

Updated Jan 2026					
YEAR 7	Topic	Knowledge What will students know by the end of this unit?	Skills What skills will students have developed by the end of this unit?	Big Idea What are the essential ideas which students could not leave school without?	Cross Curricular What links to other subjects / enrichment might be made?
Half Term 1	PSHE (including RSHE)* <i>Mental Wellbeing</i>	Differences between Citizenship and PSHE at AGGS Teaching and non-teaching staff roles at AGGS – who can help in different situations. The components of PERMA from Positive Psychology as a model for mental wellbeing How times of transition can affect resilience, strategies for coping with change The relationship between mental and physical wellbeing Ways of coping with worries Sleep is an important part of ensuring good physical and mental health.	Knowledge of key terms. Engaging in discussion and debate with peers. Selecting and applying information. Specific strategies to help support positive physical and mental wellbeing. Starting to develop skills of self-reflection and evaluation of different views.	Citizenship and PSHE are different subjects and give students a different, but related set of knowledge and skills. Both physical and mental illness need recognition and people need support to ensure both physical and mental health are good/healthy. Like the brain and intelligence, happiness and wellbeing are not fixed and can be shaped and developed in a range of ways. People sometimes need support for their mental wellbeing and there are a range of options.	AGGS Pastoral Programme Science
	PSHE (including RSHE)* <i>Relationships</i>	Features of a healthy and unhealthy friendships, with reference to respect and consent Strategies for being assertive in conflict and resolving disagreements and relationship issues effectively.	Knowledge of key terms. Engaging in discussion and debate with peers. Selecting and applying information. Specific strategies for resolving conflict in friendship Ways of identifying unhealthy behaviour in friendships	Relationships (friendships) are a natural part of life and an important part of adolescence. Even healthy relationships can involve disagreement, and that there are ways of dealing with this respectfully and assertively to build good friendships.	AGGS Pastoral Programme
Half Term 2	PSHE (including RSHE)* <i>Relationships</i>	Bullying, its different forms and where/how to seek support if you are a victim or know somebody who is a victim of bullying. The importance of being an upstander The impact of stereotypes, prejudice, and discrimination on marginalised groups Racism, Anti-Racism and Micro-aggressions.	Knowledge of key terms. Engaging in discussion and debate with peers. Selecting and applying information. Further development of self-reflection and evaluation skills Ways of recognising and addressing microaggressions.	Bullying should never be tolerated in any form. We all have a moral and legal responsibility to behave towards others in ways that respect our differences.	AGGS Pastoral Programme Science Anti-Racism Ambassadors. Anti-Bullying Ambassadors.

	PSHE (including RSHE)* <i>Careers and skills for success</i>	Understanding your own character strengths and ways of practising them in daily life How to use careers software to understand and record skills and achievements	Knowledge of key terms. Self-reflection on own positive characteristics Identifying practical ways of engaging own strengths for wellbeing and success How to log on and use our careers software	We all have unique character strengths and engaging them is good for our wellbeing and outcomes	AGGS Pastoral Programme AGGS CIAG Programme
Half Term 3	PSHE (including RSHE)* <i>Health and wellbeing in adolescence</i>	How addiction can impact on brain development and how smart phones/devices can be addictive. The importance of good personal and dental hygiene and ways of taking steps to ensure this. Puberty is a biological and psychological process that young people go through. A key part of this process for females is menstruation.	Knowledge of key terms. Engaging in discussion and debate with peers. Selecting and applying information. Research and presentation of information.	Menstruation is a cyclical process, and everybody will experience this differently. Good hygiene is essential for good health. Our lifestyle choices can impact on our physical and mental health in a range of ways.	Science AGGS Pastoral Programme
	Citizenship (Rights and Society)	Human Rights in the UDHR and how these e.g., equality rights are protected in the UK. Ways in which children’s rights are protected in the UK e.g., laws preventing forced marriage.	Knowledge of key terms. Engaging in discussion and debate with peers. Selecting and applying information. Research and presentation of information.	Rights are entitlements that apply to all people in all places, although this is not always the case in practice in certain places and communities in the world. The UN is a key organisation in the world who are working to ensure access to rights for everybody	Geography English History
Half Term 4	PSHE (including RSHE)* <i>Skills for Success/Physical Wellbeing</i>	First Aid skills skills– Basic household first aid and how to get help in an emergency e.g., burns, falls, bleeds, choking.	Knowledge of key terms. Basic First Aid skills.	That first aid can be done in the home in lots of cases. First Aid skills are vital and can help save somebody’s life. That there are NHS services available to help when a medical incident requires professional medical attention	Science Food tech PE
	Citizenship	The nine protected characteristics of the 2010 Equality Act Local problems and exist and can be tackled by changemakers e.g., knife crime; the features of a cooperative and positive community. The role and purposes of law. How UK laws are made and voted on by parliament. Crime is a complex phenomenon and people commit crime for a range of reasons.	Knowledge of key terms. Engaging in discussion and debate with peers and outside agencies. Selecting and applying information. Research and presentation of information. Working as part of a team towards a collective goal. Public speaking.	There are ways in which members of a community can make change happen The purpose of the law is to protect citizens, keep society safe and ensure there are consequences for wrongdoing. There are check and balances within the law-making process to ensure all laws are effective and beneficial to society.	

