

YEAR 7 PSHE 2026/2027

Term	Week Number	Mix of tutor time and timetabled lessons
Autumn 1	1	
	2	What are first impressions?
	3	Who am I?
	4	What is self esteem
	5	What makes a relationship healthy
	6	How are families different
	7	What do healthy friendships look like
	8	What is bullying
Autumn 2	9	What is cyber bullying
	10	How can I take a stand when I see bullying happening
	11	Is everyone treated equally
	12	What are stereotypes
	13	How might people with disabilities be treated
	14	How can we deal with racism
	15	<i>What is health</i>
Spring 1	16	How can screentime affect my health
	17	How much sleep should I be getting
	18	What makes vaping addictive
	19	How can I look after my teeth
	20	What are the benefits of physical activity
	21	How can I manage my personal hygiene
Spring 2	22	What are the physical changes of puberty
	23	What happens during menstruation
	24	What are the emotional aspects of puberty
	25	How can I share key information about puberty with young people
	26	<i>What is a risk</i>
Summer 1	28	How can I keep safe within my local area, and further afield
	29	How can I be safe on and near the road
	30	How can I be safe near train lines
	31	How can I be safe around water
	32	Can people make a change
	33	What is Parliament
Summer 2	33	How are political parties similar and different
	34	What happens in a general election
	35	What would my platform look like
	36	What do MPs do
	37	Careers lesson
	38	Careers lesson
	39	<i>Spare lesson to catch up on any missed content</i>

Unit 1	Identity
Unit 2	Healthy Relationships
Unit 3	Equality and Discrimination
Unit 4	My Body
Unit 5	Safety First
Unit 6	Parliaments and Politics
Careers	As directed