

PSHE at LOGS 2026- THEMATIC MODEL LESSON BREAKDOWN

	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
Year 7	Change L1. Intro to PSHE L2. Big School success L3. Managing my feelings L4 & L5. What is RESPECT	Safety First L1 & L2 Staying safe- water L3 & L4. Staying safe- roads L5. Staying safe- railways L6. Staying safe online	Diversity Diversity, prejudice, and bullying – friendships, body autonomy and peer pressure.	Health and puberty Healthy routines, influences on health, hygiene , puberty, unwanted contact. smoking and vaping	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries.	Financial decision making Saving, borrowing, budgeting and making financial choices. Reflecting back – postcards.
Year 8	Drugs and alcohol L1& L2. Drugs – caffeine L3. Smoking L4. Vaping L5& L6. Alcohol and risk	Digital literacy L1&L2. Deepfakes L3. AI and misinformation (fake news) L4 & L5. Chatbots and mental health L6. Staying safe online, online exploitation L7. Influencers	Discrimination Including: racism, sexism (incels and misogyny) LGBTQ+ discrimination, and religious discrimination	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Identity and relationships. Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception. Online blackmail CEOP lessons.	Citizenship: What it means to be a citizen, democracy, voting rights. How the UK government works.
Year 9	Peer influence, substance use and gangs L1. Healthy friendships L2. Substance misuse L3. Gang exploitation L4. Trafficking L5. FGM	Setting goals L1. Learning strengths L2. Career options L3. Goal setting L4. GCSE options L5. Letter to my future self.	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes and endings	Healthy lifestyle Self-destructive behaviours, including various forms of self-harm, First aid skills.	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Living in the wider world; Human rights including human rights violations, fair trade and laws around restricted online goods.

Year 10	Mental health L1. Mental health and ill health L2. Stigma L3. Safeguarding health, including during periods of transition or change L4. Exam stress L5. Positivity L6. Yungblud example	Financial decision making L1. Debt L2. Gambling L3. The impact of advertising on financial choices L4. Bank accounts L5. Scams	Healthy relationships Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography	Check me out - Looking for early signs of ill health, including cancer.	Addressing extremism and radicalisation Communities, belonging and challenging extremism	Work experience Preparation for and evaluation of work experience and readiness for work
	Your rights under law L1. What is the law L2. Stop and search L3. Being arrested L4. Courts in the UK L5. Consequences	Next steps Application processes, and skills for further education, employment and career progression	Communication in relationships Personal values, assertive communication (including contraception/sexual health), relationship challenges/ abuse	Independence Responsible health choices, and safety in independent contexts. Spiking, methanol poisoning etc.	Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships	Short term due to year 11 early exit. End of course student feedback.