

Holbrook Academy : PSHE Curriculum Map (incorporating RSE)

YEAR GROUP	TERM	TOPIC/THEME DETAILS
7	Autumn 1	<ul style="list-style-type: none"> • Transition to secondary school • Healthy eating • Physical health and fitness
7	Autumn 2	<ul style="list-style-type: none"> • Health prevention: dental health • Managing friendships both on-and off-line
7	Spring 1	<ul style="list-style-type: none"> • Respectful relationships • Challenging stereotypes
7	Spring 2	<ul style="list-style-type: none"> • Drug awareness: caffeine and nicotine • Financial Education: the risks associated with gaming and gambling (YGAM)
7	Summer 1	<ul style="list-style-type: none"> • Changes in the adolescent body in puberty • Fertility (Taught alongside Science) • Menstrual wellbeing
7	Summer 2	<ul style="list-style-type: none"> • Self-esteem and body image • FGM
8	Autumn 1	<ul style="list-style-type: none"> • Physical health and mental wellbeing: Attitudes to mental health • Digital resilience
8	Autumn 2	<ul style="list-style-type: none"> • Diversity and equality • Tackling discrimination & promoting human rights.
8	Spring 1	<ul style="list-style-type: none"> • Drug awareness: alcohol • Online and media: risks of sharing compromising images # • Introduction to contraception
8	Spring 2	<ul style="list-style-type: none"> • St John's ambulance basic first aid course • Introduction to consent.
8	Summer 1	<ul style="list-style-type: none"> • Financial education: financial planning (YGAM) • Careers education: Introduction to Kudos
8	Summer 2	<ul style="list-style-type: none"> • Introduction to contraception and choices about intimate relationships • Personal safety – roads & rivers.

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9	Autumn 1	<ul style="list-style-type: none"> Physical health and mental wellbeing: exploring healthy and unhealthy coping strategies including the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness. Change, loss and grief Health and prevention: sleep
9	Autumn 2	<ul style="list-style-type: none"> Risk of gang culture and county lines
9	Spring 1	<ul style="list-style-type: none"> Understanding careers and future aspirations. Looking at strengths and goal setting – linked to option choices. Managing conflict & tackling homophobia, transphobia and sexism.
9	Spring 2	<ul style="list-style-type: none"> Drug awareness: class A, B and C drugs
9	Summer 1	<ul style="list-style-type: none"> Drug awareness: Vaping Being safe: avoiding assumptions in sexual relationships, freedom and capacity to consent
9	Summer 2	<ul style="list-style-type: none"> Financial education: Barclays life skills money management Respectful relationships, including friendships: The legal rights and responsibilities regarding equality (particularly with reference to the protected characteristics as defined in the Equality Act 2010)
10	Autumn 1	<ul style="list-style-type: none"> Mental wellbeing: responding the change to key stage 4, thinking patterns, common mental health conditions Physical health: lifestyles and wellbeing
10	Autumn 2	<ul style="list-style-type: none"> Physical health: managing influences of lifestyle decisions Financial education: Barclays life skills money management
10	Spring 1	<ul style="list-style-type: none"> Health and prevention: the benefits of regular self-examination and screening - testicular cancer, breast cancer Preparation for work experience
10	Spring 2	<ul style="list-style-type: none"> Families: understanding different families and parenting skills Role models (through the lens of knife crime)
10	Summer 1	<ul style="list-style-type: none"> Online and Media, Intimate and sexual relationships: Pornography, pressure, persuasion and coercion

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YEAR GROUP	TERM	TOPIC/THEME DETAILS
10	Summer 2	<ul style="list-style-type: none"> Intimate and sexual relationships: Contraception, fertility and parenthood
11	Autumn 1	<ul style="list-style-type: none"> Coping with change, loss, bereavement and grief Promoting self-esteem and coping with stress Revision skills
11	Autumn 2	<ul style="list-style-type: none"> Post-16 choices: what is out there and how to apply Basic first aid: recap life-saving skills, basic treatment for common injuries
11	Spring 1	<ul style="list-style-type: none"> Skills for employment & career progression, including CV writing and interview skills Record of Achievement preparation Personal values and assertive communication in relationships
11	Spring 2	<ul style="list-style-type: none"> Blood, organ and stem cell donation Personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics How to be safe and make positive choices when living independently including post 16 finances
11	Summer 1 + June	<ul style="list-style-type: none"> Record of Achievement preparation The facts and science relating to immunisation and vaccination