprints and privacy
Assessing risks and making informed decisions



TERM 3

Topic: Managing Feelings

Applying coping strategies in education, work, and community settings
Maintaining a positive mindset and emotional resilience



TERM 4

Topic: Changing and Growing

Recognising the qualities of positive friendships and intimate relationships



TERM 5

Topic: Healthy Lifestyle

Managing personal health needs and appointments appropriately
Understanding the impact of lifestyle choices on future health



TERM 6

Topic: The World I Live In

Understanding employment rights and workplace expectations
Preparing for the future

