

THE INDEPENDENT GRAMMAR SCHOOL: DURHAM

PSHE Curriculum Map - Middle School (Years 5-8)

Year Group	Health and Wellbeing	Relationships	Living in the Wider World	RSE (Statutory)
Year 5	Physical health and fitness; Nutrition and lifestyle; Mental wellbeing and self-esteem; Drugs, alcohol and tobacco (basic); First aid	Friendship and group dynamics; Respect and empathy; Conflict resolution; Bullying and discrimination; Marriage and commitment	Human rights; Money: managing money; Careers and aspirations; Sustainability and the environment; Digital literacy and misinformation	Puberty and body changes; Relationships and emotions; Consent and boundaries; Conception (basic); Online relationships
Year 6	Physical health and changes; Mental health and strategies; Drugs, alcohol and smoking; Health risks and first aid; Online safety and wellbeing	Positive relationships; Respect and equality; Managing conflict and change; Bullying and discrimination; Commitment and marriage	Money: budgeting and financial choices; Work, careers and future goals; Social justice and inequality; Online safety and digital footprint; Global issues and sustainability	Puberty and body changes; Relationships and intimacy; Conception and birth (overview); Consent and respect; Online safety and responsibility
Year 7	Physical and mental health, healthy lifestyles, sleep, stress management, puberty and personal hygiene, first aid	Building positive relationships, friendships, respect, consent, online safety, belonging, bullying and discrimination	Identity, diversity and inclusion, media literacy, money management, digital literacy and online safety	British values, rights and responsibilities, democracy, community, environment and sustainability
Year 8	Physical and mental health, nutrition, physical activity, substance awareness and managing change	Family and relationships, friendships, boundaries, consent, online relationships and sexual health	Money management, consumer rights, online safety, media literacy and community	Diversity, equality, prejudice and discrimination, local and global issues, environment and sustainability

Curriculum Intent

- Empower pupils to lead healthy, respectful and purposeful lives
- Develop knowledge, skills and character across five key areas
- Meet statutory Relationships Education/RSE and Health Education requirements in an age-appropriate way

Document Owner: PSHE Lead

Implementation

- Delivered through the school curriculum, PSHE lessons and assemblies
- Topics are age-appropriate, sequenced and revisited over time
- Opportunities for discussion, reflection and real-world application
- Links to wider school life, enrichment, visits and external partners
- Inclusive and ambitious, tailored to meet student needs

Review Cycle: Annual

Impact

- Pupils understand and value themselves and others
- Pupils know how to stay safe and healthy
- Pupils are prepared for life in modern Britain
- Pupils are equipped to make informed choices

Date: _____