

Year 7 PSHCE Programme 2025-26



Unit title		Content
Health & Well-being Transition & Safety	Monday 1 Sept Period 2 Monday 1 Sept Period 3 Monday 8 Sept Period 2 Monday 22 Sept Period 3 Monday 6 Oct Period 4	1. RSHE – Well-Being (A positive start to the year) 2. RSHE – Well-Being (A positive start tot the year) 3. Wellio - Transitions – Getting ready for secondary school – Tutor Led Session 4. Wellio – From strangers to friends – Tutor Led Session 5. Wellio - Social media addiction – Tutor Led Session
Health & Well-being – Health, puberty & relationships	Monday 3 Nov Period 5 Tuesday 18 Nov Period 2 Tuesday 2 Dec Period 3 Friday 12 Dec Period 2 Friday 12 Dec Period 3 Tuesday 6 Jan Period 4 Wednesday 21 Jan Period 2	6. RSHE/Wellio -Internal Anti Bullying Week – Understanding Bullying – Tutor Led Session 7. Wellio – Consent – Tutor Led Session 8. Wellio – Body changes during puberty – Tutor Led Session 9. Wellio – Managing unhealthy relationships – Tutor Led Session 10. RSHE - External Speakers - conflict resolution - Diversify 11. Wellio – Introduction to FGM – Tutor Led Session 12. Wellio - Children’s Mental Health Week – Mental health monitoring – Tutor Led Session
Living in the Wider World – Developing skills and aspirations	Wednesday 4 Feb Period 3 Wednesday 25 Feb Period 4 Wednesday 11 March Period 5 Thursday 26 March Period 2	13. Careers Session – Step into the NHS Competition 1. (Internal e-safety wk) 14. Careers Session - Step into the NHS Competition 2. 15. National Careers Week - Step into the NHS Competition 3. 16. Careers Session - Step into the NHS Competition 4.
Relationships - Health, puberty, diversity & relationships	Thursday 30 April Period 3 Thursday 14 May Period 4 Friday 5 June Period 2 Friday 19 June Period 3 Friday 26 June Period 5 Friday 26 June Period 6	17. RSHE – Changing bodies – 1010 Resources – Tutor Led Session 18. RSHE – Healthy inside & out – 1010 Resources – Tutor Led Session 19. RSHE – Family and friends - 1010 Resources – Tutor Led Session 20. RSHE – My life on screen – 1010 Resources – Tutor Led Session 21. RSHE – Living responsibly – 1010 Resources – Tutor Led Session 22. Year 10 enterprise event & Short Unifrog Launch – Tutor Led Session.
Living in the Wider World – Financial decision making	Monday 29 June Period 1 Monday 29 June Period 2 Monday 29 June Period 3 Monday 29 June Period 4	23. Careers Session – Unifrog Year 7 Record of Achievement & Skills – Tutor Led Session 24. Careers Session – Unifrog Year 7 Record of Achievement & Skills – Tutor Led Session 25. Careers Session – External Speakers – LEBC - What is My Job? 26. Careers Session – Unifrog follow up to What is My Job – Tutor Led Session