Year 7 Long Term Scheme of Learning 2026-2027

Subject: PSHCE

National curriculum or specification coverage
The Year 7 PSHCE curriculum is designed to meet the statutory requirements for Relationships, Sex and Health Education (RSHE) as outlined by the Department for Education, while also supporting the non-statutory elements of Personal, Social, Health and Economic (PSHE) education recommended by the PSHE Association. The programme develops pupils' knowledge, understanding and skills across the three core themes of Health and Wellbeing, Relationships, and Living in the Wider World. Students explore physical and mental health, emotional wellbeing, puberty, healthy lifestyles, online safety, substance misuse, and personal safety, alongside developing respectful relationships, empathy, equality, diversity and inclusion, including education around racism, multiculturalism and protected characteristics. Financial education is embedded throughout the curriculum, enabling pupils to understand budgeting, spending, inflation and consumer awareness, while careers education, supported through Unifrog and National Careers Week, contributes to the Gatsby Benchmarks by encouraging career exploration, aspiration and informed decision-making. Together, these topics equip students with the knowledge, resilience and practical life skills needed to make safe, informed and responsible choices, preparing them for the opportunities, responsibilities and experiences of later life.

Date	Exams/ Assessments	Learning Intentions	Core Task/Assessments
31/08/26		**Phone Addiction** - To understand how mobile phone use can affect wellbeing and develop healthy digital habits.	**Core Task 1 – Oracy: *"How Can We Build Positive Relationships?"*** **Topics:** Confidence, Friendships, Respect, Empathy Students work in small groups to discuss and present the qualities of positive friendships and respectful behaviour. They use real-life scenarios to explain how empathy and confidence can help resolve conflict and strengthen relationships. **Assessment Focus:** Speaking and listening, teamwork, respectful discussion, justification of ideas.
07/09/26		**Confidence** - To recognise personal strengths and develop confidence in myself and others.	
14/09/26		**Aspiration** - To explore my goals and understand how aspirations can shape my future.	
21/09/26		**Careers** – Unifrog (computers) - To explore career pathways and use Unifrog to investigate future education and employment opportunities.	
28/09/26		**Friendships** - To understand the qualities of healthy friendships and how to build positive relationships.	
05/10/26		**Financial Capability** – Spending Decisions - To make informed spending decisions by understanding needs, wants and priorities.	
12/10/26		**Respect and Success with Rules** -To understand how respect and following rules contribute to a safe and successful community.	
19/10/26		**Empathy** - To recognise and understand the thoughts and feelings of others and respond with empathy.	

Year 7 Long Term Scheme of Learning 2026-2027

Subject: PSHCE

			Core Task 2 – Written: ***Healthy Phone Use Action Plan*** **Topics:** Phone Addiction, Emotional Wellbeing Students evaluate their own screen time habits and produce a personal action plan outlining realistic strategies for maintaining a healthy balance between technology and wellbeing. **Assessment Focus:** Reflection, application of learning, personal target setting.
26/10/26	HALF TERM		
02/11/26		**Promoting Emotional Wellbeing** - To identify strategies that support positive emotional wellbeing and resilience.	**Core Task 1 – Written:** ***Mental Health Awareness Leaflet*** **Topics:** Mental Health, Grief, Anger Management, Mindfulness Students design an informative leaflet explaining ways to maintain positive mental health, where to seek support, and strategies for managing difficult emotions. **Assessment Focus:** Knowledge recall, communication of information, empathy. **Core Task 2 – Oracy:** ***Budget Challenge*** **Topics:** Financial Capability – Budgeting Working in pairs, students are given a fictional weekly budget and must justify how they would prioritise spending before presenting their decisions to the class.
09/11/26		**Attitudes to Mental Health** - To understand mental health, challenge stigma and know how to seek support.	
16/11/26	Y7	**International Men's Day** - To recognise positive male role models and understand the importance of men's health and wellbeing.	
23/11/26	Y7	**Grief** - To understand that grief is a natural response to loss and explore healthy ways to cope.	
30/11/26		**Anger Management** - To recognise triggers for anger and develop positive strategies to manage emotions.	
07/12/26		**Mindfulness** - To practise mindfulness techniques that support focus, wellbeing and emotional regulation.	
14/12/26		**Financial Capability** – Budgeting - To understand the purpose of budgeting and create a simple personal budget.	

