

Relationships, Sex and Health Education (RSHE) is delivered to all students during their RSHE sessions throughout the academic year and are theme linked to Relationships, Physical Health, and Mental Wellbeing.

The DfE outline the aim of PSHE is “to give young people the information they need to help them develop healthy, nurturing relationships of all kinds, not just intimate relationships.”

The RSHE sessions are lectures delivered by the Director phase team, SLT or guest speakers. Seminars also support the key RSHE themes and are delivered to form groups by their form tutors or director phase team. The curriculum is sequentially planned with the end in mind and all resources are quality assured by the Academy Senior Leadership team.

Our curriculum is planned to ensure that it is compliant with all aspects of the DfE Relationships Education and Health Education guidance.

Please see more information at this link:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Our PSHE Curriculum is planned to meet the needs of all students including those with SEND.

Our PSHE Curriculum is compliant with the guidance outlined in The Equality Act 2010; and is reviewed and approved on a yearly basis by the Local Governing Body.

Parents have the right to withdraw their child from certain aspects of the PSHE Curriculum. If you would like to discuss this or if you would like more information about our RSHE Curriculum, please email the academy at info@dixonsco.com

The table below outlines the plan for each year group as per the new guidance from the DfE.

PSHE Curriculum Plan
Cycle 1

Cycle 1	Theme	Year 7	Year 8	Year 9	Year 10	Year 11
Week 1	PSHE launch	PSHE launch	PSHE launch	PSHE launch	PSHE launch	PSHE launch
Week 2 w/c 7.9.26	Health and Wellbeing	Transition to secondary school	Mental health	Mental health	Wellbeing	Revision strategies
Week 3 w/c 14.9.26	Health and Wellbeing	Managing emotions	Mental and physical health	Mental and physical health	Revision strategies	Stress
Week 4 w/c 21.9.26	Health and Wellbeing	Work, leisure, exercise, sleep	Healthy eating	Healthy eating	Stress management	Stress management
Week 5 w/c 28.9.26	Health and Wellbeing	Healthy lifestyles	Energy drinks	Energy drinks	Resilience	Wellbeing
Week 6 w/c 5.10.26	Health and Wellbeing	Mental and physical health	Smoking and vaping	Smoking and vaping	Mental health and emotional wellbeing	Resilience
Week 7 w/c 12.10.26	Health and Wellbeing	Healthy eating	Addictive substances	Addictive substances	Mental health stereotypes	Post-16 options and careers
Week 8 w/c 2.11.26	Health and Wellbeing	Bonfire night	Bonfire night	Bonfire night	Bonfire night	Bonfire night
Week 9 w/c 9.11.26	Health and Wellbeing	Armistice Day	Armistice Day	Armistice Day	Armistice Day	Armistice Day
Week 10 w/c 16.11.26	Health and Wellbeing	Anti bullying week	Anti bullying week	Anti bullying week	Anti bullying week	Anti bullying week
Week 11 w/c 23.11.26	Health and Wellbeing	Caffeine	Caffeine	Caffeine	Smoking and vaping	Smoking, vaping, energy drinks
Week 12 w/c 30.11.26	Health and Wellbeing	Smoking and vaping	Work, leisure, exercise, sleep	Work, leisure, exercise, sleep	Energy drinks	Applications, references, personal statements
Week 13 w/c 7.12.26	Health and Wellbeing	Basic first aid/personal safety	Basic first aid/personal safety	Basic first aid/personal safety	Basic first aid/personal safety	Basic first aid/personal safety

PSHE Curriculum Plan
Cycle 2

Cycle 2	Theme	Year 7	Year 8	Year 9	Year 10	Year 11
Week 1 w/c 14.12.26	Relationships and Sex Education (RSHE)	Healthy friendships	Equality and respect	Healthy intimate relationships	Violence against women	Adult relationships
Week 2 w/c 4.1.27	Relationships and Sex Education (RSHE)	Respect and kindness	Gender stereotypes	Consent	Misogyny	Long term commitment
Week 3 w/c 11.1.27	Relationships and Sex Education (RSHE)	Communication skills	Challenging prejudice	Sexual decision-making	Media influences	Consent and the law
Week 4 w/c 18.1.27	Relationships and Sex Education (RSHE)	Conflict resolution	Misogyny awareness	Contraception	Coercive control	Reproductive health
Week 5 w/c 25.1.27	Relationships and Sex Education (RSHE)	Bullying	Healthy friendships	STIs	Domestic abuse	Menstrual health
Week 6 w/c 1.2.27	Relationships and Sex Education (RSHE)	Cyberbullying	Respectful communication	Sexual health services	Consent in complex situations	Endometriosis awareness
Week 7 w/c 8.2.27	Relationships and Sex Education (RSHE)	Diversity and inclusion	Boundaries	Relationship pressures	Bystander intervention	Menopause awareness
Week 8 w/c 22.2.27	Relationships and Sex Education (RSHE)	Boundaries	Consent development	Pornography and media	Healthy sexual relationships	Fertility and conception
Week 9 w/c 1.3.27	Relationships and Sex Education (RSHE)	Consent	Digital relationships	Unrealistic expectations	Respect and equality	Pregnancy choices
Week 10 w/c 8.3.27	Relationships and Sex Education (RSHE)	Trusted adults	Online influences	Coercive behaviour	Online sexual harms	Parenting realities
Week 11 w/c 15.3.27	Relationships and Sex Education (RSHE)	Family relationships	Peer pressure	Respectful relationships	Sextortion	Accessing healthcare

PSHE Curriculum Plan
Cycle 3

Cycle 3	Theme	Year 7	Year 8	Year 9	Year 10	Year 11
Week 1 w/c 19.4.27	Living in the wider world	Digital footprint	Financial wellbeing	Exploitation awareness	AI literacy	Independent living
Week 2 w/c 26.4.27	Living in the wider world	Social media	Budgeting	Grooming	Deepfakes	Housing and tenancy
Week 3 w/c 3.5.27	Living in the wider world	Online safety	Saving	County lines	Misinformation	Banking
Week 4 w/c 10.5.27	Living in the wider world	AI and online content	Spending choices	Criminal exploitation	Online radicalisation	Tax and payslips
Week 5 w/c 17.5.27	Living in the wider world	Misinformation	Consumer rights	Online harms	Digital wellbeing	Student finance
Week 6 w/c 24.5.27	Living in the wider world	Community responsibility	Advertising	Digital safety	Employment rights	Budgeting for adulthood
Week 7 w/c 7.6.27	Living in the wider world	Rights and responsibilities	Influences	Misinformation	Work experience	Employment rights
Week 8 w/c 14.6.27	Living in the wider world	Citizenship	Career exploration	Rights and responsibilities	Careers planning	Workplace wellbeing
Week 9 w/c 21.6.27	Living in the wider world	Careers awareness	Skills and qualities	Community safety	Post 16 options	Personal finance
Week 10 w/c	Living in the wider world	Enterprise skills	Enterprise	Citizenship	Financial decision making	Digital reputation