



PSHE Unit Rotation – Year 7 to Year 10

Y7 Topic	Au 1	Au 2	Sp 1	Sp 2	Su 1	Su 2
Being Healthy (TBA/KPA)	7 Water	7 Fire	7 Air	7 Aether	7 Cosmos	7 Earth
Careers (PBA)	7 Earth	7 Water	7 Fire	7 Air	7 Aether	7 Cosmos
Celebrating differences (IPA)	7 Cosmos	7 Earth	7 Water	7 Fire	7 Air	7 Aether
Online Safety (RNO)	7 Aether	7 Cosmos	7 Earth	7 Water	7 Fire	7 Air
Resilience (RKE)	7 Air	7 Aether	7 Cosmos	7 Earth	7 Water	7 Fire
RSHE (BDH)	7 Fire	7 Air	7 Aether	7 Cosmos	7 Earth	7 Water
Y8 Topic	Au 1	Au 2	Sp 1	Sp 2	Su 1	Su 2
British Values (Law Crime and Society) (BPA)	8 Air	8 Cosmos	8 Aether	8 Fire	8 Aether	8 Air
Careers (RKA)	8 Earth	8 Air	8 Cosmos	8 Aether	8 Fire	8 Earth
Dangers online and offline (JLE)	8 Water	8 Earth	8 Air	8 Cosmos	8 Aether	8 Fire
Online wellbeing (ASM)	8 Fire	8 Water	8 Earth	8 Air	8 Cosmos	8 Aether
Physical health & mental wellbeing (LMO)	8 Aether	8 Fire	8 Water	8 Earth	8 Air	8 Cosmos
RSHE (BDH)	8 Cosmos	8 Aether	8 Fire	8 Water	8 Earth	8 Air
Y9 Topic	Au 1	Au 2	Sp 1	Sp 2	Su 1	Su 2
Combatting extremism and terrorism (BPA)	9 Cosmos	9 Earth	9 Fire	9 Aether	9 Air	9 Water
Drugs and alcohol (BDH)	9 Water	9 Cosmos	9 Earth	9 Fire	9 Aether	9 Air
Essential life skills (KPP)	9 Air	9 Water	9 Cosmos	9 Earth	9 Fire	9 Aether
Mental health (SES)	9 Aether	9 Air	9 Water	9 Cosmos	9 Earth	9 Fire
Careers (RKA)	9 Fire	9 Aether	9 Air	9 Water	9 Cosmos	9 Earth
RSHE (OOL)	9 Earth	9 Fire	9 Aether	9 Air	9 Water	9 Cosmos
Y10 Topic	Au 1	Au 2	Sp 1	Sp 2	Su 1	Su 2
Careers (RKA)	10 Fire	10 Cosmos	10 Air	10 Water	10 Aether	10 Earth
Exploring British Values (RKE)	10 Earth	10 Fire	10 Cosmos	10 Air	10 Water	10 Aether
Exploring world issues (DCL)	10 Aether	10 Earth	10 Fire	10 Cosmos	10 Air	10 Water
Mental health (BVA)	10 Air	10 Aether	10 Earth	10 Fire	10 Cosmos	10 Air
Rights & responsibilities (VKA)	10 Water	10 Air	10 Aether	10 Earth	10 Fire	10 Cosmos
RSHE (RPN)	10 Cosmos	10 Water	10 Water	10 Aether	10 Earth	10 Fire

Year 7 to 10 students will be studying the above units on a half-termly rotation. They will complete one unit every six lessons.



PSHE Units – Year 11

Y11 Topic
RSHE
Inclusion and belonging, and addressing extremism
Life beyond school
Mental wellbeing
Valuing diversity
Knife crime

Year 11 students will remain with their form tutors throughout the year and will be covering the above topics in PSHE, alongside completing their personal statements and college applications.

RSE Lessons – Year 7 to Year 11

Year 7	Year 8	Year 9	Year 10	Year 11
Puberty	Consent	Consent	Consent in Romantic and Sexual Relationships	Fertility
Consent	Healthy Relationships	Delaying Sexual Activity	Campaigning Against FGM	Alcohol and Bad Choices
Respect & Relationships	Dealing with Conflict	Delaying Sexual Activity	Sexting	Importance of Sexual Health
What makes a good friend	What is Love	Why have Sex	Domestic Abuse and Violence	Revisiting Contraception
Being positive / RSE assessment	Periods and Menstrual Cycle	Relationships and Partners / Sexual Harassment and Stalking	Relationships, Sexual Abuse and Rape	Revisiting STI's
Pressure and Influence	Introduction to Contraception	What are STI's	Sexualisation of the Media	Respect and Relationships