



PSHE Overview by Year Group 2025-26

Key Stage 3

Year 7

Term	Week	Date	Theme	Topic
Autumn 1	1	04/09/2025	Transition	Welcome to the Ursuline Community Letter to your future self in year 11 & Letter to my form tutor
	2	11/09/2025		Managing Change
	3	18/09/2025		Resilience Building
	4	25/09/2025		Wellbeing- All about feelings
	5	02/10/2025		Healthy Eating
	6	09/10/2025		Peer Pressure - Back me Up
	7	16/10/2025		Mental Health & Wellbeing
	8	23/10/2025		Self Respect & Respect for Others
Autumn 2	9	06/11/2025	Relationships	TenTen: session 2 - Changing Bodies
	10	13/11/2025		TenTen: session 3 - Healthy Inside and Out
	11	20/11/2025		TenTen: session 4 - Where Do We Come From?
	12	27/11/2025		TenTen: session 5 - Family and Friends
	13	04/12/2025		TenTen: session 6 - My Life on Screen
	14	11/12/2025		TenTen: session 7 - Living Responsibly
	15	18/12/2025		Christmas activities
	16	08/01/2026	Relationships & Personal Safety	TenTen: Cinema In Education - Session 1: Facts of Life
Spring 1	17	15/01/2026		TenTen: Cinema In Education - Session 2: Seeking and Offering Support
	18	22/01/2026		TenTen: Cinema In Education - Session 3: Looking in the Mirror
	19	29/01/2026		Keeping safe in our community
	20	05/02/2026		Road Safety
	21	12/02/2026		Managing Risk: looking after your Personal Safety
Spring 2	22	26/02/2026	Staying safe	Media literacy: Interpreting Information Online
	23	05/03/2026		Media Literacy: Staying safe online
	24	12/03/2026		World Book Day activities & Battle of books
	25	19/03/2026		Fake News
	26	26/03/2026		The Impact of Fake Information
	27	16/04/2026		Healthy Diet
Summer 1	28	23/04/2026	Mental and Physical Health	Healthy Lifestlye
	29	30/04/2026		Wellbeing: Being kind to yourself
	30	07/05/2026		Talk About Emotions
	31	14/05/2026		Developing Mental Health Coping Strategies
	32	21/05/2026		Managing Conflict
	33	04/06/2026		Who am I?
Summer 2	34	11/06/2026	Careers and Progression	What is a Career? Unifrog
	35	18/06/2026		Careers and the future - Unifrog
	36	25/06/2026		What are my interests? Unifrog
	37	02/07/2026		What are my skills? Unifrog
	38	09/07/2026		Sports Day Prep
	39	16/07/2026		End of Year Reflection and Looking Forward



Key Stage 3

Year 8

Term	Week	Date	Theme	Topic
Autumn 1	1	04/09/2025	Mental, physical Health and Staying safe	Reflection on Year 7
	2	11/09/2025		SMART targets
	3	18/09/2025		Study skills and managing time
	4	25/09/2025		Healthy Eating
	5	02/10/2025		Alcohol - effects of drinking
	6	09/10/2025		Peer pressure
	7	16/10/2025		Black History Month
	8	23/10/2025		Black History Month - Windrush generation
Autumn 2	9	06/11/2025	Justice, Law, Equity and discrimination	British Values
	10	13/11/2025		British Values; Laws and Legal Systems
	11	20/11/2025		What is Diversity?
	12	27/11/2025		Recognising and Preventing Discrimination
	13	04/12/2025		Overcoming conflict and finding forgiveness
	14	11/12/2025		Working and Earning - Managing your money - Unifrog
	15	18/12/2025		Christmas activities
Spring 1	16	08/01/2026	Relationships (RSE) Ten-Ten Resources	TenTen: session 1 - Created and Chosen
	17	15/01/2026		TenTen: session 2 - Appreciating Differences
	18	22/01/2026		TenTen: session 3 - Feelings
	19	29/01/2026		TenTen: session 4 - Before I Was Born
	20	05/02/2026		TenTen: session 5 - Tough Relationships
	21	12/02/2026		TenTen: session 6 - Think Before You Share
Spring 2	22	26/02/2026	Relationships, Mental, Physical Health	TenTen: session 7 - Wider World
	23	05/03/2026		TenTen: Cinema - Session 1: The trouble with Max
	24	12/03/2026		International Women's Day
	25	19/03/2026		TenTen: Cinema - Session 2: Trust the Truth (Part 1)
	26	26/03/2026		TenTen: Cinema - Session 3: Trust the Truth (Part 2)
Summer 1	27	16/04/2026	Careers and Progression	What are my interests? Unifrog
	28	23/04/2026		Job Applications: Superhero CVs- Unifrog
	29	30/04/2026		Creating the life you want: making Vision board-Unifrog
	30	07/05/2026		What does Success mean to you?
	31	14/05/2026		Careers and future
	32	21/05/2026		Unifrog escape room/ Aiming High (offline lesson)
Summer 2	33	04/06/2026	Law, justice, Equity and discrimination	Cyberbullying
	34	11/06/2026		Equity and Equality
	35	18/06/2026		Gender Equality
	36	25/06/2026		Unlawful discrimination and stereotypes
	37	02/07/2026		Respect and tolerance
	38	09/07/2026		Sharing and removing material online
	39	16/07/2026		Expressing Gratitude: End of year cards



