LIFE/RSHE/Citizenship Curriculum Annual Plan (2026-2027)

		Year 7	Year 8	Year 9	Year 10	Year 11
Autumn Term	1	Values and Career Choices *[FBV 3] [SMSC 1 & 3]*	Effectively Communicating Consent in Relationships .*[FBV 4] [SMSC 1, 2 & 3]*	AI, Deep Fakes and Chat Bots *[FBV 2,3 & 4] [SMSC 1,2 & 4]*	Work Experience Preparation *[SMSC 1]*	Work Experience Reflection *[SMSC 1]*
	2	Teamwork and Enterprise Skills *[SMSC 3 & 4]*	Avoiding Assumptions *[FBV 4] [SMSC 2 & 3]*	Sharing Personal Information *[FBV 2,3 & 4] [SMSC 1]*	Planning for Post 16. *[FBV 3] [SMSC 1]*	CV Writing/Preparing for Next Steps *[SMSC 1]*
	3	Saving, Budgeting and Spending *[SMSC 2]*	Forming Relationships and Commitment *[FBV 4] [SMSC 1, 2 & 3]*	Trolls and Harassment *[FBV 2,3 & 4] [SMSC 1,2 3 & 4]*	Skills and Qualities for Employment *[SMSC 1]*	Mortgages *[FBV 2] [SMSC 1]*
	4	Exploring Career and Workplace Skills. *[SMSC 2,3 & 4]*	Sexting and AI. *[FBV 2] [SMSC 2]*	Knife Crime and Carrying Weapons *[FBV 2,3 & 4] [SMSC 1,2 3 & 4]*	Skills and Qualities for Employment *[SMSC 1]*	Tax and National Insurance *[FBV 2, 3] [SMSC 1]*
	5	Problem Solving *[SMSC 3]*	Introduction to Contraception *[FBV 2 & 4] [SMSC 2 & 3]*	Gangs *[FBV 2,3 & 4] [SMSC 1,2 & 3]*	Career Aspirations and Resilience *[FBV 3] [SMSC 1]*	Cost of Living *[SMSC 1]*
	6	Creative Thinking and Speaking and Listening Skills *[SMSC 2 & 3]*	Gender Identity and Sexual Orientation *[FBV 3&4] [SMSC 1,2 & 3]*	Equality Act (2010) and Modern Britain *[FBV 1, 2,3 & 4] [SMSC 1, 2, 3 & 4]*	Labour Market Information and making choices. *[FBV 3]*	Support for Mental Health Across our Lifetime *[FBV 2 & 4] [SMSC 1, 2]*
	7	Changing Friendships *[FBV 3 & 4] [SMSC 2 & 3]*	Types of Families *[FBV 3 & 3] [SMSC 2 &3]*	LGBTQ+ in Modern Britain. *[FBV 1, 2,3 & 4] [SMSC 1,2 3 & 4]*	Rights and Responsibilities in the Work Place *FBV 2, 3 & 4] [SMSC 1 & 2]*	Contraception *[FBV 2] [SMSC 2 & 3]*
	8	Types of Positive Friendships *[FBV 2 & 4] [SMSC 2 & 3]*	Stereotypes *[FBV 3, 3 & 3] [SMSC 1, 2, 3 &4]*	Diversity and the Law *[FBV 1, 2, 3 & 4] [SMSC 1,2 & 4]*	Equality and Belonging *[FBV 2, 3 & 4] [SMSC 1,2,3 & 4]*	Marriage and Changing Relationships *[FBV 2]*
	9	Healthy and Unhealthy Relationships *[FBV 2 & 4] [SMSC 2 & 3]*	Peer Pressure – Influence and Risky Behaviour [FBV 2, 3 & 3] [SMSC 1, 2 3 &4]	Marriage and Civil Partnership *[FBV 2,3 & 4] [SMSC 1, 2, 4]*	Extremism and Radicalisation *[FBV 2, 3 & 4] [SMSC 1,2,3 & 4]*	Readiness for Parenthood *[FBV 2] [PHS N] [SMSC 1 & 2]*
	10	Feeling Comfortable *[FBV 2, 4] [SMSC 1 & 3]*	Prejudice and Discrimination of Faith and Culture.	GCSEs and Options *[FBV 3]*	Healthy Relationships *FBV 2, 3 & 4] [SMSC 1,2]*	Different Models of Parenting *[FBV 3] [SMSC 1, 2 & 3]*
	11	Physical and Emotional Changes During Puberty *[SMSC 1]*	Hate Crimes *[FBV 2,3 & 4] [SMSC 1,2 3 & 4]*	Options Post 16. *[SMSC 1]*	Consent – Manipulation and Coercion *[FBV 1, 2 & 4] [SMSC 2]*	Child Development *[FBV 3 [SMSC 1]*
