



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 Citizenship	Summer 2 Relationships
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	Managing budgets and political parties. The operation of Parliament, including voting and elections, and the role of political parties and uses of money, the importance and practice of budgeting, and managing risk.	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries
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	Debating and evaluating viewpoints. The nature of laws, the role of MPs and Parliament. The role of the police, operations of courts and the Justice system.	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception
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	Debating and evaluating viewpoints. The nature of laws, the role of MPs and Parliament. The role of the police, operations of courts and the Justice system.	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes
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.	Global citizenship Democratic and non-democratic systems. Different electoral systems used in and beyond the UK. How the laws help deal with complex problems.	Addressing extremism and radicalisation Communities, belonging and challenging extremism

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.	Voting Actions citizens take in democratic elections. The different roles of the executive legislature and judiciary and free press.	
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