Year 7 Long Term Scheme of Learning 2026-2027

Subject: PSHCE

			Assessment Focus: Financial reasoning, justification, collaborative discussion.
21/12/26 28/12/26	CHRISTMAS HOLIDAY		
04/01/27		**Changes in Puberty** - To understand the physical, emotional and social changes that occur during puberty.	**Core Task 1 – Written: *Celebrating Diversity Poster or Article*** **Topics:** Families, Multiculturalism, Domestic Conflict Students create an informative poster or short article explaining why diversity and different family structures should be respected and how everyone has the right to feel safe. **Assessment Focus:** Equality and diversity understanding, written communication. **Core Task 2 – Oracy: *Puberty Question Time*** **Topics:** Puberty, Menstrual Cycle Using anonymous question cards, students work in groups to answer common questions before discussing myths and facts around puberty and growing up. **Assessment Focus:** Scientific understanding, respectful communication, confidence.
11/01/27		**Periods, the Menstrual Cycle and PMS** - To understand the menstrual cycle, periods and PMS as normal aspects of reproductive health.	
18/01/27		**Financial Capability – Getting the Right Job** - To identify the skills and qualities needed to find and secure suitable employment.	
25/01/27		**Families -** To understand that families come in many forms and the importance of supportive relationships.	
01/02/27		**Domestic Conflict -** To recognise the impact of domestic conflict and know how to seek help if needed.	
08/02/27		**Multiculturalism -** To appreciate the value of cultural diversity and respect different backgrounds and traditions.	
15/02/27	HALF TERM		
22/02/27		**Racism -** To understand the impact of racism and promote equality, respect and inclusion**.**	**Core Task 1 – Debate: *How Can We Challenge Discrimination?***
01/03/27		**International Women's Day -** To celebrate the achievements of women and understand the importance of gender equality.	

Year 7 Long Term Scheme of Learning 2026-2027

Subject: PSHCE

08/03/27		**National Careers Week – Unifrog (Computers) -** To explore career opportunities and use Unifrog to plan future pathways.	**Topics:** Racism, International Women's Day Students prepare and take part in a structured class debate exploring how individuals, schools and society can challenge discrimination and promote equality. **Assessment Focus:** Oracy, evidence-based reasoning, respectful debate. **Core Task 2 – Written: *Career Pathway Reflection*** **Topics:** Careers, National Careers Week, Inflation Using Unifrog research, students write a reflection explaining a career that interests them, the qualifications required and how financial factors such as wages and inflation may influence future decisions. **Assessment Focus:** Careers education, research, written evaluation.
15/03/27		**Financial Capability – Inflation -** To understand what inflation is and how it affects prices, spending and saving.	
22/03/27		**Healthy Living -** To understand the importance of making healthy lifestyle choices for physical and mental wellbeing.	
29/03/27 05/04/27	SPRING BREAK		
12/04/27		**Balanced Diet -** To understand the components of a balanced diet and how nutrition supports good health.	**Core Task 1 – Online Safety Campaign** **Topics:** Online Safety 1–3 Students work in teams to create a campaign (poster, presentation or video storyboard) promoting safe online behaviour, including protecting information, spotting scams and managing social media pressures. **Assessment Focus:** Digital literacy, creativity,
19/04/27		**Dental Health -** To understand how to maintain good oral hygiene and prevent dental problems.	
26/04/27		**Online Safety 1 – Protecting Information -** To understand how to keep personal information safe when using the internet.	
03/05/27		**Online Safety 2 – Digital Deception -** To recognise online scams, misinformation and deceptive content and know how to respond safely.	
10/05/27		**Online Safety 3 – Social Media Pressures -** To understand how social media can influence thoughts, feelings and behaviour, and develop healthy online habits.	
17/05/27	Y7	**Dangers of Vaping -** To understand the health risks associated with vaping and make informed choices.	
24/05/27	Y7	**Water Safety -** To recognise water hazards and know how to stay safe in and around water.	

Year 7 Long Term Scheme of Learning 2026-2027

Subject: PSHCE

			communication. **Core Task 2 – Healthy Living Diary** **Topics:** Balanced Diet, Dental Health, Vaping Students keep a one-week wellbeing diary and evaluate how their lifestyle choices support their physical health before setting improvement targets. **Assessment Focus:** Self-evaluation, healthy lifestyle knowledge.
31/05/27	HALF TERM		
07/06/27		**Financial Capability – The Critical Consumer -** To evaluate advertising and consumer choices in order to make informed purchasing decisions.	**Core Task 1 – Oracy: *Making Safe Choices*** **Topics:** Drugs, Cannabis, Water Safety Students analyse a series of scenarios involving risk and present the safest course of action, explaining their reasoning using evidence from lessons. **Assessment Focus:** Decision-making, critical thinking, communication. **Core Task 2 – Holiday Budget Project** **Topics:** Financial Capability – Budgeting for a Holiday Students plan a realistic holiday within a set budget, researching transport, accommodation and activities before presenting how they managed their spending. **Assessment Focus:** Financial literacy, numeracy, planning and presentation skills.
14/06/27		**Drugs -** To understand the risks associated with drug use and how to make safe, informed decisions.	
21/06/27		**Cannabis -** To understand the effects and legal risks of cannabis and its impact on health and wellbeing.	
28/06/27		**Careers – Unifrog (Computers) -** To use Unifrog to review career interests and plan next steps towards future goals.	
05/07/27		**Financial Capability – Budgeting for a Holiday -** To create a realistic holiday budget by planning and managing income and expenditure.	
12/07/27		**End of Year Quiz** – To consolidate subject knowledge gained this year.	

