Year 11 Long Term Scheme of Learning 2026-2027

Subject: PSHCE

National curriculum or specification coverage
The Year 11 PSHCE curriculum consolidates students' knowledge and skills as they prepare for the transition to post-16 education, employment and adulthood. It fulfils the statutory requirements of the Department for Education's Relationships, Sex and Health Education (RSHE) guidance and reflects the PSHE Association Programme of Study (2026–27). The curriculum continues to develop learning across the three core themes of Health and Wellbeing, Relationships, and Living in the Wider World, with a strong focus on independence, safeguarding, personal responsibility and preparation for adult life. Students explore healthy and respectful relationships, consent, sexual health, mental wellbeing, discrimination, online influences, careers education and employability skills. Through discussion, reflection, practical activities and research, students develop the confidence and resilience to make informed decisions, manage risk, access support when needed and successfully prepare for further education, training, employment and adult responsibilities. Careers education is embedded through Unifrog, CV writing and National Careers Week, supporting students in making well-informed post-16 choices in line with the Gatsby Benchmarks.

Date	Exams/ Assessments	Learning Intentions	Core Task / Assessments
31/08/26		**Safer Sex** - To understand how safer sex practices reduce the risk of sexually transmitted infections and unintended pregnancy.	**Core Task – Healthy Relationships Case Study (Written)** **Topics:** Safer Sex, Sources of Information About Sex, Sexual Bullying and Harassment Students analyse a range of relationship scenarios, identifying healthy behaviours, sources of reliable support, safeguarding concerns and appropriate responses. **Assessment Focus:** Safeguarding, decision-making, application of RSHE knowledge.
07/09/26			
14/09/26		**Sources of Information About Sex** - To evaluate reliable sources of information and support relating to sexual health and relationships.	
21/09/26			
28/09/26		**Careers – Unifrog (Computers)** - To use Unifrog to explore post-16 pathways and make informed decisions about future education and careers.	
05/10/26			
12/10/26	Y11	**Sexual Bullying and Harassment** - To recognise sexual bullying and harassment, understand their impact, and know how to report concerns safely.	
19/10/26	Y11		
26/10/26	HALF TERM		
02/11/26		**Consent** - To understand the legal and ethical importance of consent in all relationships.	
09/11/26			

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16/11/26		**Parenting and Condom Demonstration** - To understand the responsibilities of parenting and develop confidence in the correct use of condoms as part of safer sex.	**Core Task – Respectful Relationships Discussion (Oracy)** **Topics:** LGBTQ+, Consent Students participate in a structured discussion exploring how respect, equality and consent contribute to healthy relationships and inclusive communities. **Assessment Focus:** Oracy, respectful communication, equality and diversity.
23/11/26			
30/11/26		**LGBTQ+** - To understand and respect the diversity of sexual orientation and gender identity, promoting inclusion and equality.	
07/12/26			
14/12/26		**Underage and Pregnant** - To understand the emotional, social and practical implications of teenage pregnancy and the support available.	
21/12/26	CHRISTMAS HOLIDAY		
28/12/26			
04/01/27			**Core Task – Professional CV and Skills Audit** **Topics:** Careers – CV Writing, National Careers Week Students create a professional CV alongside a personal skills audit, identifying strengths, achievements and areas for future development in preparation for post-16 applications. **Assessment Focus:** Employability, self-reflection, careers education.
11/01/27		**Careers – CV Writing (Computers)** - To develop a professional CV that reflects personal skills, experiences and future aspirations.	
18/01/27			
25/01/27		**Body Shaming** - To recognise the impact of body shaming and promote positive body image and self-esteem.	
01/02/27	Y11		
08/02/27	Y11	**Break-ups** - To develop healthy strategies for coping with relationship endings and maintaining emotional wellbeing.	
15/02/27	HALF TERM		
22/02/27			**Core Task – Personal Wellbeing Toolkit (Written)** **Topics:** Body Shaming, Break-ups, Stress and Relaxation Students develop a personalised wellbeing toolkit identifying coping strategies, support networks and techniques for maintaining positive mental
01/03/27		**National Careers Week (Computers)** - To explore post-16 opportunities and prepare for future education, training and employment.	
08/03/27			
15/03/27		**Stress and Relaxation** - To recognise the causes of stress and apply effective strategies for relaxation and resilience.	
22/03/27			

