

Overview: Year 11

PSHE follows three strands:

Living in the Wider World is a themed area of PSHE content described by the PSHE Association. This theme covers several areas which children and young people need to know, relating to respecting others, being a responsible and contributing citizen of their community, their country and the wider world.

Health and well being is a theme to developing knowledge, skills and attributes students need to keep themselves healthy and safe and prepare for life and work in modern Britain.

Relationships explores different areas in connection to recognising different relationships, building new relationships, and recognising if a relationship is healthy and positive for their wellbeing. **Relationships and Sex Education (RSE)** is a statutory requirement as part of Relationships Education, from which parents have a right to withdraw their child.

Autumn 1 2025	Autumn 2 2025	Spring 1 2026
<p>Content – Relationships / Health and Wellbeing</p> <p>PSHE – AUT 1 Mental Health</p> <p><i>Fortnight 1: Screen Addiction and Studying</i></p> <p>Fortnight 2: Consent and Healthy Relationships (RSE)</p> <p><i>Fortnight 3: Stress and Anxiety (Part 1)</i></p> <p><i>Fortnight 4: Stress and Anxiety (Part 2)</i></p>	<p>Content – Health and Wellbeing</p> <p>PSHE – AUT 2 British Values British Values, Protected Characteristics, respect, tolerance.</p> <p><i>Fortnight 1: Exercise and Healthy Diet</i></p> <p><i>Fortnight 2: Child-on-Child Abuse</i></p> <p><i>Fortnight 3: Human Rights and Online Bullying</i></p>	<p>Content Living in the Wider World / Health and Wellbeing</p> <p>PSHE SPR 1 Keeping Safe, Online Safety, Managing money.</p> <p><i>Fortnight 1: Identity and Mental Health</i></p> <p><i>Fortnight 2: Gender Norms and Gender Identities</i></p> <p><i>Fortnight 3: Appreciating Diversity</i></p>

Year 11 BIG PICTURE 2025-26

<p style="text-align: center;"><i>Spring 2</i> 2026</p>	<p style="text-align: center;"><i>Summer 1</i> 2026</p>	<p style="text-align: center;"><i>Summer 2</i> 2026</p>
<p>Content – Health and Wellbeing / Living in the Wider World</p> <p>PSHE – SPR 2 Theme: <i>Aspirations, careers and futures, money</i></p> <p><i>Fortnight 1: Understanding Grief</i></p> <p><i>Fortnight 2: Rights and Responsibilities at Work</i></p> <p><i>Fortnight 3: How the Internet can Help Me Achieve my Goals</i></p>	<p>Content – Exam Season</p> <p>GCSE Exams / Boosters / Interventions / Revision</p>	<p>Content – Exam Season</p> <p>GCSE Exams / Boosters / Interventions / Revision</p>