	12	Living in a Diverse Society *[FBV 2, 3 & 4] [SMSC 1, 2, 3 & 4]*	Bullying *[FBV 2,3 & 4] [SMSC 1,2 3 & 4]*	Understanding Life at University. *[SMSC 1]*	Pornography *[FBV 2] [SMSC 2]*	Pregnancy and Fertility (Including Loss) *[FBV 3, 4] [SMSC 1 & 3]*
	13	Kindness in our Community *[FBV 3 & 4] [SMSC 2 & 3]*	Harmful Sexual Behaviour *[FBV 2,3 & 4] [SMSC 1,2 3 & 4]*	Budgeting, Saving and Spending – Adult Life *[SMSC 1]*	Revenge Porn *[FBV 2]*	Abusive, Controlling or Unhealthy Relationships *[FBV 2 & 4] [SMSC 1, 2 & 3]*
	14	Describing my Feelings *[FBV 3 & 4] [SMSC 2 & 3]*	Forced Marriage *[FBV 2,3 & 4] [SMSC 1,2 3 & 4]*	Online Sensitive Data *[FBV 2,3 & 4] [SMSC 1]*	Drugs/Alcohol – Risky Behaviour *[FBV 2, 3] [SMSC 2 & 3]*	Assertive Communication *[FBV 2, 4] [SMSC 1,2, & 3]*
	15	Unwanted Contact and FGM *[FBV 2,3 & 4] [SMSC 1,2 3 & 4]*	Managing Conflict [FBV 2 & 4] [SMSC 2 & 3]	Community and Volunteering *[FBV 3 & 4] [SMSC 1,2 & 4]*	Relationships – Incels and online influencers. *[FBV 2 & 4] [SMSC 2]*	Recognising Abusive Relationships *[FBV 2 & 4] [SMSC 2 & 3]*
Spring Term	16	Tolerance and Mutual Respect *[FBV 2, 3 & 4] [SMSC 1, 2, 3 & 4]*	Hymenoplasty and Virginity Testing *[FBV 2,3 & 4] [SMSC 1,2 3 & 4*	Respectful Relationships and Consent *[FBV 2,3 & 4] [SMSC 1,2 & 4]*	Gender Reassignment and Biological Rights. *[FBV 2, 3] [SMSC 2 & 3]*	Honour Based Violence *[FBV 2 & 4] [SMSC 2 & 3]*
	17	Bullying: Types, Effects and Responding *[FBV 3 & 4] [SMSC 1, 2, 3 & 4]*	Online Personal Data *[FBV 2,3 & 4] [SMSC 2]*	Managing Conflict with Family and Friends *[SMSC 1, 2 & 3,4]*	Menstruation and Age *[FBV 3] [SMSC 1]*	Sextortion and Financial Security. *[FBV 2 & 4] [SMSC 1, 2 & 3]*
	18	Stereotypes *[FBV 2, 3 & 4] [SMSC 1, 2, 3 & 4]*	Vaccinations and Medication [FBV 3 & 4] [SMSC 1,2 & 4]	Power and Consent *[FBV 1, 2,3 & 4] [SMSC 1,2 & 4]*	Pregnancy and Fertility *[FBV 2] [SMSC 1 & 2]*	Is the Physical Set up of the House of Commons Fit for Purpose *[FBV 1, 2]*
	19	Disability in Modern Britain? *[FBV 2, 3 & 4] [SMSC 1, 2, 3 & 4]*	Physical Health – Why Stay Active? *[SMSC 1]*	Grooming and County Lines *[FBV 2,3 & 4] [SMSC 1,2 & 3]*	Social media and Conflict. *[FBV 2, 3] [SMSC 2 & 3]*	Should Parliament Procedures be modernised? *[FBV 1, 2]*
	20	The Paralympic Games *[FBV 2, 3 & 4] [SMSC 1, 2, 3 & 4]*	Puberty - Menstruation and Gynaecological Health *[SMSC 1]*	Stalking *[FBV 2,3 & 4] [SMSC 1,2 & 3]*	Rights and Responsibilities in our Community *[FBV 2, 4] [SMSC 2 & 3]*	Advantages and Disadvantages of an Uncodified Constitution *[FBV 1, 2]*
	21	Rights and Responsibilities in the School Community. *[FBV 3 & 4] [SMSC 1, 2, 3 & 4]*	Health Care and Responsibility [FBV 2, 3, 4] [SMSC 1 & 2]	Misogyny and Manosphere *[FBV 2,3 & 4] [SMSC 1,2 3 & 4]*	Separation and Sudden Changes. *[FBV 3 & 4] [SMSC 1, 2 & 3]*	Benefits and Drawbacks of a Bicameral System *[FBV 1, 2]*