Half Term 5	Citizenship	How laws are enforced – the role and function of the police The age of criminal responsibility is 10 in England The different aims of punishment and the role of magistrates in sentencing.	Knowledge of key terms. Engaging in discussion and debate with peers. Selecting and applying information.	Those who commit crime are supported to avoid crime by the criminal justice system. The criminal justice system is made up of lots of different groups and people.	Geography Politics Society
Half Term 6	PSHE (including RSHE)* Families & Relationships Financial literacy Planning for success	The role of self-esteem, identity and values in shaping our character and relationships with others Different legal ways in which people can show their commitment in relationships e.g., marriage and civil partnership. The value of money and budgeting, salaries. Teamwork – recognising and encouraging the skills of others	Knowledge of key terms. Engaging in discussion and debate with peers. Selecting and applying information Working within a budget. Working as part of a team towards a collective goal. Public speaking.	Relationships and families are not all the same Adult life can be expensive, and budgeting is needed for the things we need and want. We each have skills to offer in a team	
*Further information about the school's RSHE curriculum can be found within the AGGS RSHE policy					

YEAR 8	Topic	Knowledge What will students know by the end of this unit?	Skills What skills will students have developed by the end of this unit?	Big Idea What are the essential ideas which students could not leave school without?	Cross Curricular What links to other subjects / enrichment might be made?
Half Term 1&2	PSHE (including RSHE)* <i>Making Safe Choices Mental & Physical Wellbeing</i>	Some features of the development of the adolescent brain develops and how it can impact on choices and behaviours. The addictive impact and physical risks of smoking and vaping. Vaccines can be used by people to keep themselves healthy and prevent/minimise disease e.g., HPV. The HPV virus and its relationship to cancer.	Knowledge of key terms. Engaging in discussion and debate with peers. Selecting and applying information. Selection and presentation of information. Public speaking.	The media has a considerable impact on individuals and society. The adolescent brain develops in a way that impacts on choices and behaviours. Addictive behaviours in adolescence impact negatively on brain development and can (with vaping and smoking) present significant health risks Vaccines can be effective in dealing with diseases.	AGGS Pastoral Programme Science
	PSHE and Citizenship: <i>The Media and its impact on individuals and society</i>	The different types of media and their relevance to citizens. The impact of the media on the individual and society e.g., arguments and evidence related to whether the media can cause people to be violent. The characteristics of trustworthy and real information in the media compared to mis, mal and dis information; fake news. Ownership and regulation of UK media. Censorship and its forms around the world; human rights/freedom of expression and privacy. The role of journalism in a democracy. Media bias and political spectrums. Media representation of marginalised groups. Online rights and risks; the ways in which social media can challenge our self-concept and strategies for managing this; The different ways to ensure data and financial information is kept safe online, as if information is stolen it could lead to theft and identity theft etc.	Engaging in discussion and debate with peers. Selecting and applying information. Selection and presentation of information. Public speaking. Specific skills relating to accessing media content. Working as part of a team towards a collective goal.	The media can be a force for good and bad. States can potentially use the media to commit human rights violations. Rights and freedoms can sometimes conflict. Critical thinking is an increasingly essential tool when consuming media. Politics and the media do not exist in isolation from each other. Press and individual freedoms are a vital component of democracy. There are risks associated with being online.	Computing English Geography Amnesty Society Politics Society
Half Term 3	PSHE (including RSHE)* <i>Health Education Making Safe Choices</i>	Smart financial choices: Spending, saving and prioritising. . Understanding the basics of the economy. Ethical consumerism – why our purchasing decisions matter. Ways in which equality rights might need protecting in the UK (with a focus on race, religion, and disability) and how the Equality Act 2010 seeks to protect these groups against discrimination.	Knowledge of key terms. Engaging in discussion and debate with peers. Selecting and applying information. Specific skills relating to keeping money safe.	Money is an essential part of life and there are a range of ways it can be sourced. Our financial choices have an impact on outcomes, security and wider society That there are laws protecting marginalised groups and how these laws impact rights and services.	Computing Science Enterprise Amnesty Society

