

Y7 PSHE Curriculum Lessons 2026-27 (NB - PSHE Week A, Citizenship Week B)

Half Term 1: 3rd Sept - 23rd Oct (8 weeks)								October Half-Term Holiday	HT 2
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8		Week 9
Intro lesson		Growing up: physical and mental changes		Understanding menstruation		Sexuality and attraction: an introduction			What makes a healthy relationship?
Half Term 2: 2nd November - 18th Dec (7 weeks)						Christmas Holiday		Half Term 3	
Week 10	Week 11	Week12	Week 13	Week 14	Week 15			Week 16	Week 17
	Spotting unhealthy and abusive relationships		Understanding marriage and civil partnerships		Coping with change: bereavement, divorce and separation				Overcoming conflict and finding forgiveness
Half Term 3: 4th Jan - 12th Feb (6 weeks)				February Half-Term Holiday	Half Term 4: 22nd Feb - 25th March (5 weeks)				
Week 18	Week 19	Week 20	Week 21		Week 22	Week 23	Week 24	Week 25	Week 26
	Revision		Medium Stakes Assessment and feedback			Smoking and vaping: risks and consequences		Addictive substances: alcohol	
Easter Holiday		Half Term 5: 12th April - 28th May (7 weeks)							Spring Bank Holiday
		Week 27	Week 28	Week 29	Week 30	Week 31	Week 32	Week 33	
		Healthy lifestyles: maintaining a balanced diet		Healthy lifestyles: exercising for physical and mental wellbeing		Healthy lifestyles: taking responsibility for your physical health		Female genital mutilation (FGM): facts and risks	
Half Term 6: 7th June- - 21st July (7 weeks)							Summer Holidays		
Week 34	Week 35	Week 36	Week 37	Week 38	Week 39	Week 40			
	Revision		Medium stakes assessment		Medium stakes feedback lesson				