



PHSE Curriculum Overview 2024-25



Pathway : Skills for Life

Year/ Class	Autumn 1 4 Sep – 25 Oct	Autumn 2 4 Nov- 20 Dec	Spring 1 6 Jan- 14 Feb	Spring 2 24 Feb- 4 Apr	Summer 1 22 Apr- 23 May	Summer 2 2 June- 18 July
7	All about me		My family and friends		Healthy lifestyle – Hygiene	
8	<u>Healthy Lifestyles</u> Physical Health Mental Wellbeing		<u>Self-awareness</u> Respectful relationships- Anti-bullying		<u>RSE</u> Changing adolescent body- Private bodies	
9	Relationships My body and changes/Public & Private		Relationships Different non-romantic relationships/Romantic relationships		Relationships Sexual relationships and pregnancy	
10	Making healthy life style choices		My Family and Relationships		Healthy Eating Choices	
11	Family and friends How to resolve conflicts in a positive way.		Body awareness		A Healthy Lifestyle	
6 th form	Relationships – My body and changes		Relationships –Different relationships		Relationships – Masturbation Relationships – Sexual relationships and pregnancy	



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Pathway : Vocational

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7	All about me		My family and friends		Healthy lifestyle – Hygiene	
8	<u>Healthy Lifestyles</u> <u>Respectful relationships-</u> Healthy and unhealthy friendships	<u>Healthy Lifestyles</u> <u>Mental health and wellbeing</u> Identifying and talking about emotions sensitively / How to ask for help.	<u>Self-awareness</u> <u>Peer influence / Stereotypes & expectations</u>	<u>Self-awareness</u> <u>Healthy Intimate relationships expectations of gender roles,</u>	<u>Healthy Lifestyles</u> <u>Keeping active</u> Benefits of a balanced lifestyle <u>Substances- DAT</u>	<u>Employability skills/ work place skills</u> How to make a positive contribution in the community- volunteering
9	<u>Self-awareness</u> Personal safety	<u>Self-Awareness</u> <u>Caring friendships</u>	<u>Respectful relationships-</u> Different family relationships	<u>Changing and growing</u> <u>Healthy Intimate relationships expectations of gender roles, -</u>	<u>Healthy Lifestyles</u> <u>Keeping active</u> <u>Substances- DAT</u> <u>Healthy Lifestyles</u> <u>Physical activity and mental wellbeing,</u>	<u>Employability skills</u> Volunteering <u>Work place skills</u> Employability and online presence
10	<u>Healthy Lifestyles</u> Promoting self-esteem and coping with stress.	<u>Healthy Lifestyles</u> Developing strategies to manage	<u>Self-awareness</u> Developing empathy,	<u>Self-awareness</u> Developing self-confidence and self-worth: •	<u>Healthy Lifestyles</u> Developing assertive communication, risk management	<u>Employability skills</u> Developing goal setting

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		influence decision making:			• FGM and forced marriage	
11	Health & Wellbeing Health and safety in independent contexts managing risk in new situations	Healthy Lifestyles- Legal and illegal drugs Addiction.	Respectful relationships- Types of behaviour in relationships,	Communication in intimate and sexual relationships	Relationships - Families Different families and parental responsibilities,	Money management
PreVoc1 and PV2 and PV3	Health & Wellbeing Mental health and support Transition and new opportunities	Healthy Lifestyles- Making safe and healthy lifestyle choices	Respectful relationships Relationship values Maintaining sexual health	Developing empathy and compassion	Employability skills Developing resilience and risk management skills: Money management	Preparing for adulthood Skills for adult life Volunteering and employment