

Overview: Year 11

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 British Values, rights, abuse, <i>consent and healthy relationships.</i> <i>Fortnight 1: Human Rights and Child-on-Child Abuse</i> <i>Fortnight 2: Gender Norms, Gender Identities and Gender-Based Violence</i> <i>Fortnight 3: Consent, Healthy Relationships, STIs (RSE)</i> <i>Fortnight 4: Online friendships and relationships</i>	Content – Health and Wellbeing Physical and mental health, grief and stress <i>Fortnight 1: Stress and Anxiety</i> <i>Fortnight 2: Understanding Grief</i> <i>Fortnight 3: Exercise and Healthy Diet</i>	Content Health and Wellbeing / Living in the Wider World PSHE SPR 1 <i>Keeping Safe, Online Safety, Managing money.</i> <i>Fortnight 1: Screen Addiction and Studying</i> <i>Fortnight 2: Appreciating Diversity</i> <i>Fortnight 3: Personal Safety</i>

Year 11 PSHE BIG PICTURE, 2026-27

Spring 2 2027	Summer 1 2027	Summer 2 2027
Content – Living in the Wider World Themes: Aspirations, careers and futures, money <i>Fortnight 1: Adulting , self worth and celebrating successes</i> <i>Fortnight 2: Rights and Responsibilities at Work</i> <i>Fortnight 3: How the Internet can Help Me Achieve my Goals</i>	Content – Exam Season GCSE Exams / Boosters / Interventions / Revision	Content – Exam Season GCSE Exams / Boosters / Interventions / Revision