Curriculum Mapping in PSHCE

KS2 (Years 5–6)

Pupils will follow the Jigsaw scheme of work which brings together PSHE Education, emotional literacy, social skills and spiritual development in a comprehensive manner. Teaching strategies are varied and are mindful of preferred learning styles and the need for differentiation.

Year	Term	Content	Key Skills	Vocabulary
Year 5	Autumn	Aiming High	• Setting personal goals • Growth mindset • Teamwork	dream, hope, goal, personal, realistic, achievement, unrealistic, success, suffering, concern, hardship, global.
Year 5	Spring	Living in the British Isles	• Understanding democracy • Respect for diversity • Critical thinking	Democracy, respect, diversity, Britain,
Year 5	Summer	Diverse Britain & Money Matters	• Financial literacy • Decision-making • Maintaining friendships	Money, employment, wages, bank account, debit, credit, interest,
Year 6	Autumn	Being Me in My World Celebrating difference	• The year ahead • Being a global citizen • Consequences • Understanding disability • Friendships • Celebrating difference	goals, values, fears, worries, welcome, Ghana, West Africa, machete, cocoa plantation, cocoa pods, empathy, obstacles
Year 6	Spring	Dreams and Goals Healthy Me	• Personal goals • Dreams for the world • Food • Drugs and alcohol • First aid • Emotional and mental health	Mood, energy, balanced diet, drugs, effects, motivation, legal, illegal, prescription, physiological, psychological, volatile.
Year 6	Summer	Relationships Changing me	• Mental health • Love and loss • Healthy relationships • Healthy online relationships • Self-image • Puberty • Having a baby • Relationships	mental health, stress, anxiety, support, worried, emotions, feelings, sadness, grief, anger, strategies, bullying, communication, technology, safe

KS3 (Years 7–9) The PSHE course follows Hodder Education's Boost package. Pupils will develop the knowledge, skills and attributes they need to keep themselves healthy and safe and prepare for life and work in modern Britain.

Year	Term	Content	Key Skills	Vocabulary
Year 7	Autumn	Identity, Emotional Wellbeing & Mental Health, Communities	• How is Year 7 different? • Who am I? • What does family mean? • How do I contribute to family life? • What are emotional wellbeing & mental health? • What is resilience? • Understanding our communities • Difference • Values	Values, similarities, discrimination, race, consensual ability, disability, sex/gender, sexual orientation, stereotyping, prejudice, bigotry,
Year 7	Spring	Healthy Lifestyle, Risk & Safety, Relationships	• What do we need to keep healthy? • Understanding healthy eating • What do we mean by risk? • How do we manage risky situations? • Being assertive and dealing with pressure • Bullying • Different types of relationships • Healthy relationships	Abuse, harassment, risk, evaluate, assertive, pressure, knife-crime, gangs, gambling, criminal, coercive, CPR
Year 7	Summer	Growing Up, Relationships & Sex, Sexuality & Sexual Health, Alcohol, Tobacco & other Drugs	• What happens at puberty? • Conception, pregnancy and birth • Why am I feeling like this? • Pantosaurus • Drugs - an introduction • Drugs and the law	emotions, checklist, worries, secondary school, form tutor, punctual, puberty, menstruation, adolescent, hygiene.
Year 8	Autumn	Identity, Emotional Wellbeing & Mental Health, Communities	• Gender identity • Stereotypes • Feelings and how to manage them • What impacts on emotional wellbeing? • How do I cope with loss and bereavement? How can we value each other?	MIND, resilience, mental health, emotions, wellbeing, body image, bereavement, death, voluntary, depression, stress, anxiety.

			• What makes a successful community? • What can cause problems in communities?	
Year 8	Spring	Healthy Lifestyle, Risk & Safety, Relationships	• Exercise • Things that support our health • Gambling • Gangs and knife crime • Communication skills • Is commitment important in relationships? • Abuse in relationships • Choices around sex • Pornography & sexting	Abuse, harassment, risk, evaluate, assertive, pressure, knife-crime, gangs, gambling, criminal, coercive, CPR
Year 8	Summer	Relationships & Sex, Sexuality & Sexual Health, Alcohol, Tobacco & other Drugs	• Menstrual wellbeing • Personal hygiene • Why are friends important? • Alcohol • Smoking	Drug, legal, illegal, Misuse of Drugs Act, prescribed, controlled, possession, tar, nicotine, carbon monoxide, dependency, addiction
Year 9	Autumn	Identity, Emotional Wellbeing & Mental Health, Communities	• Faiths and values • How am I doing? • What are my rights and responsibilities? • Recognising the signs of poor mental health • Ways to look after emotional wellbeing • Who can help? • Hate crime and radicalisation • How can I contribute to my community? • What do voluntary agencies do? • How can we challenge prejudice and discrimination?	Trust, respect, difference, Equality Act 2010, tolerance, tension, successful, Human Rights, mediation, radicalisation, hate crime, agency.
Year 9	Spring	Healthy Lifestyle, Risk & Safety, Relationships	• When things go wrong with our health • FGM (female genital mutilation) • First Aid and CPR • Who can help?	Oral, cardio-vascular, bacteria, virus, antibiotics, healthy eating, tooth decay, cancer, screening, immunisation, stem cell, defibrillator.