Half Term 4	PSHE (including RSHE)* <i>Mental and Physical Wellbeing</i> <i>Relationships</i> <i>Planning for Success</i>	Friendships & dealing with conflict and rejection Peer pressure, boundaries and assertiveness What we can learn from Positive Psychology about identifying and maximising our character strengths How to use careers software to explore careers in relation to character strengths and skills Heart health	Knowledge of key terms. Engaging in discussion and debate with peers. Selecting and applying information.	Understanding and nurturing our key character strengths is important for our wellbeing and outcomes. There are a range of careers suited to different skill sets. Our lifestyle/health choices impact on heart health	AGGS Pastoral Programme
Half Term 5	PSHE (including RSHE)*	First Aid: CPR, defibrillator and recovery position That worry is normal, and things to try when worries become too much. What is meant by automatic negative thoughts and how these can be challenged for better outcomes.	Emergency first aid skills, including how to use a public access defibrillator Self-regulation strategies Ways of reframing automatic negative thoughts	That each of us is capable of acting in a first aid emergency in ways that can save a life. That there are ways of managing worry and negative patterns of thought. Worry/anxiety is normal, but when it impacts on daily life we might need support and/or strategies.	First Aid Society AGGS Pastoral Programme AGGS CIAG Programme
Half Term 6	Citizenship (<i>Politics and Rights</i>)	That there are different ways to run a country and some examples of differing political systems in operation around the world, Understanding local government. Functions of local councils and how we can influence local decisions Topical issue debate linked to politics and/or local government	Knowledge of key terms. Engaging in discussion and debate with peers. Selecting and applying information.	The UK is a democratic political system. It is organised in a particular way to ensure it allows citizens to be represented and have their voices heard. There are ways to make change in our communities. Everybody can take part in campaigns to change access to rights. The local council deal with local issues. Local councillors are elected and represent the people in their ward.	Geography Science AGGS Pastoral Programme
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YEAR 9	Topic	Knowledge What will students know by the end of this unit?	Skills What skills will students have developed by the end of this unit?	Big Idea What are the essential ideas which students could not leave school without?	Cross Curricular What links to other subjects / enrichment might be made?
Half Term 1	PSHE (including RSHE)* Mental wellbeing	Resilience and coping with change	Strategies for managing transition	That change is normal and is challenging for everyone at times That resilience is something that can be built and improved upon.	AGGS Pastoral Programme
	Citizenship (Rights, Active Citizenship)	Different ways of taking social action, including: -petitions -protests -identifying and engaging decision makers and those with influence -charities Rights, laws and responsibilities associated with social action	Teamwork Written and verbal communication Evaluating strengths and weaknesses Presentation skills .	There are a range of issues which impact the local, national, and global world. There are actions that every citizen can take to help overcome/solve social issues.	History Amnesty Society Politics Society
Half Term 2	Citizenship : Politics	How do UK politics work? The UK's political spectrum and how this compares with some other nations around the world. Basic ideological principles of UK political parties and their global counterparts and others. How the EDI is used to measure global democracy and the categories contained within the EDI. Political issues tackled by UK politicians and possible political responses. First Past the Post voting systems compared with more proportional methods used outside the UK.	Written and verbal communication Analysis and evaluation Knowledge of key terms. Engaging in discussion and debate with peers. Selecting and applying information.	How political systems compare with the UK That a separation of powers is important to UK democracy and freedoms. That the UK has a non-proportional political system, but that this is not the only way of doing democracy. That there are models of measurement for democracy, that provide a global snapshot of democracy across the world.	Geography AGGS Politics Society Model United Nations Maths
	Citizenship: Active Citizenship	Social issues facing our society Charities linked to particular social issues How to plan an effective campaign to tackle a particular social issue	Working as part of a team towards a collective goal How to research local charities Campaign methods	That there are ways of supporting local charities to tackle issues that we care about That a social action campaign takes planning and teamwork.	Charities
Half Term 3	PSHE Financial literacy and skills for success	Earnings, salaries and deductions Using UNIFROG as part of planning ahead to GCSE options and beyond	Knowledge of key terms/concepts. Engaging in discussion and debate with peers. Research and synthesizing skills. Selecting and applying information.	Future earnings are affected by deductions	AGGS CIAG Programme Maths

