



BLACKMINSTER MIDDLE SCHOOL

Community – Aspiration – Respect – Excellence

PSHE Curriculum Overview If you miss a lesson, please access Oak National Academy to help you complete lessons in this subject.

Lessons have been designed to ensure you are secure in the foundations of PSHE

	Autumn term		Spring term		Summer term	
	Emotions: How can we manage our emotions through periods of change? Communities: How can we show respect to people of different races and cultures?		Healthy relationships: How can we live in harmony? Healthy relationships: How can we have healthy boundaries?		Power in relationships: What are my boundaries? Media influence: How do I decide what is true online?	
Key Substantive Knowledge: What will students learn?						
Year 6	Emotions: In this unit, pupils learn about emotions such as feeling optimistic, apprehensive, stressed or proud. Pupils build on their emotions toolkit from previous years, developing strategies for handling transitions, understanding mental health and celebrating their unique identity and strengths. Communities: This unit teaches pupils how to respect people of different races and cultures by exploring the history and impact of racism in Britain. Pupils learn about the Windrush generation, race in modern Britain and the dangers of racial stereotypes, developing skills to challenge discrimination. Emotions: How can we manage our emotions through periods of change? KS2 Y6 RSHE (PSHE) Lesson Resources Oak National Academy Communities: How can we show respect to people of different races and cultures? KS2 Y6 RSHE (PSHE) Lesson Resources Oak National Academy		Healthy relationships: Harmony: This unit emphasises living harmoniously with others and understanding different types of long-term relationships. Pupils learn about healthy romantic relationships, marriage, civil partnerships and different ways people choose to live together, developing respect for relationship choices. Healthy relationships: Boundaries: This unit teaches the importance of establishing and maintaining healthy boundaries in relationships. Pupils learn about being inclusive friends, respecting boundaries in friendships, resisting pressure to change boundaries and mapping their own personal boundaries across different relationships. Healthy relationships: How can we live in harmony? KS2 Y6 RSHE (PSHE) Lesson Resources Oak National Academy Healthy relationships: How can we have healthy boundaries? KS2 Y6 RSHE (PSHE) Lesson Resources Oak National Academy		Power: This unit helps pupils understand personal boundaries. Pupils learn how to say ‘no’ confidently, recognise when others’ boundaries should be respected, and know what to do if those boundaries are ignored or crossed. Media influence: This unit focuses on distinguishing truth from misinformation online and developing critical thinking skills. Pupils learn about online motivations and bias, recognising fake and AI-generated images, algorithms and echo chambers, verifying content and finding reliable health information. Power in relationships: What are my boundaries? KS2 Y6 RSHE (PSHE) Lesson Resources Oak National Academy Media influence: How do I decide what is true online? KS2 Y6 RSHE (PSHE) Lesson Resources Oak National Academy	
Key Substantive Knowledge: What will students learn?						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Communities: How can we better understand and respect people with disabilities? Healthy relationships: How can I build good relationships?		Power in relationships: How can we create positive relationships? Media influence: How can I evaluate the truth online?		Our online lives: How do I report and find support for things I see online? Staying safe and healthy: How do I maintain physical health?	

