

Long Term Plan PSHRE 2026-2027 Blue

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS3 Green	1. Emotional Wellbeing Promoting emotional wellbeing 2. Managing stress and resilience 3. Healthy coping strategies 4. Self-esteem and confidence 5. Change, loss and grief 6. Sources of support 7. Catch up, consolidation and stretch NEW STATUTORY 2026: Emotional regulation; bereavement and grief; resilience skills, accessing health services	Respectful Relationships 1. Different types of families and parenting 2. Positive relationships in the home 3. Conflict and its causes 4. Conflict resolution strategies 5. Respect 6. Managing change in relationships 7. Catch up, consolidation and stretch NEW STATUTORY 2026: conflict resolution	Intimate Relationships 1. Readiness for sexual activity 2. Consent 3. STIs, effective use of condoms and negotiating safer sex 4. Contraception choices and consequences 5. Portrayal of sex in the media and sharing sexual images 6. Pornography 7. Consolidation, catch up and stretch NEW STATUTORY 2026: accessing health care services, AI, deepfake, online manipulation, pornography	Transition and Safety 1. Manage the challenges of moving on to new things 2. Establish and manage friendships 3. How to identify personal strengths and areas for development 4. How to respond in an emergency situation 5. Personal safety (travel) 6. Personal safety (walking home) 7. Consolidation, catch up and stretch NEW STATUTORY 2026: Personal safety (travel e.g taxis and emergency situations)	Discrimination 1. Protected characteristics 2. Gender identity, transphobia and gender-based discrimination 3. Recognise and challenge homophobia and biphobia 4. How to recognise and challenge racial and religious discrimination 5. Discrimination in the work place 6. Consolidation, catch up and stretch NEW STATUTORY 2026: Protected characteristics and inclusion	Peer Influence, Substance Misuse and Gangs 1. Healthy and unhealthy friendships 2. 'group think' and how it affects behaviour 3. Recognise passive, aggressive and assertive behaviour, 4. Manage risk in relation to gangs 5. Legal and physical risks of carrying a knife. 6. Legal and health risks in relation to county lines 7. Consolidation, catch up and stretch NEW STATUTORY 2026: Knife crime awareness, inclusion
KS3 Blue	Emotional wellbeing 1. Talking about emotions 2. Importance of connecting with others 3. Mental health awareness 4. Early signs of mental health 5. Triggers for mental health 6. Coping strategies/positive emotional wellbeing	Respectful relationships 1. Emotions and interactions in different relationships 2. Misogyny & manosphere 3. Tolerance of others (link to current events/local community issues). 4. Events that bring people together	Keeping safe online 1. Online bullying 2. Laws and age limits 3. Information sharing 4. Online identity and reputations 5. Cyber stalking 6. Understanding algorithms 7. Catch up and consolidation 8. Positive and negative impacts of social media	Managing challenging situations 1. Effective communication 2. Communicating boundaries 3. Managing loss and grief 4. Managing a relationship/friendship breakdown 5. Catch up and consolidation NEW STATUTORY 2026: Emotional regulation;	Personal safety 1. Water safety (Lakes and canals etc) 2. Water safety (beach) 3. Water safety (how to help) 4. Road safety (pedestrian and cyclist) 5. Out in the community 6. Identifying risks and how to manage them 7. Catch up and consolidation NEW STATUTORY 2026:	Healthy lifestyles & identity 1. Healthy eating & exercise 2. Sleep and wellbeing 3. Personal hygiene 4. Balancing screen time 5. Personal identity 6. Community and belonging

