

ECA PSHE Scheme of Learning overview 2024/25

Key	Content
	Living in the Wider World
	Relationships
	Health and Wellbeing
	Sex and Relationships education

	Autumn 1 (1)	Autumn 2 (2)	Spring 1 (3)	Spring 2 (4)	Summer 1 (5)	Summer 2 (6)
Year 7	1.1 Being Ready for Secondary School	2.1 Diversity	3.1 Self-esteem	4.1 Puberty	5.1 Friendships	6 Enterprise project: The Tyre Challenge
	1.2 Goal setting and getting it right	2.2 Bullying	3.2 Relationships Consent and boundaries	4.2 Smoking	5.2 Sleep & Exercise	
	1.3 Healthy Lifestyle	2.3 Cyberbullying	3.3 Family Life	4.3 Alcohol	5.3 Ethical Spending Financial exploitation	
Year 8	1.1 First aid	2.1 What choices are there post-16? Unifrog for careers and futures	3.1 Racism	4.1 Gaming	5.1 Bank Accounts	6.1 Breast and testicular health

	1.2 Body image	2.2 Guided Choices – choosing options	3.2 CEOP lesson gender roles	4.2 Drugs	5.2 Work shadowing	6.2 Sexual orientation and gender identity
	1.3 Managing change	2.3 Social media	3.3 Stress	4.3 Alcohol	5.3 Contraception	6.3 Unifrog
Year 9	1.1 British Values	2.1 Post-16 choices	3.1 Alcohol	4.1 Relationships	5.1 Depression / Anxiety	6.1 Staying safe: CSE
	1.2 Human Rights	2.2 Life long learning	3.2 Drugs	4.2 Sexual health	5.2 LGBTQAI+	6.2 County Lines Knife crime
	1.3 staying safe online/sexual content online	2.3 Unifrog for careers and futures	3.3 Eating disorders	4.3 Consent	5.3 Extreme views	6.3 FGM
Year 10	1.1 Post 16/18 Intentions	2.1 Gambling	3.1 Drugs	4.1 Sexting & Porn	5.1 Work Experience - workplaces	6.1 Digital Literacy
	1.2 Unifrog for careers and futures	2.2 Debt	3.2 Alcohol	4.2 Relationship abuse	5.2 Work Experience – skills	6.2 Extremism
	1.3 Future study intentions	2.3 WEX placement lesson	3.3 Contraception and consent	4.3 Preparing for Work Experience	5.3 Revision skills	6.3 Work Experience reflections
		Road Safety				

Year11	1.1 Applications: profiles	2.1 Revision	3.1 'Odd one out': bullying	4.1 Healthy Choices	5.1 Private Revision	
	1.2 Applications	2.2 Personal statements	3.2 Extremism	4.2 Self-examination		
	1.3 Revision	2.3 Submitting applications	3.3 Domestic abuse	4.3 Planning revision		