Key Stage 3

Year 9

Term	Week	Date	Theme	Topic
Autumn 1	1	04/09/2025	Mental, physical health & stay safe	Reflections on Year 8
	2	11/09/2025		Reflections and Target Setting
	3	18/09/2025		Drugs and alcohol awareness
	4	25/09/2025		How to keep mind and body healthy
	5	02/10/2025		Drugs and alcohol awareness
	6	09/10/2025		Session 1 Peer Pressure and Alcohol
	7	16/10/2025		Session 2 Peer Pressure and Alcohol
	8	23/10/2025		Black History Season - Windrush Generation
Autumn 2	9	06/11/2025	Careers & progressions	Careers : Unifrog - What are my skills?
	10	13/11/2025		Careers :Unifrog - What comes after school- Main learning pathways
	11	20/11/2025		Careers : Unifrog -Decision Making- choosing what to study at KS4
	12	27/11/2025		Careers : Unifrog -Taking control of your career journey
	13	04/12/2025		Careers : Unifrog -What is Labour Market and why it is important?
	14	11/12/2025		Careers activities
	15	18/12/2025		Christmas Activities
Spring 1	16	08/01/2026	Relationships (RSE) Ten-Ten Resources	TenTen: The Search for Love
	17	15/01/2026		TenTen: Love People, Use Things
	18	22/01/2026		TenTen: In Control of my Choices
	19	29/01/2026		TenTen: Fertility & Contraception
	20	05/02/2026		TenTen:Commitment & Marriage
	21	12/02/2026		TenTen:Understanding Consent
Spring 2	22	26/02/2026	Lookin after your Physical & Mental Health	Positive Mental Health Session 1
	23	05/03/2026		Options Week
	24	12/03/2026		Positive Mental Health Session 2
	25	19/03/2026		Self-Harm
	26	26/03/2026		Looking after you (eating well and sleep)
Summer 1	27	16/04/2026	Managing and resolving conflict	Conflict
	28	23/04/2026		Managing conflict
	29	30/04/2026		Conflict Resolution
	30	07/05/2026		Challenging Stereotypes Session 1
	31	14/05/2026		Challenging Stereotypes Session 2
	32	21/05/2026		Knife Crime
Summer 2	33	04/06/2026	Online safety & Transition to Key Stage 4	Online fraud
	34	11/06/2026		Anti-Fraud - Identity theft
	35	18/06/2026		Safer internet life online
	36	25/06/2026		Cyber Bullying Session 1
	37	02/07/2026		Cyber Bullying Session 2
	38	09/07/2026		Online Fomo
	39	16/07/2026		Setting goals for year 10



