Curriculum Overview PSHE 2026/2027

Year/Half-termly unit titles	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	1 Me and my Relationships	2 Valuing Difference	3 Keeping Safe	4 Rights and Respect	5 Being my Best	6 Growing and Changing
Year 5	Feelings Friendship skills, inc. compromise Assertive skills Cooperation Recognising emotional needs	Recognising & celebrating difference, inc. religions & cultural Critical digital awareness Online Bullying & self esteem	Online safety Bullying inc. online Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	My health rights, respect & duties Making a difference Decisions about lending, borrowing & spending Media manipulation Artificial Intelligence	Growing independence & taking ownership Keeping myself healthy Media awareness & safety My community	Managing difficult feelings Managing change How my feelings help keeping safe Getting help
Year 6	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising & celebrating difference Recognising & reflecting on prejudice-based bullying Bystander behaviour Gender stereotyping	Understanding emotional needs Staying safe online Digital footprint Drugs: norms & risks (inc. the law)	Understanding media bias Digital critical thinking Caring: communities & the environment Earning & saving money Understanding democracy	Aspirations Managing risk Looking after wellbeing Digital literacy & critical thinking skills	Coping with changes Keeping safe inc. online AI/ deep fakes Body Image Sex education Self-esteem
Year 7	Self-esteem Healthy relationships Communicating online Influence and peer pressure					
Year 8	Role Models Healthy Relationships Consent and Boundaries Relationships in the Media					
Year 9	Relationship Skills Parenthood Non-negotiables and nice to have			Truth and media bias Banish body talk Managing challenging content Sending nudes Principles of healthy sexual experience Sexual Harassment		
Year 10	Breaking up Gender- Based Violence Enjoyable Consent					
Year 11	Breaking up Gender- Based Violence Enjoyable Consent					

** Please note we are following the Coram SCARF Scheme of Work. Currently under review each unit will be updated each half-term to ensure following statutory requirements.