

Year 9 PSHCE Programme 2025-26



Unit title		Content
Health & Well-Being – healthy lifestyles	Monday 1 Sept Period 2 Monday 1 Sept Period 3 Monday 1 Sept Period 4 Monday 8 Sept period 2 Monday 22 Sept period 3 Monday 6 Oct period 4 Monday 3 Nov period 5	<ol style="list-style-type: none"> 1. RSHE - Consent & Social Media (Boys) Friendships (Girls) 2. RSHE - Consent & Social Media (Boys) Friendships (Girls) 2a. RSHE Consent & Social Media (Boys) Friendships (Girls) 3. Wellio – Sleep, Exercise & Diet – Tutor Led Session 4. Wellio – First Aid beyond emergencies – Tutor Led Session 5. Wellio– Building mental agility– Tutor Led Session 6. Wellio – Tackling Cyber Bullying– (Internal Anti-bullying Wk) Tutor Led Session
Relationships – intimate & respectful relationships	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	<ol style="list-style-type: none"> 7. RSHE – Love people Use things - 1010 Resources - Tutor Led Session 8. RSHE – In control of my choices – 1010 Resources – Tutor Led Session 9. RSHE – Fertility & Contraception - 1010 Resources – Tutor Led Session 10. RSHE – External Speakers – Society for the Protection of the Unborn Child (SPUC) 11. RSHE – Understanding Consent – 1010 Resources – Tutor Led Session
Living in the Wider World – Employability skills	Wednesday 21 Jan period 2 Wednesday 4 Feb period 3 Wednesday 25 Feb period 4 Wednesday 11 March period 5 Thursday 26 March period 2 Thursday 30 April period 3	<ol style="list-style-type: none"> 12. Careers Session – Unifrog Careers Activity – Tutor Led Session (Children’s Mental Health Wk) 13. Careers Session – Unifrog Future Careers – Tutor Led Session (Internal E-safety Wk)) 14. Careers Session – External Speaker Uni Taster Days – Introduction to Higher Education 15. National Careers Week - External Speakers – Carousel 16. Careers Session - Loughborough University Social Media Manager Task – Tutor Led Session 17. Internal Exam preparation session
Health & Well-being – peer influence, substance use & gangs, democracy Relationships - respectful relationships	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 Monday 29 June Period 1 Monday 29 June Period 2 Monday 29 June Period 3 Monday 29 June Period 4	<ol style="list-style-type: none"> 18. Wellio – Healthy vs unhealthy relationships – Tutor Led Session 19. Wellio – Substance addiction– Tutor Led Session 20. Wellio – Overcoming mob mentality– Tutor Led Session 21. Wellio — Exploring the Democratic Process -Tutor Led Session 22. Year 10 enterprise event/follow up discussion on previous topic – Tutor Led Session 23. External Speakers – Relationships & Resolution workshops 24. External Speakers – Relationships & Resolution workshops 25. External Speakers – Relationships & Resolution workshops 26. External Speakers – Relationships & Resolution workshops