



Scarborough College

Senior School PSHE/RSE Spiral Curriculum Summary 2025 - 2026

Teaching Provision

PSHE is taught through a series of recurring themes throughout the Key Stages based on the three PSHE key concepts. Timetable lessons are taught by specialist teachers twice a fortnight for years 7,8 and 10 and on a carousel of 4 lessons per fortnight over two terms in Year 9. A single lesson per fortnight is prioritised for PSHE/ core lessons for y11 and sixth form. Alongside this, external speakers, current affairs quizzes and peer mentor sessions in tutor periods allow pupils to explore some topics further. Assemblies (both full school and tier based) also address many of the pressing issues of the day

Year Group	THEMES
Y7 Autumn	Expectations, Code of Conduct. Fundamental British Values Wellbeing <ul style="list-style-type: none"> ● Importance of happiness ● Respectful Behaviours ● Healthy Phone Use ● Exploring Identities and Similarities Community <ul style="list-style-type: none"> ● Appreciating Diversity - Black History Month - How can we value each other? ● Identifying and Challenging Bullying
Y7 Spring	Self Reflection and Goal Setting Faith & Values, British Values, the meaning of family. LGBT History Month - February Careers <ul style="list-style-type: none"> ● Skills & abilities. ● My career vision. ● Skills for working with others. Aspirations and Money <ul style="list-style-type: none"> ● Ambitions / Goals ● Taking Control of Our Learning
Y7 Summer	Taking Responsibility <ul style="list-style-type: none"> ● Healthy Choices ● Physical activity, eating and Sleeping / hygiene. ● Body Image and Self Care Mental Health Awareness week - 12th May - 18th May

	<p>Growing Up</p> <ul style="list-style-type: none"> ● Bodily Changes through Puberty ● Introduction to Periods ● Body Image and Self Care <p>Review of the Year. Targets for Year 8 - Using Unifrog</p>
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Year Group	THEMES
Y8 Autumn	<p>Expectations, Code of Conduct. Fundamental British Values</p> <p>Relationships:</p> <ul style="list-style-type: none"> ● Family/ Healthy/ Unhealthy ● Friendships/ Intimate Relationships ● Boundaries, Consent (Inc Sexting) ● Relationships Online
Y8 Spring	<p>Self Reflection - Goal Setting</p> <p>Knowing Your Rights (Human Rights)</p> <p>Wellbeing</p> <ul style="list-style-type: none"> ● Link between Physical Health and Mental Wellbeing ● Attitudes to Mental Health ● LGBT History Month - Stereotypes & Gender Identity. ● National careers week ● Aspiration and Money - Presentations.
Y8 Summer	<p>Body Awareness / Confidence</p> <ul style="list-style-type: none"> ● Knowing Your Body, Reproductive Systems. ● Mental health awareness week - 12th May - 18th May ● Alcohol and drug misuse ● Confidence and public speaking workshops

Year Group	THEMES
Y9 Autumn	<p>Expectations, Code of Conduct. Fundamental British Values Transition</p> <ul style="list-style-type: none"> ● Study skills / resilience and stress ● Dealing with change in life ● Basics of Mental Health ● Managing Mental Health / Self Harm <p>Identities</p> <ul style="list-style-type: none"> ● Belonging / Peer Pressure ● Allyship <p>Community</p> <ul style="list-style-type: none"> ● Appreciating diversity ● Relationships - healthy / abusive
Y9 Spring	<p>Self Reflection - Goal Setting Body Awareness</p> <ul style="list-style-type: none"> ● Positive Relationship with your body ● Beauty Standards ● Puberty and Hormones ● Periods / Period Poverty ● Wellbeing and the Power of the Internet ● Aspiration and Money <p>National careers week</p> <ul style="list-style-type: none"> ● Skills & abilities. CV / Personal Statement ● My career vision.
Y9 Summer	<p>Body Awareness</p> <ul style="list-style-type: none"> ● Developing Sexuality ● Privacy and Consent ● Sexual Health ● Mental health awareness week - 12th May - 18th May <p>Independence</p> <ul style="list-style-type: none"> ● Peer Pressure - Drug and Alcohol Dangers ● Making Healthy Choices ● Evaluating Influence ● Exams / Revision / Organisation ● Preparation for GCSE's

