



Thematic
PSHCE KS3-4
Overview

January 2025



Bridgewater School
WHERE INDIVIDUALS COUNT



Secondary PSHCE Education: Long Term Overview – Thematic Model

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	Transition & safety Transition to secondary school and personal safety in / outside school, including first aid	Developing skills & aspirations Careers, teamwork and enterprise skills, and raising aspirations	Diversity Diversity, prejudice and bullying	Health & puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Financial decision-making Saving, borrowing, budgeting and making financial choices
Year 8	Drugs & alcohol Healthy eating and too much sugar, vaping, alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Discrimination Discrimination in all its forms including: racism, religious and disability, sexism, homophobia, biphobia and transphobia, staying safe online from radicalisation and extremism	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness and substance misuse	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Employability skills Employability and online presence
Year 10	Mental health Mental health and ill health, stigma, safeguarding health, including during period of transition or change	Financial decision-making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Healthy relationships Relationships and sex expectations, pleasure and challenges, including the impact of media and pornography	Exploring influence The influence and impact of drugs, gangs, role models and the media	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Work experience Preparation for and evaluation of work experience and readiness for work
Year 11	Building for the future Self-efficacy, stress management and responsible health choices	Financial decision-making Saving, borrowing, budgeting and making financial choices	Communication in relationships Personal values, assertive communication (sexual health / contraception), relationship challenges and abuse	Independence Responsible health choices and safety in independent contexts	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage, and changing relationships	