

Week	YEAR 7	YEAR 8	YEAR 9	YEAR 10	YEAR 11
1	Introduction to PSHCE and Well-Being at HBS and Transition	START OF TERM - NO LESSONS	START OF TERM - NO LESSONS	START OF TERM - NO LESSONS	Introductory lesson and overview of Careers
2	Introduction to PSHCE and Well-Being at HBS and Transition	Introduction to PSHCE and Well-Being at HBS	Introduction to PSHCE and Well-Being at HBS	Intro, transition, handbook and emotional wellbeing	Introduction to Work Experience and Unifrog
3	Introduction to PSHCE and Well-Being at HBS and Transition	First Aid: introduction to first aid and the bystander effect; primary survey	Self-esteem	Positive Mindset and Personal Map	Employability skills and CVs
4	Communication : non-verbal communication and listening skills	First Aid: Emergencies and recovery position	Self-esteem	Parliament and Democracy	Composing covering letters and emails
5	Communicating with kindness	First Aid: CPR	Self-esteem	Parliament and Democracy	Conduct in the workplace
6	Keeping safe online: social media; privacy, settings, safety	First Aid: use of a defibrillator	Relationships: Managing expectations	Parliamentary Debate (prep)	Rights and responsibilities in the workplace
7	Keeping safe online: Social media; internet 'manners'	First Aid: Allergies	Relationships: Managing expectations	Parliamentary Debate	Further research and work re WEX - and practice interview session
8	Keeping safe online: Social media; internet 'manners'	First Aid: scenarios for discussion	Circle time	Student Discussion	Further research and work re WEX - and practice interview session
	HALF TERM	HALF TERM	HALF TERM	HALF TERM	HALF TERM
9	Identity: Who Am I?	Sense of Self: Confident Me	Mental health: healthy coping strategies	Stand up: racial and religious discrimination - Stand-Up Education	Discrimination - Hemisphere training

Colour code
Global Citizenship and Community
Relationships with others
Relationship with self
Planning for the future

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10	Who Am I? talks / collages	Sense of Self: Confident Me	Mental health: healthy coping strategies and accessing help	Stand up: racial and religious discrimination - Stand-Up Education	Sex and Relationships
11	Who Am I? talks / collages	Sense of Self: Confident Me	Mental health: eating disorders	Human rights	Attitudes in Society
12	Identity: exploring discrimination	Relationships - managing conflict	Mental health spillover	Human Rights: Right to a Fair Trial and Freedom of speech	Alcohol: drinking responsibly
13	Discrimination - Hemisphere training	Relationships - managing conflict	Discrimination - Hemisphere training	Discrimination - Hemisphere training	Alcohol: continued
14	Discrimination - Hemisphere training	Discrimination - Hemisphere training	Discrimination - Hemisphere training	Jury trials and Criminal Justice System	Mental health: practical coping strategies to manage anxiety
15	Discrimination - Hemisphere training	Discrimination - Hemisphere training	Circle time	Circle time	Revision
	XMAS HOLIDAYS	XMAS HOLIDAYS	XMAS HOLIDAYS	XMAS HOLIDAYS	XMAS HOLIDAYS
	XMAS HOLIDAYS	XMAS HOLIDAYS	XMAS HOLIDAYS	XMAS HOLIDAYS	XMAS HOLIDAYS
16	Puberty - Introduction	Sense of Self: Sexuality and Gender Identity	Looking at Careers & Unifrog	Mental Health: healthy coping strategies	MOCKS
17	Puberty - Menstruation	Sense of Self: Sexuality and Gender Identity	Looking at Careers & Unifrog	Mental Health: healthy coping strategies and accessing help for ourselves/others	MOCKS

