

Curriculum Overview Relationships and Sex Education Personal Development and PSHE (inc. Relationships & Sex Education 2024-2025)

YEAR	Focus	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Students build on the knowledge and understanding, skills, attributes, and values they have acquired and developed during the primary phase. They will address the changes that young people experience, beginning with transition to secondary school and the challenges of adolescence and their increasing independence.	Managing Change Careers and your future Financial education Transition points in your life The importance of community The importance of relaxation Sleep and relaxation	Friendship, Respect and Relationships Consent and boundaries Respect and relationships Pressure and influence Friendships and managing them What makes a good friend? Anti-bullying Being positive and self esteem	Celebrating Differences Multicultural Britain Breaking down stereotypes Prejudice and discrimination The importance of being kind Equality Act 2010 Challenging Islamophobia	Staying Safe Online and Offline Avoiding gangs Staying safe online Fortnite, grooming and online gaming What is alcohol? What is smoking? E-cigs and vaping	Sexual Awareness Puberty (girls) Puberty (boys) Growing up and FGM Personal and dental hygiene Assertiveness, consent, and hormones Self-esteem and empowerment	Rights, Responsibilities and British Values Why is politics important? How our country is run Exploring inside parliament Create a political party Elections and campaigning Politics and debating
	Assessments:		Summative Assessment 1				Summative Assessment 2
	Extra-Curricular:						
	Assemblies	Norfolk Police (Online Safety Awareness) Sue Lambert Trust (Healthy Relationships)			National Careers Week		
Home Resources:		PSHE Team					
8	Students will broaden their knowledge and understanding of how they fit into today's society. Students will develop the knowledge to stay safe and confidently navigate increasingly complex online and face to face relationships in current	Employment Sectors and Careers Workplace preparation Careers in the Public Sector Careers in the Private sector Careers in Leisure and Tourism Careers in Cybersecurity	Equality and Diversity Explored Homophobia in schools Challenging homophobia Coming out Hate crime	Dangerous Society Online and Offline County Lines Grooming Child Sexual Exploitation Evaluating social media Substance Misuse Knife Crime Drugs education – alcohol safety	Physical Health and Wellbeing Positive body image What is mental health Child abuse Health and wellbeing Stress management Healthy eating	Identity, Relationships and Sex Education Introduction to relationships and sex education Sexual orientation Introduction to contraception Healthy relationships Dealing with conflict Gender identity	Law, Crime and Society Criminals, law, and society Law making in the UK Prisons, reform and punishment Building a community Making decisions and priorities

	and future societal and political environments.	Careers in Law Careers in STEM	What is LGBTQ+ Supporting vulnerable groups Challenging transphobia				
	Assessments:		Summative Assessment 1				Summative Assessment 2
	Extra-Curricular:						
	Assemblies	Norfolk Police (Drugs and the Law) Sue Lambert Trust (Healthy Relationships)		National Careers Week			
	Home Resources:	PSHE Team					
9	Students will strengthen and expand their knowledge and understanding to stay safe and confidently navigate increasingly complex online and face to face relationships in current and future societal and political environments. They will begin to make sense of and make informed decisions about their futures.	World of Careers Futuristic careers and AI Positive work ethic Careers and World cup Careers in Finance and Banking Careers in Digital Marketing Careers in Geography Careers in History	Body Confidence Self esteem Male sex organs Female sex organs Bullying Dealing with grief and loss Media and airbrushing Cancer prevention	Business and Finance Understanding credit scores Decisions and Accountability Be ambitious about with my career What is the economy Young Entrepreneurs around the world Setting up a business Business and profits	Combatting Extremism & Terrorism Conspiracy theories Extremism Terrorism British values Radicalisation Counter Terrorism Anti-Semitism What is racism? Ableism and disability discrimination	Relationships and Sex Education Sexual consent and the law FGM and the law What are STIs? Contraception Relationships and partners Sexual harassment and stalking HIV and Aids Positive relationships Up skirting	Legal and Illegal Drugs Introduction to drugs Different types of addiction Drugs – cannabis products Drug classifications Party drugs Illegal drugs Volatile substance abuse Exploring Britishness and British values
	Assessments:		Summative Assessment 1				Summative Assessment 2
	Extra-Curricular:						
	Assemblies	Norfolk Police (Understanding violence and the consequences of violent crime)		National Careers Week			

		Sue Lambert Trust (Healthy Relationships)					
	Home Resources:	PSHE Teams					
10	Students will develop a greater knowledge and understanding of the world and how they fit in it. They will be able to confidently navigate an increasingly complex online and face to face relationships in current and future societal and political environments. They will begin to plan their Post 16 pathway.	Careers and Employment Knowing my strengths Art of Standing Out Careers in the NHS Careers in the City Careers in the Music Industry Careers in Sport	Rights and Responsibilities Instagram Generation Targeted Advertising Marriage - what is it? Rights and responsibilities Consumer rights Employment rights	Violence, Crimes and Seeking safety Honour Based Violence Forced marriages Causes of knife crime Modern day slavery Online gambling and gaming Social media validation Keeping data safe	Mental Health and Wellbeing Child Abuse (Child Sexual Exploitation) Self-Harm awareness Suicide Awareness Screen time and safe mobile phone use Common mental health issues Promoting emotional wellbeing	Exploring World Issues Peace, war, and conflict Women's rights and equality Me Too and Time's Up Movements Fairtrade International organisations Brexit Aid supporting other countries	Sexual Awareness and British Values FGM Online safety and the risks of sexting. The harm of pornography Domestic abuse and violence Sexual assault awareness Sexualisation of the media Time management Dealing with exam stress and anxiety Critical thinking and fake news CV writing LGBT rights and British Values Writing a Personal Statement
	Assessments:			Summative Assessment 1			Summative Assessment 2
	Extra-Curricular:						
	Assemblies	Norfolk Police (Abuse In relationships) Black History Month Sue Lambert Trust		National Careers Week			
	Home Resources:	PSHE Team					
11	Students will confidently and independently demonstrate their knowledge of the world around them. Students will be ready for their exams and enter	Workforce Preparation Resilience and ambition Importance of building relationships Meeting employers	Adult Health and Looking After Yourself Organ and Blood Donation Teenage Pregnancy Choices	Staying Safe Virtual Reality and Live Streaming Online Reputation and Digital Footprints Group Chats & Anti-Bullying	Sexual Health Peer-on-Peer Abuse Fertility and What Impacts it Alcohol, Parties & Bad Choices	Revision	

	their post 16 pathways as resilient, curious learners and well-rounded individuals.	Recruitment processes Apprenticeships explored Preparing for Work experience Professional conduct	Abortion Law, Morals and Ethics) Parenthood for Teenagers Testicular and Prostate Cancer Breast Cancer, Cervical Cancer & Screening Love & Abuse	Cosmetic & Aesthetic Procedures New Psychoactive Substances Festivals and Nitrous Oxide Substance Addiction	Importance of Sexual Health Revisiting STIs Revisiting Contraception Respect, Love and Relationships		
	Assessments:			Summative Assessment 1	Summative Assessment 2	GCSE exams begin	
	Extra-Curricular:						
	Assemblies	Sue Lambert Trust					
	Home Resources:	PSHE Team					