

The Quality of Education:  
**Personal, Social, Health and Economic Education -  
Curriculum Map**

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**St Christopher's:**  
A Church of England Academy

# Personal, Social, Health and Economic Education - Curriculum Map

## Key Stage 3:

Pupils in Years 7 – 11 have one timetabled lesson of PSHEE per fortnight.

## Core Themes:

Health & Well being	Relationships	Living in the Wilder World
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Year	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
7	<ul style="list-style-type: none"> <li>Transition; Dealing with Change</li> <li>Travel Safety</li> <li>British Values – Political Literacy</li> </ul>	<ul style="list-style-type: none"> <li>Attitudes to Mental Health</li> <li>Promoting Emotional Wellbeing</li> <li>Digital Resilience</li> </ul>	<ul style="list-style-type: none"> <li>Making Choices about Diet &amp; Exercise</li> <li>Maintaining Physical Health</li> <li>Basic Life Support</li> </ul>	<ul style="list-style-type: none"> <li>Changing Body; Puberty</li> </ul>	<ul style="list-style-type: none"> <li>Drugs Education; Caffeine, Tobacco, Alcohol</li> </ul>	<ul style="list-style-type: none"> <li>Drugs Education; Vaping</li> <li>Assessment; Year 7 Survival Guides</li> </ul>
8	<ul style="list-style-type: none"> <li>Media Literacy; Reliable Sources</li> <li>Facts, Opinions and Bias</li> <li>Targeted Advertising and Information</li> </ul>	<ul style="list-style-type: none"> <li>BBFC; Deciding what to watch</li> <li>Relationships in the Media</li> <li>Managing Challenging Content</li> </ul>	<ul style="list-style-type: none"> <li>Children’s Rights, Rights and Responsibilities, Unicef</li> </ul>	<ul style="list-style-type: none"> <li>Criminal Justice System, Citizenship (class debates)</li> </ul>	<ul style="list-style-type: none"> <li>My Dream Life – Planning for the Future</li> </ul>	<ul style="list-style-type: none"> <li>Money and Finance, Budgeting</li> </ul>
9	<ul style="list-style-type: none"> <li>Identity &amp; Community</li> <li>Stereotypes</li> <li>Discrimination</li> </ul>	<ul style="list-style-type: none"> <li>Values &amp; Constructive Disagreement</li> <li>Diverse &amp; Supportive Communities</li> <li>Racism</li> </ul>	<ul style="list-style-type: none"> <li>Options Choices</li> <li>Dealing with Change</li> </ul>	<ul style="list-style-type: none"> <li>Healthy &amp; Unhealthy Coping Strategies</li> <li>Puberty Recap</li> </ul>	<ul style="list-style-type: none"> <li>Respectful Relationships</li> <li>Consent</li> <li>Sexual Health</li> </ul>	<ul style="list-style-type: none"> <li>Contraception</li> <li>Managing the ending of relationship</li> </ul>

## Key Stage 4:

Year	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6
10	<ul style="list-style-type: none"> <li>Healthy Lifestyles; Drug &amp; Alcohol Education</li> </ul>	<ul style="list-style-type: none"> <li>Knife Crime</li> <li>County Lines</li> </ul>	<ul style="list-style-type: none"> <li>Work Experience Preparation; Interview Technique, Health &amp; Safety in the Workplace</li> </ul>	<ul style="list-style-type: none"> <li>Record of Achievement;</li> <li>Personal Statements</li> </ul>	<ul style="list-style-type: none"> <li>First Aid; Bleeding</li> <li>Allergies and Asthma</li> <li>Choking and Head Injuries</li> </ul>	<ul style="list-style-type: none"> <li>New Challenges</li> <li>Reframing Negative Thinking</li> <li>Recognising mental ill health and when to get help</li> </ul>
11	<ul style="list-style-type: none"> <li>Post-16 Employability Applications</li> <li>Interview Preparation</li> </ul>	<ul style="list-style-type: none"> <li>Record of Achievement; CVs &amp; Personal Statements</li> <li>Dealing with Change; Transition</li> </ul>	<ul style="list-style-type: none"> <li>Revision Technique</li> <li>Rise Above Exam Stress</li> </ul>	<ul style="list-style-type: none"> <li>Change, Loss, Grief</li> <li>Promoting Emotional Wellbeing</li> <li>Gambling</li> </ul>	<ul style="list-style-type: none"> <li>Conflict &amp; Commitment in Relationships</li> <li>Sexual Health, Fertility, Pregnancy</li> </ul>	

## Key Stage 5: Year 12

In the Sixth Form, PSHEE is delivered during tutorial time.

Year	Half-term 1	Half-term 2	Half-term 3	Half-term 4	Half-term 5	Half-term 6	
12	<ul style="list-style-type: none"> <li>• Enrichment Choices</li> <li>• Developing a Positive Mindset</li> <li>• Building Confidence</li> <li>• We Are What We Do</li> </ul>	<ul style="list-style-type: none"> <li>• Creating New Habits</li> <li>• Mental Health and Self-care</li> <li>• Alcohol and Drugs</li> <li>• Sexual Health</li> </ul>	<ul style="list-style-type: none"> <li>• New Year Resolutions</li> <li>• Sleep Problems</li> <li>• Online Safety</li> <li>• Cyber-bullying</li> <li>• Revision Technique</li> </ul>	<ul style="list-style-type: none"> <li>• Next Steps</li> <li>• Mental Health and Self-care</li> </ul>	<ul style="list-style-type: none"> <li>• Reflection</li> <li>• Coping with Exam Stress</li> <li>• Safe Drive; Stay Alive</li> </ul>	<ul style="list-style-type: none"> <li>• Personal Statements</li> <li>• Work Experience</li> <li>• Mental Health Awareness</li> </ul>	
13	<ul style="list-style-type: none"> <li>• Personal Statements</li> <li>• Building Confidence</li> <li>• We Are What We Do</li> </ul>	<ul style="list-style-type: none"> <li>• Reflection and Target Setting</li> <li>• Student Finance</li> <li>• Alcohol and Drugs</li> <li>• Sexual Health</li> </ul>	<ul style="list-style-type: none"> <li>• Reflection and Target Setting</li> <li>• Student Finance</li> <li>• Sleep Problems</li> </ul>	<ul style="list-style-type: none"> <li>• Budgeting and Debt Management</li> <li>• Coping with Exam Stress</li> <li>• The Effects of Social Media</li> </ul>	<ul style="list-style-type: none"> <li>• Student Voice</li> <li>• Mental Health Awareness</li> </ul>	/	