



KS3 and KS4 Curriculum Map

2026-2027

Topic	Year 7		Year 8	Topic	Year 9
Safeguarding and Intro	- Intro to PSHE	Safeguarding and Intro	- Intro to PSHE	Safeguarding and Intro	- Intro to PSHE
Relationships	- What makes a healthy relationship? - Coping with change: bereavement, divorce and separation	Healthy Living/ Physical Health	- 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: legal and illegal drugs
Life Skills	- Recognising and preventing bullying - Managing risk: traveling safely	Mental Health and Wellbeing	- How can we keep good mental health: anxiety and social anxiety - Talking about emotions	Mental Health and Wellbeing	- Developing coping strategies
Mental Health and Wellbeing	- What is mental health? - Social media and mental health	Relationships	- Spotting unhealthy and abusive relationships - Harmful Relationship behaviours	Life Skills	- Financial choices: budgeting, savings, debt - Gambling: the facts
Online Safety	- Media Literacy: Staying safe online - Understanding online risks (drop down day) - Media Literacy: becoming a responsible digital citizen	Online Safety	- Media Literacy: Interpreting information online - Deep fakes and AI (drop down day)	Relationships	- Social Influences:Tackling peer pressure - Relationships and conflict
Careers	- Who am I? - What is my dream job?	Life Skills	- Social influence: young people and gangs - Keeping safe: knife crime (drop down day)	Sexual Health	- Sex, relationships & media - Harmful sexual behaviours (drop down day) - Practicing Safe Sex
Healthy Living/ Physical Health	- Healthy living: maintaining a balanced diet - Smoking and Vaping: risks and consequences - FGM	Sexual Health	- Consent: what is it and why is it essential? - Sexuality and sexual orientation: an introduction	Online Safety	- Sex and consent online
Sexual Health	- Growing up: physical and mental changes - Understanding menstruation	Careers	- What are my interests? - What does success mean to me? - How to create a CV	Careers	- What are my skills? - What comes after school? The main learning pathways
Citizenship	- What is Citizenship? - How does local democracy work? - How can we manage money well?	Citizenship	- How is the law and how has it changed? - How does the political system work in the UK? - How can citizens bring about change?	Citizenship	- How is the UK governed? - Can digital democracy increase political participation? - How can young people play an active role in democracy?



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	- What Are my employability skills?
Sexual Health	- Sexual and gender identity - Understanding pregnancy - Contraceptives, practising safe sex and STI's (drop down day)	Healthy Living/ Physical Health	- Managing health: services and support - Illegal drugs: consequences and support - Managing our health: screening, prevention and medicines
Relationships	- Impact of relationships - Navigating Social Influences and Pressure - Recognising and challenging misogyny - Stalking, sexual harassment and reporting	Sexual Health	- Understanding Consent and Intimacy(drop down day) - Understanding Pornography (drop down day) - Preventing and treating STI's
Mental Health and Wellbeing	- Introduction to Body Image	Relationships	- Navigating changes in romantic relationships - Control, coercion and grooming
Life Skills	- Managing risk: unsafe emergency situations - Bullying Offline and Online	Mental Health and Wellbeing	- Mental Health: building resilience
Online Safety	- Protecting personal data - Staying safe online: AI, risks and critical thinking	Life Skills	- Gambling risks: consequences and safety - Financial choices: managing finances in the world of work
Careers	- My Career Journey - What type of career is best for me?	Online Safety	- Misinformation and Extremism - Staying safe online: harmful content and scams



KS3 and KS4 Curriculum Map

2026-2027

PSHE Days 2026-2027

Year 7 – Vaping

21st September 2026 (Lesson 1 LF, Lesson 2 GL and Lesson 3 GR)

Year 9 – TFL Safety on Public Transport

30th September, 1st and 14th October

Year 11 – Consent and harmful sexual behaviour

18th, 19th and 20th November 2026

Year 10 – STI's and Contraception

2nd, 3rd and 4th December 2026

Year 7 – Keeping safe online

13th, 14th and 15th January 2027

Year 8 – Recognising and reporting harmful content

10th, 11th and 12th February 2027

Year 8 – Knife Crime

3rd, 4th and 5th March 2027

Year 9 – Consent and Peer on Peer Abuse

17th, 18th and 19th March