	PSHE (including RSHE)* <i>Mental wellbeing</i>	The developing teenage brain: risk taking and pruning Addiction and the brain – psychoactive substances and their effects (and legislation). Depression and low mood – signs, symptoms and support Supporting others with mental ill-health	Knowledge of key terms/concepts. Engaging in discussion and debate with peers. Strategies for looking after own mental wellbeing and for supporting others	That brain development is linked to behaviours, moods and choices. That there are certain behaviours common to teenage brain development. That everyone has mental health and it needs to be taken care of just like physical health. That there is support available for those suffering from mental ill health. That certain substances carry legal consequences and harmful effects.	AGGS Pastoral Programme Wellbeing Ambassadors Science
Half Term 4	PSHE (including RSHE)* <i>Mental wellbeing</i>	Stress and how it can impact on our wellbeing and performance – ways of optimising stress for better outcomes. Unhealthy coping strategies, including self-harm Dealing with harmful content online	Knowledge of key terms/concepts. Engaging in discussion and debate with peers. Strategies for looking after own mental wellbeing and for supporting others	That some ways of coping are not good for us and that there is support available That there are laws linked to certain online content e.g., indecent images, to protect young people That there are ways of optimising and managing stress levels for better mental health outcomes	AGGS Pastoral Programme Wellbeing Ambassadors Science Computing
	Citizenship	How the UK protects equality rights in relation to sex and marital status and how feminism continues to impact on gender equality Ways in which society can protect those who experience gender-based violence in families and relationships	Knowledge of key terms/concepts. Engaging in discussion and debate with peers. Research and synthesizing skills. Selecting and applying information.	That there is specific legislation to protect people in the UK from discrimination based on biological sex and marital status. That gender inequality still exists. That there are those who experience gender-based violence and that there is legislation and support in place to try and tackle this.	Geography History Religious Studies
Half Term 5	PSHE (including RSHE)*	Substance addiction - Alcohol and its effects First Aid – stemming a bleed, unconscious but bleeding	Knowledge of key terms. Engaging in discussion and debate with peers. Selecting and applying information. First Aid skills	That alcohol affects perception and behaviour and can be addictive and harmful. Physical and mental wellbeing related to relationship choices and alcohol, including where to go for support.	Science AGGS Pastoral Programme
Half Term 6	PSHE (including RSHE)* <i>Relationships and Sex Education</i> <i>Making Safe Choices</i>	Features of unhealthy and healthy relationships Features of a responsible sexual relationship, including consent and the importance of mutual respect and communication Different methods of contraception	Effectively presenting ideas to an audience Engaging in discussion with peers. Where to find reliable and useful information about sexual health e.g., contraception, STIs.	All relationships entered into should be healthy, consenting and supportive. Consent and respect are key features of a healthy relationship. Consent is more than just saying yes.	Science AGGS Pastoral Programme

				That there are different types of contraception, some of which offer protection against STIs as well as pregnancy. That there are sources of support and information on relationships, sexual health and contraception available to young people.	
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