Year 9	Summer	Sex, Sexuality & Sexual Health, Alcohol, Tobacco & other Drugs, Planning for the Future	• Sex and the law • Contraception • STIs • Impact of drug taking • Managing situations involving drugs • Aspirations • Future plans • Personal brand • Opportunities • Improving my prospects	Aspirations, job, career, personal brand, opportunities, prospects, motivation, pregnancy, birth, fertility, conception, reproduction.

KS4 (Years 10–11) Complete your 100% coursework ASDAN course in PSHE. This flexible, multi-level programme is internally moderated and accredits 10-60 hours of activities. It can count as up to 3 of the credits needed to achieve the Personal Development Programmes, up to 6 of the credits needed to achieve CoPE (Certificate of Personal Effectiveness) and offers progression to AoPE (Award of Personal Effectiveness) and Wider Key Skills.

Year	Term	Content	Key Skills	Vocab/ trips
Year 10	Autumn	Keeping Safe & Healthy, Alcohol, Tobacco & Drugs, Social Media, Respectful Relationships	• Lifestyle Choices • Health services available to young people • Emotional & mental health • Self-screening & examination • Reproductive health • Endometriosis and Polycystic Ovary Syndrome (PCOS). • Health promotion campaigns • Gillick competence • Weapons and gangs • Cybercrime • Personal Safety • Substance misuse • Trust and mutual support • Suspicion, intolerance and xenophobia	Hygiene, disease, sewage, legal highs, suicide, gangs, NHS, skin cancer, Change 4 Life, nationality, race, suspicion
Year 10	Spring	Social Networking, Careers & Your Future, Emotional Wellbeing, Depression / Mental Illness, Work Life Balance, First Aid	• Extreme viewpoints, including the harmful influence of pornography, deepfakes, sextortion, misogyny, and other online scams • How personal data is gathered and stored • Strategies to critically assess bias, reliability, and accuracy in digital content	**Visit from Resolve Drugs Charity,** employer, employee, renting, rights, responsibilities, work-life balance, infringed, application, CV,

			• Extremism and intolerance • AI chatbots and how they work • Goal setting • Future career choices • Opportunities for career progression • Rights and responsibilities at work • Confidentiality in the workplace, when it should be kept and when it might need to be broken • The unacceptability and illegality of discrimination and harassment in the workplace and how to challenge it • How to write a CV • Understand a broad range of strategies – cognitive and practical – for promoting their own emotional wellbeing, for avoiding negative thinking and for ways of managing mental health concerns.	misconception, depression, vulnerable
Year 10	Summer	Families and Parenting, Adoption and Fostering, Parenting Skills, Disciplining Children, Things to buy for a baby, Lifestyle Choices in Pregnancy, Financial Choices, Money in the Wider World, Personal Budget, Credit and Debt, Pensions, ethical Consumerism	• The characteristics and benefits of strong, positive relationships • The legal rights, responsibilities and protections provided by the Equality Act 2010 • Support for relationships including those experiencing difficulties • Miscarriage • Unplanned pregnancies • How to effectively budget, including the benefits of saving • Recognising the opportunities and challenges involved in taking financial risks. • Financial exploitation, gambling and consumer rights	Role, budget, second-hand, lifestyle choices, foetus, adoption punishment, discipline, adoption, pension, national insurance
Year 11	Autumn	Continuation of Financial Choices, if necessary, Social Networking, Careers and your future, Families and Parenting	• The positive and negative impacts of social media on young people's self-esteem. • Advice and sources of support for people who feel that their self-esteem is low because of using social media. • Personal Brand • The main differences between different forms of relationships (e.g. marriage, civil partnership, cohabiting – common-law partnership, unregistered marriage) • 'Common-law' partnerships rights • Forced marriage • Changes in relationships over time	Minimum wage, gross pay, net pay, pro rata, income tax, salary package, pension, shares, ethical consumerism.
Year 11	Spring	Contraception and Sexual Health including advice, STIs, Pregnancy, Abusive Relationships, Teenage Relationship Issues,	• Overcoming barriers, including embarrassment and misconceptions, sexual health and the use of sexual health services.	Lesbian, gay, bisexual, trangender, unisex, abstinence, promise rings, sterilisation, vasectomy,

		CSE (Child Sexual exploitation), FGM (Female Genital Mutilation)	• The possibility of miscarriage and support available to people who cannot conceive or maintain a pregnancy • Understand choices and support available in the event of an unplanned pregnancy, and how to access appropriate help and advice. • Consent and boundaries in relationships • Understanding & resisting • pressure • Increasing safety in public spaces • Trusting their instincts • Sexual harassment and violence • Domestic abuse • Fixated, obsessive, unwanted and • repeated behaviours • Strangulation and suffocation • Pornography • Warning signs of CSE and FGM • Misogyny	coil/IUD, combined pill, femidom.
Year 11	Summer	Completion of ASDAN Portfolio Tasks	• Pupils to complete any outstanding portfolio tasks	