PSHE (Year 7)

Curriculum Map 2025-2026

HT 6 – Living in the wider world

HT 6 – Financial decision making

- Reserve Day
- Managing risk-taking behaviour
- Ethical Vs Unethical
- L4L Day 4
- Saving, Spending & Budgeting

HT 5 – Relationships

HT 5 – Building relationships

- Challenging media stereotypes
- Managing relationships
- Self-worth & Self efficacy

HT 4 – Health and Wellbeing

HT 4 – Health and puberty

- FGM
- Managing influences
- Healthy Routines & Sleep

HT 3 – Diversity

HT 3 – Relationships

- L4L Day 3 English Day
- Living in a diverse society
- Stereotypes and Prejudice
- Bullying

Year 7 - RSHE LFL

- Healthy relationships - conflict
- Changes in puberty
- Internet safety
- Mental wellbeing
- Diet and exercise

HT 2- Developing skills and aspiration

HT 2 – Living in the wider world

- Future career aspirations
- Equality of Opportunity
- L4L Day 2 RSHE
- Abilities & Qualities

HT 1 – Health and Wellbeing

HT 1 – Transition and safety

- Safety Strategies & First Aid
- LFL day 1 Equality and Diversity
- Study Skills
- Dealing with change & managing emotions
- Transition to secondary school