

PSHE & Careers Timeline 2025-26

Year 7						
				Module	PSHE Lesson	
AUTUMN	Week 1	01/09/2025		Transition to KS3		
	Week 2	08/09/2025			What is PSHE? Managing Change	
	Week 3	15/09/2025				
	Week 4	22/09/2025			What makes a good friend?	
	Week 5	29/09/2025				
	Week 6	06/10/2025			How do we manage conflict?	
	Week 7	13/10/2025				
	Week 8	20/10/2025			Mental Health Introduction	
	Half Term					
	week 9	03/11/2025				
	week 10	10/11/2025		Test / review		
	week 11	17/11/2025				
	week 12	24/11/2025		RSE - Who am I		
	week 13	01/12/2025				
	week 14	08/12/2025		RSE - Changing Bodies		
week 15	15/12/2025					
Christmas holiday						
Spring	week 16	05/01/2026		RSHE	RSE - Healthy inside and out	
	week 17	12/01/2026				
	week 18	19/01/2026			RSE - Where do we come from?	
	week 19	26/01/2026				
	week 20	02/02/2026			RSE - Family and Friends	
	week 21	09/02/2026				
	Half Term					
	week 22	23/02/2026			RSE - My Life on Screen	
	week 23	02/03/2026				
week 24	09/03/2026		RSE - Living responsibly			

	week 25	16/03/2026		
	week 26	23/03/2026		FGM
	week 27	30/03/2026		
Summer	Easter			
	week 28	20/04/2026	RSE review & Assessment	
	week 29	27/04/2026		
	week 30	04/05/2026	Who am I ?	
	week 31	11/05/2026		
	week 32	18/05/2026	Dream Jobs	
	Half Term			
	week 33	01/06/2026		
	week 34	08/06/2026	What is a Career?	
	week 35	15/06/2026		
	week 36	22/06/2026	What is an entrepreneur?	
	week 37	29/06/2026		
	week 38	06/07/2026	Superhero CVs	
	week 39	13/07/2026		
	Summer			

Year 8			Module	PSHE Lesson
AUTUMN	Week 1	01/09/2025	Careers - Preparation for GCSE options	
	Week 2	08/09/2025		What are my Interests?
	Week 3	15/09/2025		
	Week 4	22/09/2025		What does Success mean to me?
	Week 5	29/09/2025		
	Week 6	06/10/2025		What are my skills?
	Week 7	13/10/2025		
	Week 8	20/10/2025		What is the Labour Market and why is it important?
	Half Term			
	week 9	03/11/2025		
	week 10	10/11/2025		What comes after school?
	week 11	17/11/2025		
	week 12	24/11/2025		Making a vision board of my future
	week 13	01/12/2025		
	week 14	08/12/2025		Choosing what to study at KS4
week 15	15/12/2025			
Christmas holiday				
Spring	week 16	05/01/2026	RSHE	RSE - Created and Chosen
	week 17	12/01/2026		
	week 18	19/01/2026		RSE - Appreciating Differences
	week 19	26/01/2026		
	week 20	02/02/2026		RSE - Feelings
	week 21	09/02/2026		
Half Term				

	week 22	23/02/2026		RSE - Before I was born
	week 23	02/03/2026		
	week 24	09/03/2026		RSE - Tough Relationships
	week 25	16/03/2026		
	week 26	23/03/2026		RSE - Think Before you share
	week 27	30/03/2026		
	Easter			
Summer	week 28	20/04/2026		RSE - Wider World
	week 29	27/04/2026		
	week 30	04/05/2026		RSE - Assessment and Review
	week 31	11/05/2026		
	week 32	18/05/2026		Legal and Illegal Drugs
	Half Term			
	week 33	01/06/2026	Addiction and addictive substances	
	week 34	08/06/2026		Alcohol
	week 35	15/06/2026		
	week 36	22/06/2026		Vaping/ Tobacco
	week 37	29/06/2026		
	week 38	06/07/2026		Gambling and gaming
week 39	13/07/2026			
Summer				



