PSHE and RSE Secondary Curriculum Map 2026 - 2027 (PSHE Association Thematic Model)

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme	**Health and Wellbeing**	**Living in Wider World**	**Relationships**	**Health and Wellbeing**	**Relationships**	**Living in Wider World**
Year 7	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*
	Transition and Safety: Transition to secondary school and personal safety in and outside school, including first aid.	**Developing skills and aspirations:** Careers, teamwork and enterprise skills and raising aspirations.	**Diversity:** Diversity, prejudice and bullying.	**Health and 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	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*
	Drugs and alcohol: 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 discrimination, disability , discrimination, sexism, homophobia.	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 Follow ASDAN Short Course. Also use PSHE Association for additional resources	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*
	ASDAN Short Course: (See PSHE ASDAN Curr Map)	ASDAN Short Course: (See PSHE ASDAN Curr Map)	ASDAN Short Course: (See PSHE ASDAN Curr Map)	ASDAN Short Course: (See PSHE ASDAN Curr Map)	ASDAN Short Course: (See PSHE ASDAN Curr Map)	ASDAN Short Course: (See PSHE ASDAN Curr Map)
	Peer Influence, substance use and gangs: Healthy and unhealthy friendship, assertiveness	Setting Goals: Learning strengths, careers options and goal setting as part of the GCSE / BTEC options process	Respectful relationships: Families and parenting, healthy relationships, conflict resolution, and relationship changes.	Healthy Lifestyle: Diet, exercise, lifestyle balance and healthy choices, and first aid.	Intimate relationships: Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography.	Employability Skills: Employability and online presence
Year 10 Follow ASDAN Short Course. Also use PSHE Association for additional resources	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*
	Mental Health: Mental health and ill health, stigma, safeguarding health, including during periods of transition or change.	Financial decision making: The impact of financial decision, debt, gambling & the impact of advertising on financial choices.	Healthy relationships: Relationship 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 the evaluation of work experience and readiness for work.
Year 11	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*	*1 lesson Mental Health (See MH Curr. Map)*
	Building for the future: Self-efficacy, stress management, and future opportunities.	Next Steps: Application process and skills for further education, employment and career progression.	Communication in relationships: Personal values, assertive communication (including in relation to contraception and sexual health) , 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.	

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Click on Thematic Model – this will take you to PSHE Association Planning overview.