



KS3 and KS4 Curriculum Map

2025-2026

Topic	Year 7	Year 8	Topic	Year 9
Safeguarding and Intro	- Intro to PSHE	- Intro to PSHE	Safeguarding and Intro	- Intro to PSHE
Healthy Living/ Physical Health	- Healthy living: maintaining a balanced diet - Dangers of addiction: smoking/ vaping/ drugs - FGM	- Healthy lifestyles: taking responsibility for your health - Healthy lifestyles: exercising - Addictive substances: alcohol	Healthy Living/ Physical Health	- Healthy lifestyles: achieving balance - Healthy lifestyles: health services, self-examination and vaccination - Addictive substances: illegal drugs
Mental Health and Wellbeing	- What is mental health? - Social media and mental health	- How can we keep good mental health: anxiety and social anxiety - Talking about emotions	Mental Health and Wellbeing	- Developing coping strategies - Positive body image
Life Skills	- Dealing with bullies	- Keeping safe: knife crime (drop down day) - Social influence: young people and gangs	Life Skills	- Financial choices: budgeting, savings, debt - Gambling: the facts
Careers	- Who am I? - What is a career?	- What are my interests? - How to create a CV	Relationships	- Tackling peer pressure - Relationships and conflict - What is good communication
Online Safety	- Media Literacy: Staying safe online - Online Safety: understanding online risks (drop down day)	- Keeping safe online	Sexual Health	- Sex, relationships and the media - Consent and peer on peer abuse (drop down day)
Relationships	- Positive friendships and conflict resolution - Coping with change: bereavement	- What is sexting? - Spotting unhealthy and abusive relationships Keeping safe online	Online Safety	- Sex and consent online
Sexual Health	- Growing up: physical and mental changes - Understanding menstruation	- Consent: coercive relationships - Sexuality and Gender	Careers	- What comes after school? - Taking control of your career journey
Citizenship	- What is the central role of Government? - What is the Monarchy?	- What is Government? - What is Parliament?	Citizenship	- Voting and elections: how do they work? - Money: budgeting, etc.
Diversity/ Anti-racism	- What is diversity? - Equality Act	- Challenging gender stereotypes	Diversity/ Anti-racism	- Recognising and preventing discrimination



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Topic	Year 10		Year 11
Safeguarding and Intro	- Intro to PSHE	Safeguarding and Intro	- Intro to PSHE
Healthy Living/ Physical Health	- What is a healthy lifestyle? - What is blood organ and stem cell donation? - Alcohol risks: consequences and safety	Careers	- Careers Education
Sexual Health	- Contraceptives, practising safe sex and STI's (drop down day) - Understanding pregnancy - Sexual and gender identity	Healthy Living/ Physical Health	- Managing health: services and support - Illegal drugs: consequences and support
Relationships	- Impact of relationships - Changing relationships: managing your feelings - Navigating Social Influences and Pressure	Sexual Health	- Understanding Consent (online and off) (drop down day) - Pornography (drop down day) - Preventing and treating STI's
Mental Health and Wellbeing	- Body Image - Health related choices: aesthetic procedures	Relationships	- Conflict in relationships - Rights and responsibilities: Marriage and Civil Partnerships Mental health revisited
Life Skills	- Managing risk: unsafe emergency situations - First Aid	Mental Health and Wellbeing	- Mental Health revisited
Online Safety	- Protecting personal data	Life Skills	- Gambling risks: consequences and safety - Financial choices: managing finances in the world of work
Citizenship	- What is democracy? - Other electoral systems - Money: savings, pensions, etc.	Online Safety	- Misinformation and Extremism
Careers	- My Career Journey - Evaluate the term career - Creating my CV/ Interviews	Citizenship	- Free Press - Other forms of Government



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PSHE Days 2025 – 2026

Year 9 – TFL Sexual Harassment on Public Transport – 24th, 25th, 26th September 2025

Year 10 – Contraception and STI's – 22nd, 23rd, 24th October 2025

Year 11 – Consent (online and off) and Pornography – 25th, 26th, 27th November 2025

Year 8 Knife Crime – 10th, 11th, 12th December 2025

Year 7 Online Safety – 11th, 12th, 13th March 2026

Year 9 Consent and Peer on Peer Abuse – 25th, 26th, 27th March 2026