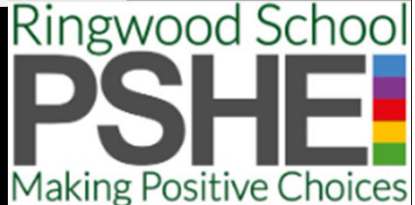


Ringwood School PSHE Curriculum Overview 2026/2027

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Off Timetable Event
Year 7	Emotional wellbeing: managing change and transition Rules and goals Emotions and distractions Positive thoughts	Friendship and bullying Hemisphere training Friendship and empathy Coercive friendships	Puberty and keeping safe Puberty and emotional changes Menstrual wellbeing and testicular health Making disclosures	Families and changing relationships Understanding changing relationships Managing change and loss Family Courts	Influences on relationships Healthy relationships Consent Relationships towards media	Financial decisions Spending decisions Getting a job and inflation Budgeting	10th November
Year 8	Health and wellbeing Dental health Sleep habits Climate change and wellbeing	Personal safety and managing risk Hemisphere training Firework safety Staying safe on the roads	Belonging and community Identity and community Discrimination and protected characteristics Values and constrictive disagreement	The online world Phones and financial risk Seeking help and support Online influence	Healthy and unhealthy relationships Sexualised media Safe online relationships Self generated intimate images	Managing money Opening a bank account Understanding a statement Managing debt	12th October
Year 9	Mental health and wellbeing Emotions and distractions Disappointments Influences and self expression	Careers and future choices Hemisphere training Exploring career interests Managing online reputation	Drug education Vaping The law and managing risk Managing influence	Intimate sexual relationships Avoiding assumptions Freedom to consent Managing the end of relationships	Managing risk in relation to the law Organised crime Cybercrime Run hide tell	Navigating online harms Self generated intimate images Deepfakes FGM	1st March
Year 10	Independence, health choices and wellbeing Informed choices and study skills Wellbeing of women Wellbeing of men	Navigating the online world Hemisphere training Affects of AI Deepfakes and Self generated intimate images	Friendship, diversity and challenging extremism Reacting to bullying Valuing diversity Understanding extremism	Managing influence Influence of money Impact of misogyny Gambling	Exploring consent and recognising abuse Role of intimacy FGM & forced marriage Relationship rights	Drugs and personal safety Assessing risk Managing influence Supporting peers	
Year 11	Study, work and careers Writing a CV Mapping a career path Identifying career preferences	Life-long wellbeing Hemisphere training Managing thinking habits and distractions Managing grief and loss	Safe relationships and sexual health Healthy and unhealthy relationships Setting boundaries Relationship behaviours	Families, fertility and sexual health pregnancy Long term commitments Fertility routes Pregnancy	Online financial harms Managing money online Controlled online spending Anti-fraud education		

This is based largely on the curriculum model from the PSHE association but with some minor changes.

These changes have been made following staff voice and feedback from the 2025–26 academic year, ensuring sequencing better reflects student need and classroom experience.

- Year 7 (Spring 1 & 2)
 - Puberty and keeping safe have been brought forward to provide earlier, relevant guidance as students transition into secondary school.
- Year 9 (Spring 2 & Summer 1)
 - Content has been re-sequenced to align with an off-timetable sexual health event, strengthening the impact of both elements.
- FGM (Moved to Year 9)
 - Relocated from Year 7 to Year 9 to ensure greater maturity and understanding when addressing this sensitive topic.
- Year 10 (Drugs & Personal Safety)
 - Brought forward from Year 11 to Summer 2, so students receive timely risk-awareness input ahead of the summer period.
- Work & Careers Education
 - Moved to Year 11 Autumn 1, enabling students to apply work experience learning directly to CV writing and next steps.
- Year 11 (Lifelong Wellbeing)
 - Shifted to Autumn 2 to support students during the mock exam period, with a focus on managing wellbeing and stress.

KS4

Year group	Subject	Taught additionally
11+10	Mental health & wellbeing throughout life	CCR Children's mental health week
11	Healthy & unhealthy relationships	ENGLISH Inspector Calls
11	Choices related to sex and contraception	SCIENCE Year 11
11	Sexual health	SCIENCE Year 10
10	Making decisions about being active	PE SCIENCE Year 10
10	Blood, organ and stem cell donation	SCIENCE Year 10
10	Exploring donation	SCIENCE Year 11
10	Relationship rights and reporting abuse	ENGLISH, Inspector Calls
10	Safely challenging misogynistic beliefs and attitudes	Prevent

KS3

Year group	Subject	Taught additionally
9+8+7	Mental health & wellbeing throughout life	CCR Children's mental health week
9	Healthy & unhealthy coping strategies	DRAMA Year 9 term 1&2
9	Alcohol	SCIENCE Year 8
9	Tackling deepfakes	ICT Misinformation
8	Making healthier choices	Food & Nutrition Year 7&8 SCIENCE Year 7
8	Being active	PE
8	Water safety	PE year 7&8 CCR Drowning Prevention Week
8	Tobacco and nicotine	SCIENCE Year 8
8	Alcohol and risk	DRAMA Years 7&8&9
8	Healthy relationships	DRAMA Year 7 ENGLISH Romeo and Juliet
8	Consent	DRAMA Year 9

KS3

Year group	Subject	Taught additionally
7	Bullying	CCR Anti-bullying week DRAMA Year 9 IT Year 7
7	Coercive friendships	DRAMA Year 7 Peer pressure