HELSBY High School

Achieving Success Valuing Others

Year 7 Long Term Scheme of Learning 2026-2027

Subject: PSHCE

HELSBY High School

Achieving Success Valuing Others

Year 7 PSHCE – British Values Mapping

British values used: 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	Phone Addiction	Individual Liberty	Make informed choices about phone use and personal wellbeing.
07/09/26	Confidence	Individual Liberty; Mutual Respect	Recognise individual strengths and value the strengths of others.
14/09/26	Aspiration	Individual Liberty	Make informed choices about personal goals and future opportunities.
21/09/26	Careers – Unifrog (computers)	Individual Liberty	Explore options and make informed choices about future pathways.
28/09/26	Friendships	Mutual Respect; Individual Liberty	Build respectful relationships while recognising personal boundaries and choices.
05/10/26	Financial Capability – Spending Decisions	Individual Liberty	Make responsible, informed choices about needs, wants and priorities.
12/10/26	Respect and Success with Rules	Rule of Law; Mutual Respect	Understand that shared rules keep communities safe and fair and apply to everyone.
19/10/26	Empathy	Mutual Respect	Consider others' feelings and treat people with kindness and respect.
02/11/26	Promoting Emotional Wellbeing	Individual Liberty; Mutual Respect	Make healthy choices while recognising and supporting others' wellbeing.
09/11/26	Attitudes to Mental Health	Mutual Respect; Individual Liberty	Challenge stigma, respect others and know that people can seek support.
16/11/26	International Men's Day	Mutual Respect; Individual Liberty	Respect different experiences and recognise everyone's right to be themselves.
23/11/26	Grief	Mutual Respect; Individual Liberty	Respect different responses to grief and support people with kindness.
30/11/26	Anger Management	Individual Liberty; Mutual Respect	Develop self-control and respond to others without causing harm.
07/12/26	Mindfulness	Individual Liberty	Develop strategies to manage emotions and make positive choices for wellbeing.
14/12/26	Financial Capability – Budgeting	Individual Liberty	Plan spending and make responsible choices about personal finances.
04/01/27	Changes in Puberty	Individual Liberty; Mutual Respect	Respect individual differences and personal boundaries during puberty.
11/01/27	Periods, the Menstrual Cycle and PMS	Individual Liberty; Mutual Respect	Respect differences and discuss reproductive health sensitively and without stigma.
18/01/27	Financial Capability – Getting the Right Job	Individual Liberty	Explore employment choices and make informed decisions about future work.
25/01/27	Families	Mutual Respect; Tolerance of Different Faiths and Beliefs	Respect different family structures and the people within them.
01/02/27	Domestic Conflict	Rule of Law; Individual Liberty	Recognise the right to safety and know that harmful behaviour is not acceptable.
08/02/27	Multiculturalism	Tolerance of Different Faiths and Beliefs; Mutual Respect	Learn about different backgrounds and traditions and live together harmoniously.
22/02/27	Racism	Tolerance of Different Faiths and Beliefs; Mutual Respect; Rule of Law	Challenge discrimination and promote equality, respect and inclusion for everyone.
01/03/27	International Women's Day	Mutual Respect; Individual Liberty	Recognise equality and respect everyone's right to be themselves and succeed.
08/03/27	National Careers Week – Unifrog (Computers)	Individual Liberty	Explore career opportunities and make informed choices about future pathways.
15/03/27	Financial Capability – Inflation	Individual Liberty	Use knowledge about prices and saving to make informed financial choices.
22/03/27	Healthy Living	Individual Liberty	Make informed choices that support physical and mental wellbeing.
12/04/27	Balanced Diet	Individual Liberty	Make informed choices about nutrition and personal health.
19/04/27	Dental Health	Individual Liberty	Take responsibility for personal health through informed choices and habits.
26/04/27	Online Safety 1 – Protecting Information	Rule of Law; Individual Liberty	Understand safe online behaviour and protect personal information and rights.
03/05/27	Online Safety 2 – Digital Deception	Rule of Law; Individual Liberty	Recognise risks and make informed, responsible choices online.
10/05/27	Online Safety 3 – Social Media Pressures	Individual Liberty; Mutual Respect	Make independent choices online and respect others' wellbeing and boundaries.

Year 7 Long Term Scheme of Learning 2026-2027

Subject: PSHCE

17/05/27	Dangers of Vaping	Individual Liberty; Rule of Law	Make informed health choices and understand relevant rules and restrictions.
24/05/27	Water Safety	Rule of Law; Individual Liberty	Follow safety rules while making responsible choices to protect yourself and others.
07/06/27	Financial Capability – The Critical Consumer	Individual Liberty	Evaluate information and make informed consumer choices.
14/06/27	Drugs	Individual Liberty; Rule of Law	Make safe, informed choices and understand that laws help keep people safe.
21/06/27	Cannabis	Rule of Law; Individual Liberty	Understand legal risks and make safe, informed decisions.
28/06/27	Careers – Unifrog (Computers)	Individual Liberty	Review interests and make informed choices about future goals.
05/07/27	Financial Capability – Budgeting for a Holiday	Individual Liberty	Plan spending and make responsible choices within a set budget.
12/07/27	End of Year Quiz	Rule of Law; Mutual Respect	Follow agreed rules fairly and respect others during the assessment.

Holiday/half-term rows are not lessons and therefore have not been assigned a British value.