Key Stage 4

Year 10

Term	Week	Date	Theme	Topic
Autumn 1	1	04/09/2025	Health and Well Being	Reflections on Y9 and goal setting
	2	11/09/2025		Study Skills
	3	18/09/2025		Healthy Eating & Healthy Lifestyle choices
	4	25/09/2025		Healthy Behaviour: Legal Highs
	5	02/10/2025		Knife Crime
	6	09/10/2025		Gangs
	7	16/10/2025		Careers : Unifrog -Reflecting on my career Journey
	8	23/10/2025		Careers : Unifrog & Using interest profile(Quiz)
Autumn 2	9	06/11/2025	Living in the wider World	Equality
	10	13/11/2025		Human Rights
	11	20/11/2025		Extremism
	12	27/11/2025		Saving Money
	13	04/12/2025		Debt
	14	11/12/2025		Careers: Unifrog - Exploring employer profile
	15	18/12/2025		Careers: Unifrog - Using the Personality Profile
Spring 1	16	08/01/2026	Relationships (RSE) Ten-Ten Resources	SRE Lesson 1: Authentic Freedom
	17	15/01/2026		SRE Lesson 2: Self-image
	18	22/01/2026		SRE Lesson 3: Beliefs, Values, Attitudes
	19	29/01/2026		SRE Lesson 4: Parenthood
	20	05/02/2026		SRE Lesson 5 : Pregnancy and Abortion
	21	12/02/2026		Careers: Unifrog - What type of career is best for me? & Using the work environment profile (Quiz)
Spring 2	22	26/02/2026	Health and Well Being	SRE Lesson 6: Abuse
	23	05/03/2026		SRE Lesson 7: Solidarity
	24	12/03/2026		Feminism (literacy Links)
	25	19/03/2026		Exam Stress (Mock Exams after Easter)
	26	26/03/2026		Careers: Unifrog- Wellbeing in the workplace & Using skills profile part 1 (Quiz)
Summer 1	27	16/04/2026	Relationships	Gender Identity
	28	23/04/2026		Dealing with Anxiety & Stress
	29	30/04/2026		Talking about our Emotions
	30	07/05/2026		Sharing sexual images
	31	14/05/2026		Consent
	32	21/05/2026		Careers : Unifrog - In person, Hybrid and remote- what works best for me? & Using Skills profile part 2(Quiz)
Summer 2	33	04/06/2026	Justice, Law, Equality & Discrimination	Politics
	34	11/06/2026		Voting & political Reform
	35	18/06/2026		Votes for Women
	36	25/06/2026		Careers: Challenge day- Skills Builder - TBC
	37	02/07/2026		Reflecting on Year 10 and looking forward
	38	09/07/2026		Sports Day
	39	16/07/2026		Interform



Key Stage 4

Year 11

Term	Week	Date	Theme	Topic
Autumn 1	1	04/09/2025	Staying safe and careers	Welcome Back & Expectations
	2	11/09/2025		Target setting PPT Complete
	3	18/09/2025		Post 16 choices (Unifrog)
	4	25/09/2025		Enterprise - Creating a business
	5	02/10/2025		BTECs - Are BTECs right for me? Unifrog
	6	09/10/2025		A Levels (Unifrog)
	7	16/10/2025		Recognising Stress & Anxiety - Unifrog
	8	23/10/2025		Black History Season - Women
Autumn 2	9	06/11/2025	Careers and mental, physical health	1.UA6 Invitation to Open Evening & post-16 decisions
	10	13/11/2025		2. What are my employability skills
	11	20/11/2025		3. Post-16 choices
	12	27/11/2025		4. Money talks- higher education vs Apprenticeships
	13	04/12/2025		5. Well being- recognising stress and anxiety
	14	11/12/2025		6. Getting motivated and using time effectively
	15	18/12/2025		Christmas Quiz/activities
Spring 1	16	08/01/2026	Relationships, Sex and Education (Ten Ten)	Self-worth
	17	15/01/2026		Addiction
	18	22/01/2026		Eating Disorders
	19	29/01/2026		Birth Control
	20	05/02/2026		Pornography
	21	12/02/2026		STIs
Spring 2	22	26/02/2026	Staying safe, Justice, Law, Equality and Discrimination	Coercive control
	23	05/03/2026		Brainwaves 1 - The Teenage Brain
	24	12/03/2026		Brainwaves 2 - Sleep and Teenagers
	25	19/03/2026		Brainwaves 3 - Managing Stress
	26	26/03/2026		Brainwaves 4 - Having a conversation about mental health
Summer 1	27	16/04/2026	Justice, Law, Equality and Discrimination	Brainwaves 5 - Boosting your mood
	28	23/04/2026		Life after year 11: Creating CVs
	29	30/04/2026		Life after year 11: Creating CVs
	30	07/05/2026		Revision topics
	31	14/05/2026		Revision topics
	32	21/05/2026		Revision topics