Year Group	THEMES
Y10 Autumn	Expectations, code of conduct. Consent and boundaries Fundamental British Values Relationships <ul style="list-style-type: none"> ● Stable and Committed ● Healthy, family functioning ● Respectful + Abusive Relationships ● Making Sexual Choices and Pregnancy
Y10 Spring	Self Reflection - Goal Setting Wellbeing <ul style="list-style-type: none"> ● Mental Wellbeing ● Balancing Pressure of Modern Life ● LGBT History Month Independence <ul style="list-style-type: none"> ● National careers week ● Leadership & communication. Career ideas. Marketing yourself Aspiration and Money <ul style="list-style-type: none"> ● Making decisions about the future ● Working locally / internationally ● Saving and Budgeting Wisely
Y10 Summer	Independence <ul style="list-style-type: none"> ● Creating influence, peers and younger years. ● Making healthy choices - vaccinations Wellbeing <ul style="list-style-type: none"> ● Mental health Awareness Week - 12th May - 18th May ● Media Influence - Role Models/ Persuasion / Gangs ● Alcohol, Drug Misuse ● Online Wellbeing - Your Rights. Relationships and Social Media/ Your Data Reflection of behaviours <ul style="list-style-type: none"> ● Misogyny / Toxic Masculinity

Year Group	THEMES
Y11 Autumn + Spring	Expectations, Code of Conduct. Fundamental British Values Transition - Adulting, Self Worth and Celebrating Success Carousel of Topics: Identity <ul style="list-style-type: none"> ● Mental Health

	<ul style="list-style-type: none"> ● Gender Norms ● Gender Identities <p>Community</p> <ul style="list-style-type: none"> ● Appreciating Diversity ● Power Dynamics ● Grief <p>Body Awareness</p> <ul style="list-style-type: none"> ● Connecting Body and Motions ● Stress. Self COnccept and Motivation <p>Developing Sexuality</p> <ul style="list-style-type: none"> ● Consent and Choices <p>Aspirations and Money.</p> <ul style="list-style-type: none"> ● Rights and responsibilities at work ● Challenges to our goals and dreams
Year 11 Summer	Mental Health Toolkit Exam Leave

Year Group	THEMES
Y12	<p>Relationships</p> <ul style="list-style-type: none"> ● Healthy Family Functioning ● Managing Changing Relationships ● Consent and Unhealthy Relationships <p>Wellbeing</p> <ul style="list-style-type: none"> ● Online Wellbeing ● Responsible use of Social Media ● Alcohol and Drug Misuse ● Mental Wellbeing <p>Independence</p> <ul style="list-style-type: none"> ● Knowing Your Rights ● Aspiration and Money ● Making Health CHOICES and Preventing Illness <p>Body Awareness</p> <ul style="list-style-type: none"> ● Connecting with body and emotions mindfully <p>First Aid</p>
Y13	<p>Relationships and Transitions - Moving Out To University</p> <p>Community</p> <ul style="list-style-type: none"> ● Identities and Inclusion ● Exploring Identities and Power dynamics ● Appreciating Diversity <p>Body Awareness</p>

- Connecting with body and emotions mindfully
- Looking after your body
- Sexual Health
- Developing Sexuality

Wellbeing

- Mental Wellbeing
- The Power of the Internet
- Earning Respect, Avoiding Danger

Aspiration and Money

- Budgets and Saving

Visiting Speakers, Assemblies and Tutor Time Activities

Autumn Term	<p>North Yorkshire Police - An insight to Scarborough Police - Y12 +13 - September</p> <p>Mental Health Days - Friday 19th September / 10th October (Wear Yellow)</p> <p>Careers - Universities - Sheffield - September</p> <p>Black History Month - October</p> <p>Cyber Switch Up Competition</p> <p>Assembly 1 - Sleep and Screens - October</p> <p>Assembly 2 - Anti Bullying Week - November</p> <p>Holiday Finances and Expectations - Christmas, Hanukkah, Kwanzaa.</p> <p>Brook Sexual Health - Years 9-13 - December</p>
Spring Term	<p>International Women's Day</p> <p>In the News: Meningitis - What do we need to know?</p> <p>Ramadan</p> <p>Red Nose Day</p> <p>SMSC: Stress Awareness Month 2026</p>
Summer Term	<p>VE Day</p> <p>In the News: Conflict in Iran & the Middle East</p> <p>Mental Health Awareness Week</p> <p>Knife crime awareness week</p> <p>World Environment Day (June)</p>