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			health during periods of challenge. **Assessment Focus:** Reflection, resilience, wellbeing.
29/03/27 05/04/27	SPRING BREAK		
12/04/27		**Challenging Discrimination** - To recognise discrimination in society and develop the confidence to challenge prejudice respectfully and safely.	**Core Task – Critical Thinking Presentation (Group Oracy)** **Topics:** Manosphere and Online Influences, Challenging Discrimination Students investigate the influence of online content on attitudes and behaviours before presenting strategies for promoting respectful relationships, equality and critical thinking online. **Assessment Focus:** Media literacy, safeguarding, presentation skills. **Core Task 2 – Preparing for Success Action Plan (Written)** **Topics:** Suicide, Stress and Relaxation, Revision Study Skills Students create a personal action plan for the examination period, identifying healthy revision strategies, stress management techniques, trusted sources of support and ways to maintain positive wellbeing. **Assessment Focus:** Self-management, resilience, preparation for examinations.
19/04/27			
26/04/27		**Suicide** - To understand the warning signs of suicide, challenge stigma surrounding mental health, and know how to seek help for yourself or others.	
03/05/27			
10/05/27		**Manosphere and Online Influences** - To critically evaluate harmful online influences, including misogynistic content, and promote respectful relationships and positive masculinity.	
17/05/27			
24/05/27		**Revision Study Skills** - To develop effective revision techniques, time management and wellbeing strategies in preparation for examinations.	
31/05/27	HALF TERM		
07/06/27			

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14/06/27			
21/06/27			
28/06/27			
05/07/27			
12/07/27			

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Year 11 PSHCE – British Values Mapping

British values: Democracy; Rule of Law; Individual Liberty; Mutual Respect; Tolerance of Different Faiths and Beliefs.

Date	Lesson	British Value(s)	How it is met
31/08/26	Safer Sex	Individual Liberty; Mutual Respect	Make informed choices about sexual health and respect personal boundaries.
14/09/26	Sources of Information About Sex	Individual Liberty	Evaluate information critically and make informed choices about health and relationships.
28/09/26	Careers – Unifrog (Computers)	Individual Liberty	Explore post-16 pathways and make informed decisions about future education and careers.
12/10/26	Sexual Bullying and Harassment	Rule of Law; Mutual Respect; Individual Liberty	Recognise unacceptable behaviour, understand reporting routes and respect others' rights and boundaries.
02/11/26	Consent	Individual Liberty; Mutual Respect; Rule of Law	Recognise the right to choose freely and understand the legal and ethical importance of consent.
16/11/26	Parenting and Condom Demonstration	Individual Liberty; Mutual Respect	Understand responsibilities and make informed choices while respecting personal boundaries.
30/11/26	LGBTQ+	Mutual Respect; Tolerance of Different Faiths and Beliefs	Respect diverse identities and promote inclusion and equality.
14/12/26	Underage and Pregnant	Individual Liberty; Mutual Respect	Consider personal choices and responsibilities while respecting different circumstances.
11/01/27	Careers – CV Writing (Computers)	Individual Liberty	Reflect on strengths and make informed choices about future employment and education.
25/01/27	Body Shaming	Mutual Respect; Individual Liberty	Respect others' differences and promote positive body image and self-esteem.
08/02/27	Break-ups	Mutual Respect; Individual Liberty	Manage relationship endings respectfully and make healthy choices for wellbeing.
01/03/27	National Careers Week (Computers)	Individual Liberty	Explore future opportunities and make informed post-16 choices.
15/03/27	Stress and Relaxation	Individual Liberty	Develop strategies to manage stress and make positive wellbeing choices.

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12/04/27	Challenging Discrimination	Democracy; Mutual Respect; Tolerance of Different Faiths and Beliefs	Challenge prejudice respectfully and support equality and inclusion.
26/04/27	Suicide	Individual Liberty; Mutual Respect	Challenge stigma and recognise the importance of seeking and offering appropriate support.
10/05/27	Manosphere and Online Influences	Democracy; Mutual Respect; Individual Liberty	Critically evaluate online influences and promote respectful relationships and positive choices.
24/05/27	Revision Study Skills	Individual Liberty	Take responsibility for preparation, time management and personal wellbeing.