



All Hallows Catholic School

PSHE Curriculum 2025/2026

PSHE Session	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
	Friday 19 th Sept Week A P1a	Mon 29 th Sept Week A P1a	Tues 7 th Oct Week B P2a	Fri 24 th Oct Week B P2a	Tues 4 th Nov Week A P1a	Mon 17 th Nov Week A P2a	Tues 2 nd Dec Week A P2a	Tues 16 th Dec Week A P3a	Fri 9 th Jan Week B P1a	Thurs 22 nd Jan Week B P3a	Mon 23 rd Feb Week B P2a	Thurs 12 th March Week B P1a	Mon 23 rd March Week B P1a	Tues 2 nd June Week A P1a	Weds 17 th June Week A P1a	Weds 8 th July Week B P2a
Year 7	Intro to PSHE Transition	Emotional Wellbeing	Relationships	Friendships	Bullying	Healthy Lifestyle	Managing change	Careers	Finance	Community	Online Safety	Healthy Lifestyle - Diet	Drugs & Safety	Nicotine & Safety	Self Reflection	Goal Setting
Year 8	Mental Health (Pt 1)	Mental Health (Pt 2)	Road Safety	Stereotypes	Bullying	Drugs	Alcohol	Finance	Careers	Relationships (Pt 1)	Relationships (Pt 2)	Information Online	Social Media Impact	Safety online	Dangers of social media	Health and human rights
Year 9	Attitudes to Mental Health	Coping Strategies	Peer Influences - Drugs	Peer Influences - Behaviour	Bullying	Money - Saving and Borrowing	Money - Gambling	Media and body image	Media and Health	Careers & Aspirations	KS4 Options	Health Awareness	Cancer Awareness (B/G Split)	Relationships	First Aid	First Aid
Year 10	Resilience in KS4	Managing Mental Health	Family Life	Relationships	Unwanted attention	Values Inc. British values	Consent	Personal Finance	Politics - UK parliament	Diversity	Discrimination	Extremism / Radicalisation	Electoral systems (UK and beyond)	KS5 Options & CV	Applications Advice	WORK EXPERIENCE
Year 11	Emotional Wellbeing	Strategies for Wellbeing	Family Life	Becoming a parent	Healthy Choices - Substances	Healthy Choices (Pt 2)	Consumerism & Gambling	N/A Mock Exams	Local, Regional and international governance	Legal systems in the UK Human rights & international Law	Careers - Apprenticeships vs University	Thinking Smart	Thinking Smart	Study Leave		
Year 12	Healthy Relationships 1	Healthy Relationships 2	Consent	Self-Concept	Bullying and discrimination	Mental Health and Well-being 1	Mental Health and Well-being 2	UCAS launch	Alcohol, drugs and tobacco 1	Alcohol drugs and tobacco 2	Road safety	Revision skills	World of Work 1	World of Work 2	First Aid	TBC
Year 13	Health monitoring and services	Work-life balance	Personal safety	Budgeting and Savings	Consumer Rights	Financial Contracts and Debt	UK Politics	Revision skills/ stress management	Wellbeing - Mock Exams	Online safety	Misinformation and social media	Health during exams	Health during exams	Study Leave		

Green denotes citizenship topics (additional to KS3 Citizenship lessons).

Yellow denotes RSHE (RSE is also taught as part of the Science and RE curricula).

Orange denotes Careers / next steps topics (in addition to tutor time / assemblies / 6th Form Next Steps lessons).