

St Edward's CE Academy PSHE /RSE Curriculum Overview 2025 – 2026 V1

			Year 5	Year 6	Year 7	Year 8
Autumn 1	Date (W/C)	Key events	Health and Wellbeing			
1	1/9		Understanding emotions	Being healthy - diet	Staying Safe Online	Careers and Aspirations
2	8/9		Feelings emotions and using your words	Being healthy - exercise	Online Gaming, Grooming and Addiction	Health and Wellbeing What is Mental Health?
3	15/9		What is mental health?	Habits and addiction	Energy Drinks and Caffeine	Positive Body Image
4	22/9	Fair Trade Fortnight	Importance of sleep	What is alcohol?	Introduction to Puberty	Types of Bullying
5	29/9		Fireworks and Bonfire night	Fireworks and Bonfire night	Personal Hygiene	Healthy Eating and Cholesterol
6	6/10	Black history	Self esteem and self worth	Drugs	Sleep and Relaxation	Dangerous substances
7	13/10		Physical health and signs of illness	Vaping	Careers - pathways	Stress Management
8	20/10		Germs, bacteria and viruses	Mental health and the symptoms of illness	Financial education	Alcohol Safety
Autumn 2			Living in the Wider World			
1	3/11		Internet and screen time	What are human rights?	Why is Politics Important	Employability & Enterprise Skills
2	10/11	Anti bullying	Celebrating Diversity – dyslexia awareness	Are our rights being met?	How is our Country Run	Proud to be me
3	17/11	Road Safety	Age restrictions	How can we be rights respecting?	The Role of the Prime Minister	Exploring Careers – pathways – finance, HR, IT
4	24/11		'It's so gay!' story	Human Rights heroes	The Monarchy and King Charles III	Labour Market information exploring careers
5	1/12		Careers and stereotypes	'It's so gay!' story	Political Debates and Parliament	Self Esteem and the Media
6	8/12		Road safety	Celebrating Diversity	Celebrating Diversity team quiz	The importance of happiness
7	15/12		Board games	Careers – wants/needs/linking skills to jobs	Careers – ECF skills task ONLINE BOOK 206 or IPADS!	What Makes Me Angry?
Spring 1			Relationships			
1	6/1		Loving stable families	Positive Relationships	Consent and boundaries	Being yourself
2	12/1		Helping out with babies	Disagreeing respectfully	Respect and relationships	Healthy respectful relationships
3	19/1	Holocaust Memorial	Online behaviour and risks	Family and commitment	Being a good friend	What is love?
4	26/1		Online gaming danger	Family and commitment	Online relationships	Dealing with conflict
5	2/2	LGBT history	Stranger danger	Love and abuse	Managing Peer pressure	Periods and the menstrual cycle
6	9/2	Internet Safety	NSPCC Pants	Building connections – loneliness	What Does it Mean to be a Man Today?	Child exploitations and online safety
Spring 2			Health and Wellbeing			
1	23/2		Body image	Body image	Knife crime	Contraception

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2	2/3	Careers week	Careers week – NHS Careers – different roles	Careers – NHS careers week activity – quiz?	Careers week - LMI	Careers week – qualifications and link to careers
3	9/3	Apprentice	Taking care of our bodies (puberty)	Puberty	Apprenticeship week – routes, roles	Apprenticeship week- what options do you have? Gap year, abroad, military
4	16/3		Being confident	Hormones and emotions	Self-Esteem	County Lines - What is it?
5	23/3		Being inclusive (WICKED)	Mental health and symptoms of illness	Tooth Decay and Dental Health	Respect and Women
Summer 1			<b>Relationships</b>			
1	13/4		Behaviour and respect	PCSO – stranger danger	Alcohol and Risk	Cyberbullying
2	20/4		Friendships and felling left out	PCSO – water safety	E-Cigs, Vaping and Shisha	Online grooming
3	27/4		Peer pressure	PCSO – anti social behaviour	Being Positive	
4	4/5	Mental Health	Mental Health	PCSO – theft	Loneliness	Mental health
5	11/5	SATs				
6	18/5		Bullying and hurtful behaviour	Mental health	Bullying or banter?	Sexual orientation
Summer 2			<b>Living in the Wider World</b>			
1	1/6		Success and achievement	Cyberbullying and harassment	What is your Identity	Equality Act 2010
2	8/6		Independence and responsibility	Identity and community	Multicultural Britain Challenging Islamophobia	LGBTQ+ Rights across the world
3	17/6		Courtesy and manners	Diversity and celebrating difference	Importance of Being Kind	Removing the Barriers Equality for all
4	22/6		Grief, change and loss	Social media	Prejudice and Discrimination	Racism & Discrimination in Society
5	29/6		The environment and climate change	Online privacy and data	Careers - Breaking Down Stereotypes	Gender Equality
6	6/7		Careers – LMI different workplaces	What is AI?	Financial literacy	Disability Discrimination
7	13/7		Careers – pathways post 16	Careers – pathways	Financial literacy	

- Note – Y5 Leek Safe and Sound October – water safety, stranger danger, money matters, first aid
- Drop Down Day – July – Y7 water safety, personal safety in public safety, Y8 AI chatbots

### Careers Learning Journey

Year 5	Awareness	Introducing the world of work and different job roles.
Year 6	Curiosity	Encouraging exploration of industries and workplace skills.
Year 7	Discovery	Beginning to understand career pathways and job trends.
Year 8	Exploration	Investigating local growth sectors and employability skills.