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18	Puberty - Hair, skin and personal hygiene	Sense of Self: Sexuality and Gender Identity	Online Safety: Content, Propaganda, Contact [2025-26 only]	Careers discussion: thinking ahead + Unifrog	Law and Morality: How the Law works
19	Puberty - Relationships	Online Safety: Content, Propaganda, Contact	Online Safety: Content, Propaganda, Contact [2025-26 only]	Careers discussion: thinking ahead + Unifrog - research	Law and Morality - Who's to Blame
20	Puberty - questions answered	Online Safety: Content, Propaganda, Contact	Online Safety: Content, Propaganda, Contact [2025-26 only]	Healthy and unhealthy relationships	Personal Finance
21	Mental Health: wellbeing toolbox	Online Safety: Content, Propaganda, Contact	Online Safety: Content, Propaganda, Contact [2025-26 only]	Consent and Communication	Budgeting activity
	HALF TERM	HALF TERM	HALF TERM	HALF TERM	HALF TERM
22	Mental Health: wellbeing toolbox	Mental Health: Healthy coping strategies	Death and Bereavement	Consent and Communication	Critical thinking: understanding how our mind works
23	Mental Health: Confronting Comparisons	Mental health: understanding anxiety	Death and Bereavement	Being Online	Critical Thinking - reasoned arguments
24	Relationships: Friendships and Bullying	Mental health: understanding depression	World issues: HIV and stigma	Safe sex: preventing STIs and preventing unplanned pregnancy	Stand Up: workshops on media and propaganda - Stand Up Education
25	Relationships: Friendships and Bullying	Mental health: understanding self-harm	World issues: HIV and stigma	Fertility and Parenting	Extremism, Terrorism and Radicalisation
26	Relationships: Friendships and Bullying	Mental health: getting help	World issues: FGM	Study Skills and Revision	Extremism, Terrorism and Radicalisation

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	EASTER HOLIDAYS	EASTER HOLIDAYS	EASTER HOLIDAYS	EASTER HOLIDAYS	EASTER HOLIDAYS
	EASTER HOLIDAYS	EASTER HOLIDAYS	EASTER HOLIDAYS	EASTER HOLIDAYS	EASTER HOLIDAYS
27	Healthy Eating and Sleep	Online Safety: Content, Propaganda, Contact (continued)	World issues: FGM	EXAMS	WEX Preparation / Revision
28	Healthy Eating and Sleep	Online Safety: Content, Propaganda, Contact (continued)	Relationships: online safety	Money: finances for the future	WEX Preparation / Revision
29	Study skills	Study Skills and Time Management	Relationships: online safety	Money: financial risk and security	WEX Preparation / Revision
30	Study skills	Revision skills	Study Skills: Procrastination, Revision, Note-taking, Metacognition	Money: Budgeting activity	STUDY LEAVE
31	EXAMS	Revision	Study Skills	Managing risk: Drugs and alcohol	STUDY LEAVE
32	Introduction to Unifrog	EXAMS	Revision	Managing risk: Drugs and alcohol	STUDY LEAVE
	HALF TERM	HALF TERM	HALF TERM	HALF TERM	HALF TERM
33	Exploring Unifrog	Drugs, tobacco and alcohol	EXAMS	Managing risk: Drugs and alcohol	STUDY LEAVE

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34	Resilience	Drugs, tobacco and alcohol	Enterprise: understanding business basics - product development	Managing risk: Drugs and alcohol	STUDY LEAVE
35	Resilience	Drugs, tobacco and alcohol	Enterprise: understanding business basics - brand, logo	Self-defence	STUDY LEAVE
36	YEAR RESIDENTIAL	Drugs, tobacco and alcohol	Enterprise: understanding business basics - pricing and finance, market research	Self-defence	WORK EXPERIENCE WEEK
37	Resilience	Drugs, tobacco and alcohol	Enterprise: understanding business basics - marketing and adverts	Yoga	STUDY LEAVE
38	Money skills: terminology	Growth Mindset	Enterprise: spillover	Yoga	STUDY LEAVE
39	Skills - reflection on the year	Growth Mindset	Circle time (reflection on the year)	NO LESSONS - END OF TERM	STUDY LEAVE
	SUMMER HOLIDAYS	SUMMER HOLIDAYS	SUMMER HOLIDAYS	SUMMER HOLIDAYS	SUMMER HOLIDAYS

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