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Year 9			Module	Lesson
AUTUMN	Week 1	01/09/2025	Mental Health and social influence	
	Week 2	08/09/2025		Identifying and communicating emotions
	Week 3	15/09/2025		
	Week 4	22/09/2025		Self esteem and confidence
	Week 5	29/09/2025		
	Week 6	06/10/2025		Developing Coping strategies
	Week 7	13/10/2025		
	Week 8	20/10/2025		Recognising and preventing discrimination
	Half Term			
	week 9	03/11/2025		
	week 10	10/11/2025		Peer pressure
	week 11	17/11/2025		
	week 12	24/11/2025		Young people and Gangs
	week 13	01/12/2025		
	week 14	08/12/2025		Mental Health and Social influence - review
week 15	15/12/2025			
Christmas holiday				
Spring	week 16	05/01/2026	RSHE	1- The Search for Love
	week 17	12/01/2026		
	week 18	19/01/2026		2- Love people use things
	week 19	26/01/2026		

	week 20	02/02/2026		3-In control of my choices
	week 21	09/02/2026		
	Half Term			
	week 22	23/02/2026		4 - Fertility and Contraception
	week 23	02/03/2026		
	week 24	09/03/2026		5 - Commitment and Marriage
	week 25	16/03/2026		
	week 26	23/03/2026		6 - Understanding Consent
	week 27	30/03/2026		
Summer	Easter			
	week 28	20/04/2026		7 - Human Rights
	week 29	27/04/2026		
	week 30	04/05/2026		RSHE Assessment and review
	week 31	11/05/2026		
	week 32	18/05/2026		Taking control of career Journey
	Half Term			
	week 33	01/06/2026	Careers - Working and Earning	
	week 34	08/06/2026		What type of career is best for me
	week 35	15/06/2026		
	week 36	22/06/2026		Managing money
	week 37	29/06/2026		
week 38	06/07/2026	Financial choices - Budgeting		
	week 39	13/07/2026		
Summer				

Year 10				Module	PSHE Lesson
AUTUMN	Week 1	01/09/2025	Life Skills		
	Week 2	08/09/2025		Effective revision	
	Week 3	15/09/2025			
	Week 4	22/09/2025		Recognising and treating poor mental health	
	Week 5	29/09/2025			
	Week 6	06/10/2025		Managing risk - unsafe and emergency situations	
	Week 7	13/10/2025			
	Week 8	20/10/2025		Challenging prejudice and discrimination	
	Half Term				
	week 9	03/11/2025			
	week 10	10/11/2025		Protecting personal data	
	week 11	17/11/2025			
	week 12	24/11/2025		Review and Assessment	
	week 13	01/12/2025			
	week 14	08/12/2025		1 Authentic Freedom	
week 15	15/12/2025				
Christmas holiday					
Spring	week 16	05/01/2026	RSHE	2- Self Image	
	week 17	12/01/2026			
	week 18	19/01/2026		3- Beliefs, Values, attitudes	
	week 19	26/01/2026			
	week 20	02/02/2026		4 - Parenthood	
	week 21	09/02/2026			
	Half Term				
	week 22	23/02/2026		5- Pregnancy and Abortion	
	week 23	02/03/2026			
	week 24	09/03/2026		6- Abuse	
	week 25	16/03/2026			
	week 26	23/03/2026		7- Solidarity	
week 27	30/03/2026				
Su	Easter				

	week 28	20/04/2026		8 - Self Worth
	week 29	27/04/2026		
	week 30	04/05/2026		9 - Addiction
	week 31	11/05/2026		
	week 32	18/05/2026		10 - Eating Disorders
Half Term				
	week 33	01/06/2026		
	week 34	08/06/2026	RSHE - Assessment and review	
	week 35	15/06/2026		
	week 36	22/06/2026	Careers - work experience and the world of work	preparing for work experience
	week 37	29/06/2026		
	week 38	06/07/2026		reflecting on work experience
	week 39	13/07/2026		
Summer				

Year 11			Module	PSHE lesson
AUTUMN	Week 1	01/09/2025	Careers - preparing for Post 16 applications	
	Week 2	08/09/2025		Post 16 Options
	Week 3	15/09/2025		
	Week 4	22/09/2025		writing a personal statement
	Week 5	29/09/2025		
	Week 6	06/10/2025		completing Sheffield progress profile
	Week 7	13/10/2025		
	Week 8	20/10/2025	RSHE	Birth Control
	Half Term			
	week 9	03/11/2025		
	week 10	10/11/2025		Pornography
	week 11	17/11/2025		
	week 12	24/11/2025		STIs
	week 13	01/12/2025		
	week 14	08/12/2025		Coercive Control, RSHE assessment and review
week 15	15/12/2025			
Christmas holiday				
Spring	week 16	05/01/2026		
	week 17	12/01/2026		
	week 18	19/01/2026		
	week 19	26/01/2026		
	week 20	02/02/2026		