Year 7	Communities: This unit helps pupils respect people with disabilities. Pupils explore disability concepts, experiences in modern Britain, the Equality Act 2010 and the Paralympics, developing practical skills to promote inclusive attitudes in their school and wider community. Healthy relationships: This unit explores the characteristics of healthy friendships and strategies for making new friends. Pupils understand why friendships are important for wellbeing, learn how friendships change over time, and develop practical skills for managing friendship transitions respectfully. Communities: How can we better understand and respect people with disabilities? KS3 Y7 RSHE (PSHE) Lesson Resources Oak National Academy Healthy relationships: How can I build good relationships? KS3 Y7 RSHE (PSHE) Lesson Resources Oak National Academy		Relationships: This unit explores positive relationships and their benefits. Pupils understand their role in creating respectful interactions, recognise power dynamics, and learn how happiness, self-respect and mutual respect underpin healthy, balanced relationships. Media: This unit develops critical evaluation skills for assessing online content. Pupils learn to identify misinformation, understand how fake news spreads, explore influencer culture and motivations, and recognise the real-world consequences of believing and sharing false information. Power in relationships: How can we create positive relationships? KS3 Y7 RSHE (PSHE) Lesson Resources Oak National Academy Media influence: How can I evaluate the truth online? KS3 Y7 RSHE (PSHE) Lesson Resources Oak National Academy		Online lives: This unit helps pupils navigate online safety by recognising harmful content, understanding when and how to report concerns, and accessing appropriate support. Pupils explore both the benefits and risks of online activity whilst learning their role in creating safer digital communities. Staying safe and healthy: This unit covers the fundamentals of maintaining physical health. Pupils learn how germs spread and how to prevent infection, recognise symptoms of common illnesses and when to seek help, and understand the importance of dental hygiene for long-term health. Our online lives: How do I report and find support for things I see online? KS3 Y7 RSHE (PSHE) Lesson Resources Oak National Academy Staying safe and healthy: How do I maintain physical health? KS3 Y7 RSHE (PSHE) Lesson Resources Oak National Academy		
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
		Communities: How do we respect people of different faiths? Healthy relationships: Why should we prevent bullying?		Power in relationships: What do we need to know about the law? Media influence: What's a healthy way to spend my time online?		Our online lives: How can I stay safe? Physical health: Why stay active?	
	Key Substantive Knowledge: What will students learn?						
Year 8	Communities: This unit explores how to respect people of different faiths by examining the role of faith in communities and its influence on culture in modern Britain. Pupils learn to challenge prejudice, promote inclusivity, demonstrate kindness and stay safe in community spaces. Healthy relationships: This unit examines different types of bullying and their impact on individuals and communities. Pupils learn to recognise bullying behaviours, understand bystander responsibilities, develop strategies to challenge and stop bullying, and know how to access support. Communities: How do we respect people of different faiths? KS3 Y8 RSHE (PSHE) Lesson Resources Oak National Academy Healthy relationships: Why should we prevent bullying? KS3 Y8 RSHE (PSHE) Lesson Resources Oak National Academy		Power in relationships: This unit explores the legal aspects of harmful sexual behaviour, including sexual harassment and image-based abuse. Pupils learn what the law says, how to protect themselves online, recognise exploitation such as sextortion, and know how to seek support and report concerns. Media Influence: This unit explores the legal aspects of harmful sexual behaviour, including sexual harassment and image-based abuse. Pupils learn what the law says, how to protect themselves online, recognise exploitation such as sextortion, and know how to seek support and report concerns. Power in relationships: What do we need to know about the law? KS3 Y8 RSHE (PSHE) Lesson Resources Oak National Academy Media influence: What's a healthy way to spend my time online? KS3 Y8 RSHE (PSHE) Lesson Resources Oak National Academy		Online lives: This unit addresses online bullying, exploring why it happens, its impact on victims and communities, and effective response strategies. Pupils learn to identify harmful online behaviours, understand their responsibilities as bystanders, and develop practical skills for maintaining safety. Physical health: This unit emphasises the importance of physical activity for health and wellbeing. Pupils explore practical strategies for staying active, understand the physical and mental health benefits of regular exercise, and learn how active lifestyles support wellbeing. Our online lives: How can I stay safe? KS3 Y8 RSHE (PSHE) Lesson Resources Oak National Academy Physical health: Why stay active? KS3 Y8 RSHE (PSHE) Lesson Resources Oak National Academy		
	National Curriculum links to topic						
	National Curriculum links to topic Aims:	This curriculum, fully aligned to the September 2026 statutory guidance, aims to equip pupils with the knowledge and skills necessary to make informed decisions about their wellbeing, health, and relationships. The curriculum enables pupils to build and develop knowledge over time while also providing opportunities to learn, question, and evaluate a broad range of experiences. We adhere to statutory guidance, ensuring that					

Key stage 3

Pupils should be taught:

Key stage 4

Pupils should be taught:

teachers are able to deliver correct and well-informed content. A careful and purposeful sequencing of our curriculum content underpins its design, ensuring that pupils are able to build on and make links with existing knowledge. At its simplest this means ensuring, for example, that when teaching First Aid, pupils are taught to be able to make an emergency call and deal with common injuries, before building their knowledge to be able to administer CPR and explain the purpose of a defibrillator. Attention is paid to vertical coherence via threads, which map the developments of concepts over time. For example, in the thread ‘Wellbeing’, pupils learn about basic self-care, emotions, and how to understand their own feelings and those of others. As they advance, they delve into more complex topics such as mental wellbeing, strategies for managing stress, and resilience. This includes teaching pupils how to recognise and talk about their emotions, understand the importance of physical health, and develop First Aid skills.