Key Stage 5

Year 12

Term	Week	Date	Theme	Topic
Autumn 1	1	04/09/2025	Study Skills	Welcome to the Super-curriculum
	2	11/09/2025		Getting the most out of your devices
	3	18/09/2025		How learning works
	4	25/09/2025		Forgetting to learn
	5	02/10/2025		Engaging with sources
	6	09/10/2025		Motivation and organisation
	7	16/10/2025		Critical thinking
	8	23/10/2025		Acknowledging skills & assets
Autumn 2	9	06/11/2025	Mental, Physical Health & Staying Safe	Body enhancements
	10	13/11/2025		Managing stress
	11	20/11/2025		Mental Health - Accessing support
	12	27/11/2025		Misogyny in the news
	13	04/12/2025		Critical Thinking and Fake news
	14	11/12/2025		Respectful relationships values and differences
	15	18/12/2025		Christmas Quiz
Spring 1	16	08/01/2026	Finance	Revision: Exam Week
	17	15/01/2026		McWages Index
	18	22/01/2026		Financial Choices
	19	29/01/2026		Staying Safe and protecting your Finances
	20	05/02/2026		Wize up (hall): Tax & Pensions
	21	12/02/2026		Wize Up (hall): Budgeting and Earning Extra Money
Spring 2	22	26/02/2026	Leadership for Change	Leadership for change Lesson 1
	23	05/03/2026		Leadership for change Lesson 2
	24	12/03/2026		Leadership for change Lesson 3
	25	19/03/2026		Leadership for change Lesson 4
	26	26/03/2026		Leadership for change Lesson 5
Summer 1	27	16/04/2026	Personal Development & Study Skills	Setting a Career Goal
	28	23/04/2026		How to network and be enterprising
	29	30/04/2026		Wellbeing and balancing; life, learning and work
	30	07/05/2026		What makes an employer good to work for?
	31	14/05/2026		Interest profile quiz- Psychometric testing
	32	21/05/2026		Personality quiz Psychometric testing
Summer 2	33	04/06/2026	Careers and Progression	Using skills test 1
	34	11/06/2026		Using skills test 2
	35	18/06/2026		Using the work environment profile
	36	25/06/2026		Introduction to UCAS assembly + discovering your skills
	37	02/07/2026		UCAS discovery event
	38	09/07/2026		Exploring your passion + thinking about apprenticeships
	39	16/07/2026		Shining in your application



Key Stage 5

Year 13

Term	Week	Date	Theme	Topic
Autumn 1	1	04/09/2025	UCAS	Introduction to UCAS - Unifrog
	2	11/09/2025		Drafting your personal statement - Unifrog
	3	18/09/2025		Finalising your personal statement - Unifrog
	4	25/09/2025		Jumbled personal Statement - Unifrog
	5	02/10/2025		UCAS Choices
	6	09/10/2025		Finalising UCAS applications
	7	16/10/2025		References
	8	23/10/2025		Careers
Autumn 2	9	06/11/2025	Health & Wellbeing	Consent: Responsibilities and consequences
	10	13/11/2025		Consent: Communicating wants and needs
	11	20/11/2025		Consent: Unwanted, inappropriate and illegal behaviours
	12	27/11/2025		Exploring racism
	13	04/12/2025		The media: Intersectionality and marginalisation
	14	11/12/2025		The media: information or influence?
	15	18/12/2025		
Spring 1	16	08/01/2026	Life Beyond School	2025 News Review
	17	15/01/2026		AI The future of Work
	18	22/01/2026		Wize up (half) - Flat Sharing, Saving and Investing
	19	29/01/2026		Wize up (half) - Student Finance and Apprenticeships
	20	05/02/2026		How should countries budget their money
	21	12/02/2026		Gen Z How powerful are they?
Spring 2	22	26/02/2026	Life Beyond School	Doom scrolling and Brain Rot
	23	05/03/2026		Mental Health - Accessing support
	24	12/03/2026		Leaving Home and building a healthy lifestyle
	25	19/03/2026		Staying safe and emergency situations
	26	26/03/2026		Staying safe: Recreational drugs
Summer 1	27	16/04/2026	Preparation for Exams	Revision programme Guidance: Individual
	28	23/04/2026		Revision Programme Guidance: Group
	29	30/04/2026		Revision Programme Guidance: Group
	30	07/05/2026		Independent Study
	31	14/05/2026		Independent Study
	32	21/05/2026		Independent Study