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	7. Catch up and consolidation NEW STATUTORY 2026: accessing health care service	5. Workplace skills (respectful relationships) 6. Workplace skills (communication) 7. Catch up and consolidation NEW STATUTORY 2026: Misogyny awareness; harmful stereotypes	NEW STATUTORY 2026: Coercion and control, AI content, deepfakes and online manipulation, financial Covers Entry Level 3 (Area 5) Digital functional skills KS3 LTP and content overview.docx	bereavement and grief; resilience skills, conflict resolution	Personal safety (water & road)	7. Catch up and consolidation NEW STATUTORY 2026: Protected characteristics and inclusion
Y10	Emotional wellbeing - Talking about emotions - Connecting with others - Awareness of mental health conditions - Early signs and management of mental health conditions - Where to get help - Positive emotional wellbeing - Catch up and consolidation	Keeping safe and healthy - First aid (illnesses) - First aid (responding to injury) - Healthy eating - Finding health advice - Personal safety: Transport (Taxi & bus) - How to respond in an emergency situation - Catch up and consolidation NEW STATUTORY 2026: Personal safety (travel e.g taxis and emergency situations) Lesson 3 covers DFS Level 1 (1.1, 1.2 & 1.3) Digital functional skills KS4 LTP overview.docx	Respectful relationships - Healthy relationships - Healthy communication in relationships - Managing emotions within a relationship - Consent in a variety of contexts - Coercion and control - Violence against woman and girls - Catch up and consolidation NEW STATUTORY 2026: Coercion and control & violence against women and girls	Personal development (Careers) - Workplace effective communication - Working collaboratively with others - Problem-solving strategies - Job roles within an organisation - Workplace expectations and behaviours - Personal employability skills	Drugs & Alcohol - The law and alcohol - Impact of alcohol physical health - Impact of alcohol on mental health - Law on drugs (supply and possession) - Long term and short-term effects of drugs - Addiction and help - Peer pressure	Social media and online safety - Digital resilience - AI and manipulated images (body image and self-esteem impact) - Online bullying - Negative impact of pornography - Online gambling - Financial harms (online) - Catch up and consolidation NEW STATUTORY 2026: AI content, deepfakes and online manipulation
Y11	Families and parenting - Different types of families and legal status - Roles and responsibilities of a parent	Actions towards others - Forced marriage - FGM - Sexual images and upskirting - Domestic abuse	Personal Development (Careers) - Identify and describe key employability skills - Workplace expectations and behaviours	Sexual Health - Consent- Moral and legal issues - Impact of pornography- Strangulation and suffocation	Current affairs - Local issues - National issues - International issues - Media coverage of current affairs "fake news" & AI	Personal Development Menu - Living independently - Learning to drive - Driving Theory - Planning holidays - Buying a car

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	3. Pregnancy, parenthood and lifestyle 4. Options for unplanned pregnancy 5. Families seeking asylum 6. Managing loss and grief 7. Catch up and consolidation NEW STATUTORY 2026: Emotional regulation; bereavement and grief; resilience skills	5. Criminal exploitation and gangs 6. Radicalisation 7. Consolidation and catch up NEW STATUTORY 2026: upskirting, knife crime awareness	3. CVs and personal statements 4. Workplace interviews 5. Mock interviews 6. Reflect on personal strengths, career aspirations and employability 7. Catch up and consolidation For pupils who have not applied for college-complete in the 1 st part of the HT.	3. Contraception (including emergency) 4. STIs 5. Pregnancy 6. Sexual exploitation 7. Catch up and consolidation NEW STATUTORY 2026: Violence against women (Strangulation) and girls, sexual harassment, stalking, misogyny Lesson 4 covers DFS Level 1 (1.1, 1.2 & 1.3) Digital functional skills KS4 LTP overview.docx	6. Catch up and consolidation NEW STATUTORY 2026: AI content, deepfakes and online manipulation	6. Furnishing a house 7. Football hooliganism 8. Activities for relaxation 9) Applications for college & apprenticeships
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Half Termly Career Focus

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Green	Mental Health Nurse	Family mediator	Sexual Health advisor	Train Crew	Equalities officer	Victim Support Worker
Blue	Psychiatrist	Relationship councillor	Online crime investigator	Mediator	Coast guard	Life coach
Year 10	Mental Health Nurse	Paramedic Taxi Driver	Safeguarding Officer	Substance Misuse Outreach Worker	Cognitive behavioural therapist	Cyber Intelligence Officer
Year 11	Family support worker	Victim Care Officer	Sexual health advisor	Media Researcher	Driving Instructor	Menu of Options