

OSSMA Personal, Social, Health, and Economic (PSHE) Transition Curriculum 2025-2026

		Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	1. 10/09/2025	What are first impressions?	How do rules and laws differ?	What is news?	How can I optimise my physical health?	How can I manage stress?
	2. 17/09/2025	Who am I?	Where do laws come from?	How can I judge the reliability of a news article?	How can I identify meningitis and strokes?	How can I deal with disappointment?
	3. 24/09/2025	What is self-esteem?	What crimes occur near me?	How can I verify information?	Should vaping be banned?	How might my health affect my exam performance?
	4. 01/10/2025	What makes a relationship healthy?	Who is involved in the legal process?	How might I be manipulated?	What is cancer?	How realistic is pornography?
	5. 08/10/2025	How are families different?	Are all courtrooms the same?	How can I REVIEW my news?	How can I identify potential cancers?	How can people maturely end a relationship?
	6. 15/10/2025	What do healthy friendships look like?	How am I influenced?	What is body image?	What parts of our bodies can be donated to others?	MOCK PREP
	7. 22/10/2025	What is bullying?	What do I need to know about gangs?	How might the media influence how I feel about the way I look?	What services are available to manage my health?	MOCK PREP
Autumn 2	8. 05/11/2025	What is cyberbullying?	What should I know about knife crime?	How might drugs affect us?	What are human rights?	Yr 11 Mocks
	9. 12/11/2025	How can I take a stand when I see bullying happening?	What is grooming?	Why do people use drugs?	How can we balance human rights?	Yr 11 Mocks
	10. 19/11/2025	Is everyone treated equally?	What does 'county lines' mean?	Why might people use steroids?	Do I have the right to say whatever I want?	Yr 11 Mocks
	11. 26/11/2025	What are stereotypes?	What is extremism?	What does the law say about drugs?	Should my privacy be protected at all costs?	What does stalking look like?
	12. 03/12/2025	How might people with disabilities be treated?	What are hate crimes?	What risks are linked to drug use?	What rights do asylum seekers have?	Where can young people access sexual health services?
	13. 10/12/2025	How can we deal with racism?	How can I share key information about crime with others?	What is addiction?	How does the law try to protect victims of GBV?	Fertility 1 – external factors, PCOS, endometriosis, menopause
	14. 17/12/2025	What support can I offer to others?	How can I share key information about crime with others?	Should cannabis be legalised?	Do we have a "global responsibility" to our fellow citizens?	Reproductive health – folic acid, miscarriage, FASD, pelvic floor
Spring 1	15. 07/01/2026	What is health?	What does caffeine do to my body?	What does a democratic country look like?	How might citizens become involved in the legal system?	How are taxes calculated?
	16. 14/01/2026	How can screentime affect my health?	What are prescription drugs?	How else might a country be run?	How do courts decide on sentences?	Where does the government spend our money?
	17. 21/01/2026	How much sleep should I be getting?	What are units?	What does the Cabinet do?	What is international law?	What is foreign aid? (inc. RE content)
	18. 28/01/2026	What makes vaping addictive?	What are the physical effects of drinking alcohol?	What advice would I give to the Cabinet in an emergency?	What does the UK have to do with the Commonwealth?	Am I allowed to vote? How can I vote in a General Election?
	19. 04/02/2026	How can I look after my teeth?	What are the social effects of drinking alcohol?	Who in the UK holds the greatest power?	What does the UK have to do with the United Nations?	Is our current electoral system fair?
	20. 11/02/2026	What are the benefits of physical activity?	How can I manage influence and pressure around alcohol?	How are those in power held to account?	What is prison actually like?	How democratic is the UK?
Spring 2	21. 25/02/2026	How can I manage my personal hygiene?	Which common health conditions should I know about?	What do healthy, romantic relationships look like?	What is sexual harassment?	What is phishing?
	22. 04/03/2026	What is FGM?	How can I help someone who has had an accident?	What is consent?	How might people show their commitment to their partner? (RE)	How do loans and mortgages work?
	23. 11/03/2026	What are the physical changes of puberty?	What is CPR, and how do defibrillators work?	What are potential signs of abuse?	What might people think or feel about sex? (inc. RE)	Do I really need insurance?
	24. 18/03/2026	What happens during menstruation?	Why is it important to use antibiotics responsibly?	What does the law say about sharing nudes?	What risks might be involved in sexual acts?	What are pensions?
	25. 25/03/2026	How can I manage the changes of puberty?	How do vaccinations work?	How are condoms used?	What other forms of contraception exist? (inc. RE)	Why is gambling dangerous?
Summer 1	26. 15/04/2026	What is a risk?	How can technology change what we see and believe?	What are my rights as a consumer?	Yr 10 Mocks	Yr 11 Exams
	27. 22/04/2026	How can I be safe on, and near, the road?	What is news?	Which documents can help me to keep track of my money?	What factors might affect a persons fertility?	
	28. 29/04/2026	How can I be safe near train lines?	How can I judge the reliability of a news article?	How can a budget help to manage my money?	What options does someone have if they are pregnant?	
	29. 06/05/2026	How can I be safe around water?	How can I verify information?	How do bank accounts work?	What happens during pregnancy?	
	30. 13/05/2026	How can I be safe online?	How might I be manipulated by the media?	What are the potential effects of gambling?	The Manosphere	
	31. 20/05/2026	The Manosphere	The Manosphere	The Manosphere	YR 10 WORK EXPERIENCE	
Summer 2	32. 03/06/2026	What do young carers do?	What does a democratic country look like?	What makes me happy?	Are all parents the same?	
	33. 10/06/2026	Can young people make a change?	How else might a country be run?	What is mental health?	Why is reproductive health important?	
	34. 17/06/2026	What is Parliament?	What does the Cabinet do?	How do I view myself?	How are our differences protected by law?	
	35. 24/06/2026	How are political parties similar and different?	What advice would I give to the Cabinet in an emergency?	How can I cope with grief?	How have attitudes towards sex and gender changed over time?	
	36. 01/07/2026	What happens in a General Election?	Who in the UK holds the greatest power?	What is addiction?	How have attitudes towards sexual orientation changed over time?	
	37. 08/07/2026	What would my platform for election look like?	How are those in power held to account?	How can I manage stress?	What is foreign aid?	
	38. 15/07/2026	What do MPs do?	How might citizens become involved in the legal system?	How can I revise?	How can I enact change?	



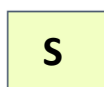
Week A



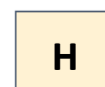
Week B



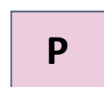
E Careers and Economic & Financial Education



S Citizenship Education



H Health Education



P Relationships & Sex Education