	22	What is Mental Health? *[FBV 3 & 4] [SMSC 1, & 2]*	Coughs, Colds and Flu *[SMSC 1]*	Exploitation *[FBV 2,3 & 4] [SMSC 1,2 & 4]*	Reframing Negative Thinking *[FBV 2 & 4] [SMSC 2]*	Why do we have a Separation of Power? *[FBV 1, 2]*
	23	How can my Screen Time affect my Health? *[FBV 3] [SMSC 1, 2, 3]*	Rashes, Stings, Allergies and Anaphylaxis. *[SMSC 1]*	Sexual Harassment *[FBV 2 & 4] [SMSC 1 & 2]*	Recognising Mental Health/Emotional Wellbeing. *[FBV 2 & 4] [SMSC 2]*	What does Supreme Court do? *[FBV 1, 2]*
	24	How much sleep should I be getting? *[SMSC 1, 2, & 3]*	Stomach Illnesses *[SMSC 1]*	Sex and other aspects of Health (Misinformation) *[FBV 2,3 & 4] [SMSC 1,2 & 4]*	Death, Grief and Loss *[FBV 4] [SMSC 1, 2 & 3]*	How is Local Democracy different to National Government?
	25	The importance of Diet and Exercise *[SMSC 1]*	How Talking Supports Mental Health? *[FBV 3 & 4] [SMSC 1, 2, 3]*	Unprotected Sex and STIs *[FBV 2,3 & 4] [SMSC 1 & 2]*	Grieving Processes *[FBV 4] [SMSC 1]*	How does Devolved Government operate in the UK? *[FBV 1, 2]*
	26	Germs and how to defeat them *[SMSC 1]*	Time Online and Body Image *[FBV 2, 3 & 4] [SMSC 1, 2, 3 & 4]*	Human Immunodeficiency Virus (HIV) *[FBV 2,3 & 4] [SMSC 1 & 2]*	Body Modifications *[FBV 2] [SMSC 1 & 2]*	How is local Government Structured? *[FBV 1, 2]*
Summer Term	27	Dental Hygiene *[SMSC 1]*	Online Content-Self-Harm, Suicide and Violence. *[FBV 2, 3 & 4] [SMSC 1, 2, 3 & 4]*	Contraception and Sexual Activity *[FBV 2] [SMSC 1, 2, 3 & 4]*	Gambling *[FBV 2] [SMSC 1, 2 & 3]*	What are Local Councils and what do they do? *[FBV 1, 2]*
	28	How can I manage my Personal Hygiene? *[SMSC 1]*	Calming and Relaxation Techniques *[FBV 3 & 4] [SMSC 1]*	Pornography *[FBV 2,3 & 4] [SMSC 1 & 2]*	Body Image and Unrealistic Expectations. *[FBV 2, 4] [SMSC 1, 2 & 3]*	How do Elections in the UK work? *[FBV 1, 2]*
	29	Online Safety and how to report concerns. *[FBV 2, 3 & 4] [SMSC 1, 2 & 3]*	Alcohol: Units and Effects *[FBV 2] [SMSC 2]*	How has Pornography Distorted Sexual Relationships? *[FBV 3 & 4] [SMSC 1 & 2]*	Illegal online Behaviours *[FBV 2,4] [SMSC 1, 2 & 3]*	Exam Season
