

Overview: Year 7

PSHE follows three strands:

Health and Wellbeing: Understanding how to look after your physical and mental health, keep yourself safe, and make choices that support your wellbeing.

Living in the Wider World: Learning about being part of society, including understanding money, work, and how to contribute positively to the world around you in modern Britain.

Relationships and Community: Learning about how to build and maintain safe, healthy, and positive relationships with others, including friends, family, and people in the community.

Relationships and Sex Education (RSE) is a statutory requirement as part of Relationships Education, where students learn about healthy relationships, consent, personal boundaries and how people grow and change, including understanding bodies, reproduction, and how to stay safe. Parents and carers have the right to request withdrawal from some or all of sex education taught as part of statutory RSE.

As a school, we are respectful and sensitive to the diverse cultures, beliefs and religions within our community when delivering PSHE and RSE.

<i>Autumn 1 2026</i>	<i>Autumn 2 2026</i>	<i>Spring 1 2027</i>
Content – Relationships and Community Themes: Transition, British Values, Protected characteristics: Diversity, prejudice, and bullying. <i>Fortnight 1: Transition to High School and the Importance of Kindness</i> <i>Fortnight 2: Prejudice, Discrimination and Protected Characteristics</i> <i>Fortnight 3: Friendship and Child-on-Child Abuse</i> <i>Fortnight 4: Friendship and Online Relationships</i>	Content – Health and Wellbeing Themes: Change management, Health, Healthy routines and Influences on health. <i>Fortnight 1: Managing Change</i> <i>Fortnight 2: Making Healthy Choices – Personal Hygiene</i> <i>Fortnight 3: Making healthy choices – Food and Sleep</i>	Content Health and Wellbeing Themes: Keeping Safe, Online Safety. <i>Fortnight 1: Personal Safety</i> <i>Fortnight 2: Fire and Water Safety</i> <i>Fortnight 3: Online Safety</i>

Year 7 BIG PICTURE 2026-27

Spring 2 2027	Summer 1 2027	Summer 2 2027
Content – Living in the Wider World Themes: Respect, independence and success. <i>Fortnight 1: Respectful Behaviours</i> <i>Fortnight 2: Becoming Independent in and outside of school</i> <i>Fortnight 3: The opportunities of the internet</i>	Content – Relationships and Community Themes: Puberty, building relationships, self-worth, romance, friendships and relationship boundaries. <i>Fortnight 1: Reproductive Systems and Consent (RSE)</i> <i>Fortnight 2: Developing Sexuality (RSE)</i> <i>Fortnight 3: Community and Identity</i>	Content – Living in the Wider World Themes: Careers, Ambitions, Life Skills <i>Fortnight 1: Ambitions and Goals</i> <i>Fortnight 2: Developing our Strengths and Interests.</i> <i>Fortnight 3: End of Year Quiz / Getting ready for Year 8</i> <i>Fortnight 4: Expressing Yourself</i>