PSHE Learning Journey Y7–Y11 (2026-27)

The Thomas Adams School

SKILS DEVELOPED

- Teamwork
- Leadership
- Creativity
- Innovation
- Decision Making
- Empathy
- Problem Solving
- Resilience – staying positive
- Public Speaking
- Planning
- Organisation
- Literacy
- Risk Management

Go to Sixth Form

Go to College

Start an Apprenticeship

Year 11 Lesson Topics

01 Careers and Next Steps
02 Keeping Safe
03 Relationships and Female Safety
04 Preparation for Adulthood
05 Healthy Choices and Wellbeing





YEAR 11

- Progress and Assessment
- Crime and Punishment Assessment
- British Values Assessment
- Quizzes
- Progress Sheets
- Student Voice and Impact Survey



Year 10 Lessons Topics

01 Managing Strong Emotions
02 Healthy Relationships
03 Crime and Punishment
04 Keeping Safe
05 Equality and British Values
06 Media and Society
07 Financial Management
08 Careers and Employability



YEAR 10

- Progress and Assessment
- Politics Assessment
- Equality Assessment
- Quizzes
- Progress Sheets
- Student Voice and Impact Survey

Year 9 Lesson Topics

01 Relationships and Sex Education
02 Politics and Democracy
03 Careers and Aspirations
04 Equality and Human Rights
05 Organisations and Communities
06 Financial Management
07 Combatting Extremism



YEAR 9

- Progress and Assessment
- Drugs Assessment
- Mental Health Assessment
- Quizzes
- Progress Sheets
- Student Voice and Impact Survey

Progress and Assessment

- ✓ Online Safety Assessment
- ✓ Healthy Lifestyle Assessment
- ✓ Quizzes
- ✓ Progress Sheets
- ✓ Student Voice and Impact Survey

YEAR 8

Year 8 Lesson Topics

01 Relationships
02 Drugs and Exploitation
03 Mental Health and Wellbeing
04 Personal Safety
05 Environment and Sustainability
06 Financial Management
07 Equality and Discrimination



Year 7 Lesson Topics

- 01 Self and Identity
- 02 Healthy Lifestyles
- 03 Relationships and Sex Education
- 04 Diversity and Culture
- 05 Online Safety and Social Media
- 06 Healthy Living and Wellbeing



YEAR 7

SPIRAL THEMATIC APPROACH

1) Rights, Responsibilities and British Values
2) Celebrating Diversity and Equality
3) Relationships & Sex Education
4) Staying Safe Online & Offline
5) Health and Wellbeing
6) Life Beyond School - Careers

CURRICULUM OVERVIEW

welcome

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