

Alderwood KS3 Traded 2 Springboard PSHE Curriculum Overview 2025/26

Overview of Year 7 units of study

Term	Subject Content	Core Knowledge
Autumn 1	Relationships (families and respectful relationships) Health and Wellbeing (mental wellbeing)	<ul style="list-style-type: none"> • Expectations within PSHE lessons • Feelings • Healthy family relationships • Online and offline relationships
Autumn 2	Relationships (respectful relationships, online safety and awareness) Health and Wellbeing (physical health and fitness and healthy eating)	<ul style="list-style-type: none"> • Mental and physical wellbeing • Bereavement and loss • Physical activity • Healthy eating and health risks
Spring 1	Health and Wellbeing (drugs, alcohol, tobacco and vaping and basic first aid) Relationships (being safe)	<ul style="list-style-type: none"> • Peer pressure • Boundaries • Sexual harassment and sexual violence • Grooming • Illegal drugs and the law • Basic treatment for common injuries and ailments
Spring 2	Relationships (online safety and awareness and intimate and sexual relationships including sexual health) Health and Wellbeing (personal safety, wellbeing online, physical health and fitness)	<ul style="list-style-type: none"> • Safety around roads, railways and water • Limiting time spent online • Sex and age of consent • AI • Scams • Revisit of the benefits of physical activity
Summer 1	Relationships (online relationships and e-safety) Health and Wellbeing (wellbeing online, health prevention and protection and developing bodies) Life Skills (society)	<ul style="list-style-type: none"> • Gaming • FGM • Reporting abuse • Puberty • Dental hygiene • Societal structure
Summer 2	Relationships (families) Health and Wellbeing (Healthy eating) Life Skills (Financial literacy and careers)	<ul style="list-style-type: none"> • Financial literacy • Bereavement • Practical healthy eating task • Careers • aspirations

Overview of Year 8 units of study

Alderwood KS3 Traded 2 Springboard PSHE Curriculum Overview 2025/26

Term	Subject Content	Core Knowledge
Autumn 1	Relationships (families) Health and Wellbeing (mental wellbeing and physical health and fitness)	<ul style="list-style-type: none"> • Expectations within PSHE lessons • Kindness • Physical activity linked to happiness • Civil partnerships and marriage • Forced marriage • The characteristics of a healthy lifestyle linked to mental health
Autumn 2	Relationships (online safety and awareness) Health and Wellbeing (health protection and prevention)	<ul style="list-style-type: none"> • Self-esteem • Bullying • Consent • Stereotypes • Pornography • Incels • anxiety
Spring 1	Health and Wellbeing (mental wellbeing) Relationships (being safe)	<ul style="list-style-type: none"> • Social media • AI • Sharing material • Deepfakes • Sextortion • Dental hygiene
Spring 2	Relationships (being safe and intimate and sexual relationships including sexual health) Health and Wellbeing (wellbeing online) Life Skills (society)	<ul style="list-style-type: none"> • Societal roles • Sexual pressure • Domestic abuse and coercive behaviour • Gaming and gambling • Consent and enjoyable experience • Contraception • STIs, safe sex and where to seek support
Summer 1	Relationships (being safe) Health and Wellbeing (benefits of physical activity, healthy eating, personal safety, basic first aid and drugs, alcohol, tobacco and vaping)	<ul style="list-style-type: none"> • Benefits of physical activity linked to happiness • Healthy eating and health risks • Grooming revisit • Life-saving skills including CPR • Peer influence of risk-taking behaviours • Facts about smoking tobacco and vaping and where to seek support

Alderwood KS3 Traded 2 Springboard PSHE Curriculum Overview 2025/26

Summer 2	Relationships (respectful relationships) Health and Wellbeing (developing bodies) Life Skills (Financial literacy and careers)	<ul style="list-style-type: none"> • Menstrual and gynaecological health (endometriosis and PCOS) • Revisit bullying • Financial literacy • Bereavement • Practical healthy eating task • Careers and decision making
----------	--	---

Overview of Year 9 units of study

Term	Subject Content	Core Knowledge
Autumn 1	Relationships (families and respectful relationships)	<ul style="list-style-type: none"> • Expectations within PSHE lessons • Common-law marriage • The law around marriage • Changing families • Positive relationships online and offline • Ending of relationships
Autumn 2	Relationships (respectful relationships, online safety and awareness and being safe)	<ul style="list-style-type: none"> • Bullying • Stereotypes • AI chatbots • Social media • How to seek support • Sexual harassment and sexual violence
Spring 1	Health and Wellbeing (mental wellbeing, physical health and fitness and personal safety)	<ul style="list-style-type: none"> • Characteristics of common types of mental ill health • The characteristics of healthy lifestyles linked to mental wellbeing • Risks of unhealthy weight gain • Knives and knife crime
Spring 2	Health and Wellbeing (personal safety, basic first aid and wellbeing online)	<ul style="list-style-type: none"> • Unfamiliar settings • CPR and what a defibrillator is • Gaming • Misinformation and disinformation • Drug and knife supply
Summer 1	Relationships (respectful relationships) Health and wellbeing (developing bodies and personal safety) Life skills (careers)	<ul style="list-style-type: none"> • Self-esteem • Puberty • Timeline of reproductive health • Grooming • Careers CV

Alderwood KS3 Traded 2 Springboard PSHE Curriculum Overview 2025/26

Summer 2	<p>Relationships (being safe)</p> <p>Health and Wellbeing (developing bodies, drugs, alcohol, tobacco and vaping, physical health and fitness and health protection and prevention)</p> <p>Life Skills (Financial literacy)</p>	<ul style="list-style-type: none"> • Strangulation and suffocation • Impact of alcohol and drugs and risks in sexual behaviour • Risks associated with alcohol consumption • How to navigate local healthcare system • Public spending • Physical health and fitness revisit