

OSSMA PSHE and Citizenship Curriculum 2026-27: Timetabled Teaching

	Year 7	Year 8	Year 9	Year 10	Year 11
Lesson 1	What are first impressions?	Is happiness the same for everyone?	What are my rights as a consumer?	What are human rights?	What is phishing?
Lesson 2	What shapes who we are?	What is mental health?	Which documents help me to keep track of money?	Do I have the right to say what I want?	How do loans and mortgages work?
Lesson 3	What is self-esteem?	How am I influenced?	How can a budget help me to manage my money?	Should my privacy be protected at all costs?	What are pensions?
Lesson 4	What makes a relationship healthy?	How can I cope with grief?	How does credit work and how can Bank accounts help to manage my money?	Why does honour based abuse occur and how is it still happening?	Do I really need insurance?
Lesson 5	How are families different?	What is addiction?	What are the potential effects of gambling?	How can I optimise my physical health?	How are taxes calculated?
Lesson 6	Is everyone treated equally?	What are units?	How can I ensure my money is kept safe?	What is cancer?	How can I deal with disappointment?
Lesson 7	What are stereotypes?	What are the physical effects of drinking?	What are laws and where do they come from?	How are differences protected by law?	Where can people access sexual health services?
Lesson 8	How might disabled people be treated?	What are the social effects of drinking?	Who is involved in the legal process?	How can I effect change?	Mock/Exam Allowance
Lesson 9	What is health?	How can I manage pressure and influence around alcohol?	Are all courtrooms the same?	What options does someone have if they are pregnant?	Mock/Exam Allowance
Lesson 10	How can screentime affect my health?	What is news?	How might citizens become involved in the legal system?	What happens during pregnancy?	Mock/Exam Allowance
Lesson 11	How much sleep should I be getting?	Can we always believe what we see online?	How do courts decide on sentences?	Why is reproductive health important?	Mock/Exam Allowance
Lesson 12	What is a risk?	How can I judge the reliability of what I see?	What does justice look like?	Are all parents the same?	Mock/Exam Allowance
Lesson 13	How can I be safe around roads?	How can I verify information?	What crimes occur in my community?	What is foreign aid?	Mock/Exam Allowance
Lesson 14	How can I be safe near trainlines?	How might I be manipulated?	What might people think or feel about sex?	What is international law?	Mock/Exam Allowance
Lesson 15	How can I be safe around water?	How can social media impact what we believe and what we do?	How can online behaviour and content affect relationships?	What does the UK have to do with the Commonwealth?	Mock/Exam Allowance
Lesson 16	How can I be safe online?	How can I REVIEW news?	What does a democratic country look like?	What does the UK have to do with the United Nations?	Mock/Exam Allowance
Lesson 17	What happens in elections?	How is data collected?	How else might a country be run?	Mock Allowance	Mock/Exam Allowance
Lesson 18	Can young people make change?	How might we be affected by what we see in the media?	What does the Cabinet do?	Mock Allowance	Mock/Exam Allowance

OSSMA PSHE and Citizenship Curriculum 2026-27: Drop-Down Teaching

	Year 7	Year 8	Year 9	Year 10	Year 11
Lesson 1	What are the benefits of physical activity?	What common health conditions should I know and what services are available to manage my health?	What do antibiotics do to my body?	How can I examine myself?	How can I develop resilience?
Lesson 2	How can I look after my teeth?	How can I help someone who is choking or hurt?	What does caffeine do to my body and why do people take steroids?	What parts of our bodies can be donated to others?	How can I manage stress?
Lesson 3	What are the physical and emotional changes of puberty and how can I manage them?	How do vaccines work?	How do drugs affect us, why do people take them, what do they do, and what does the law say?	How can I identify meningitis and strokes?	How might my health affect my exam performance?
Lesson 4	How can I share key information about puberty with young people?	Should vaccines be compulsory?	Should cannabis be legalised?	Why should I know about drugs, vaping, and alcohol?	How can I revise effectively?
Lesson 5	What is CPR and how do defibrillators work?	What is CPR and how do defibrillators work?	What is CPR and how do defibrillators work?	What is CPR and how do defibrillators work?	What is CPR and how do defibrillators work?
Lesson 6	What is cyberbullying?	What makes someone trustworthy?	How can good communication make relationships stronger?	What risks might be involved in sexual acts?	How can I maturely end a relationship?
Lesson 7	What is bullying?	How might people show commitment to their partners?	What are potential signs of abuse?	What other form of contraception exist?	When does behaviour in a relationship go too far?
Lesson 8	How can I take a stand when I see bullying happening?	What do healthy romantic relationships look like?	What are STIs?	What factors might affect a person's fertility?	What does stalking look like?
Lesson 9	Health relationship workshop (11-12 yrs)	Health relationship workshop (12-13 yrs)	How do condoms work?	How do condoms work?	How do condoms work?
Lesson 10	What is Parliament?	What do I need to know about gangs?	What advice would I give the Cabinet in an emergency?	How have attitudes towards sex and gender changed over time?	Where does the government spend our money?
Lesson 11	How are Political Parties similar and different?	What does "County lines" mean?	Who in the UK holds the greatest power?	How have attitudes towards sexual orientation changed over time?	Is our current election system fair?
Lesson 12	What would my election platform look like?	What is extremism?	How are those in power held to account?	How have attitudes towards race changed over time?	How democratic is the UK?

OSSMA PSHE and Citizenship Curriculum 2026-27: Assembly Outlines

	Year 7	Year 8	Year 9	Year 10	Year 11
AM Assembly 1	Healthy friendships	Media literacy	Legal and political activism	Protected Characteristics	How can I develop resilience?
AM Assembly 2	Racism	Hate Crime	Drugs	Mental Health	How can I manage stress?
AM Assembly 3	British Values	British Values	British Values	British Values	How might my health affect my exam performance?
AM Assembly 4	Vaping	Vaping	Vaping	Vaping	How can I revise effectively?
Assembly 5	FGM	Knife Crime	Consent	Harassment	What is CPR and how do defibrillators work?
Assembly 6	Periods and Personal Hygiene	Grooming Gangs	The dangers of nudes	Immigration	How can I maturely end a relationship?