

Year 7 Long Term Scheme of Learning 2025-26

Subject: PSHCE

HELSBY

High School



Date	Lesson	Unit(s)
2/9/25	1	1: Transition
12/9/25	2	2: Confidence
15/9/25	3	3: Aspiration
26/9/25	4	4: Careers and Personal Development (Unifrog)
29/9/25	5	5: Friendships
10/10/25	6	6: Financial Capability – Spending Decisions
13/10/25	7	7: Respect
24/10/25	8	8: Success with Rules
3/11/25	9	9: Promoting Emotional Wellbeing
14/11/25	10	10: Attitudes to Mental Health
17/11/25	11	11: Grief
28/11/25	12	12: Financial Capability - Budgeting
1/12/25	13	13: Anger Management
12/12/25	14	14: Mindfulness
15/12/25	15	15: Changes in Puberty
09/1/26	16	16: Managing Feelings
12/1/26	17	17: Getting Help and Support
23/1/26	18	18: Financial Capability – Getting the Right Job
26/1/26	19	19: Periods, PMS and The Menstrual Cycle
6/2/26	20	20: Families
9/2/26	21	21: Domestic Conflict 1
27/2/26	22	22: Domestic Conflict 2
2/3/26	23	23: Financial Capability – Inflation
13/3/26	24	24: National Careers Week (computers)
16/3/26	25	25: Healthy Living
27/3/26	26	26: How to Keep a Balanced Diet
30/3/26	27	27: Dental Health
24/4/26	28	28: Online Safety 1
27/4/26	29	29: Online Safety 2
8/05/26	30	30: Online Safety 3
11/5/26	31	31: Financial Capability – The Critical Consumer
22/5/26	32	32: Racism
1/6/26	33	33: Drugs (CWP – 1)
12/06/26	34	34: Cannabis (CWP – 2)
15/6/26	35	35: Unifrog (Computers)
26/6/26	36	36: Financial Capability – Budgeting for a Holiday
29/6/26	37	37: Water Safety
10/7/26	38	38: End of Year Quiz
13/7/26	39	Activity Week
17/7/26		

Bold requires computer rooms