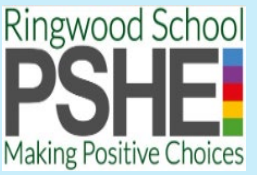


## Ringwood School PSHE Curriculum Overview 2025/2026

|                   | Autumn 1   | Autumn 2  | Spring 1  | Spring 2  | Summer 1   | Summer 2   | Off timetable event       |
|-------------------|--|---|---|---|--|--|---------------------------|
| Year 11<br>Year 7 | <b>Transition and Safety</b><br>Starting secondary school<br>Friendship and respect<br>Road safety               | <b>Health and Wellbeing</b><br>Puberty<br>Healthy routines<br>Influences on health  | <b>Diversity and Community</b><br>Citizenship<br>Rules and Responsibilities                             | <b>Developing Skills and Aspirations</b><br>Personal skills and qualities<br>Teamwork<br>Career aspirations | <b>Personal Safety</b><br>Rail and water safety<br>First Aid<br>Responding in an emergency       | <b>Personal Finance</b><br>Saving and borrowing<br>Budgeting<br>Making financial choices | 14 <sup>th</sup> October  |
| Year 8            | <b>Discrimination</b><br>Protected characteristic<br>British Values<br>Respect and anti-bullying                 | <b>Law and Safety</b><br>Crime and consequence<br>Peer influence<br>Careers in health and safety                          | <b>Digital Literacy</b><br>Fake news<br>Artificial intelligence<br>Managing screen time                 | <b>Healthy Living</b><br>Smoking and vaping<br>Alcohol misuse<br>Healthy diet                               | <b>Financial Decision Making</b><br>Gaming and gambling<br>Understanding risk<br>Budget and debt | <b>Emotional Wellbeing</b><br>Managing emotions<br>Body image and confidence             | 11 <sup>th</sup> November |
| Year 9            | <b>Healthy Lifestyle</b><br>Oral hygiene<br>Diet and exercise<br>Sleep and screen time                           | <b>Citizenship and Community</b><br>Global citizenship<br>Sustainability<br>Volunteering                                  | <b>Peer Influence</b><br>Knife crime<br>Gang culture<br>Alcohol misuse                                  | <b>Career Aspiration</b><br>Learning strengths<br>Transferrable skills<br>GCSE options process              | <b>Respectful Relationships</b><br>Anti-bullying<br>Online safety<br>Consent and boundaries      | <b>Rights of the Child</b><br>Human rights<br>Gender equality<br>FGM                     | 4 <sup>th</sup> March     |
| Year 10           | <b>Personal Finance</b><br>Budget and debt<br>Scams and fraud<br>Financial footprint                             | <b>Diversity</b><br>British Values<br>Discrimination<br>Neurodiversity  | <b>Personal Safety</b><br>First Aid<br>Responding in an emergency                                       | <b>Extremism and Radicalisation</b><br>What is a crime<br>Communities and belonging<br>Expressing our views | <b>Personal Skills</b><br>CV writing<br>Employability skills<br>Interview skills                 | <b>Health and Wellbeing</b><br>Substance misuse<br>Accessing support<br>Healthy choices  |                           |
|                   | <b>Digital Literacy</b><br>Artificial intelligence<br>Scams and fraud<br>Pornography and sharing personal images | <b>Self Care</b><br>Blood and organ donation<br>Cosmetic and aesthetic procedures<br>Self screening and accessing support | <b>Respectful Relationships</b><br>Families and parenting skills<br>Adoption and fostering<br>Fertility | <b>Health and Wellbeing</b><br>Contraception<br>Healthy relationships<br>Positive coping strategies         | <b>Personal Safety</b><br>Reporting a crime<br>Risk and consequence<br>Understanding the Law     |     |                           |