	30	Fake News and Impacts. *[FBV 2, 3 & 4] [SMSC 1, 2 & 3]*	Smoking and Vaping *[FBV 2] [SMSC 2]*	What is Testicular Cancer? Why Should I Self-Examine? *[SMSC 1]*	Online Relationships *[FBV 1, 4] [SMSC 1, 2 & 3]*	
	31	Recognising when to Report Harmful Online Content. *[FBV 3 & 4] [SMSC 1, 2 & 3]*	Medicinal and Recreational Drugs *[FBV 2] [SMSC 2]*	What is Breast Cancer? Why Should I Self-Examine? *[SMSC 1]*	Blood, Organ and Stem Cell Donation. *[FBV 3, 4] [SMSC 1, 2, 3 & 4]]*	
	32	Why do People become Influencers? *[FBV 2, 3 & 4] [SMSC 1, 2 & 3]*	Social Influence and Drugs *[FBV 2, 3] [SMSC 2 & 3]*	Mental Health and Stigma *[FBV 3 & 4] [SMSC 1]*	Drugs and Risky Sexual Behaviour *[FBV 1, 4] [SMSC 1, 2 & 3]*	
	33	The Risks of Smoking and Vaping *[FBV 2, 3 & 4] [SMSC 1, 2 & 3, 4]*	Managing Risks *[SMSC 2,3]*	Separation and Sudden Changes *[FBV 3 & 4] [SMSC 1 & 2]*	Alcohol and Risky Sexual Behaviour *[FBV 1, 4] [SMSC 1, 2 & 3]*	
	34	Water Safety *[FBV 3 & 4] [SMSC 2]*	Age-Restrictions and the Media *[FBV 2] [SMSC 2]*	Drugs - The Law and Managing Risks *[FBV 2,3, 4] [SMSC 2]*	Health Care, Clinics, drop-ins and Online Services *[FBV 3] [SMSC 1]*	
	35	Safety on the Roads/Railways *[FBV 2, 3 & 4] [SMSC 2]*	Online Financial Safety *[SMSC 2]*	Drugs and Their Effects – Alcohol and Cannabis *[FBV 2,3, 4] [SMSC 2]*	Signs of Health Problems *[SMSC 1]*	
	36	First Aid – Head Injuries [FBV 4]	Understanding Credit and Debit *[SMSC 1]*	Basic First Aid: Cuts, Burns, Breaks, Sprains and Stings [FBV 4]	Using Dentists and Doctors *[SMSC 1]*	
	37	First Aid – Asthma [FBV 4]	Managing Your Online Presence *[FBV 3] [SMSC 2, 3 & 4]*	Basic First Aid: Heat Imbalances, Choking and Anaphylaxis. [FBV 4]	Safety in the Sun *[FBV 2] [SMSC 1]*	
	38	CPR Life Saving Skills [FBV 4]	Enterprise *[SMSC 3]*	Basic First Aid: Unconsciousness. [FBV 4]	Water Safety *[FBV 2] [SMSC 1]*	

Living in the Wider

Sex and Relationships

Health and Wellbeing

Citizenship

Fundamental British Values

FBV 1 – Democracy

FBV 2 – Rule of Law

FBV 3 – Individual Liberty

FBV 4 – Mutual Respect and Tolerance

SMSC Key:

SMSC 1 - (Spiritual Development)

SMSC 2 - (Moral Development)

SMSC 3 - (Social Development)

SMSC 4 - (Cultural Development)