

St. John's Senior School



Subject: PSHE

Form: 5th Form

Teacher: Mrs Restivo

Term: Autumn 2025

WEEK	WEEK BEGINNING	AUTUMN 1
Health & Wellbeing		<i>Building for the Future</i> <i>Self-efficacy, stress management, and future opportunities</i>
1	8 th September	<ul style="list-style-type: none"> • How to manage the judgement of others and challenge stereotyping • How to balance ambition and unrealistic expectations.
2	15 th September	<ul style="list-style-type: none"> • Stress & Life Events • Exercise & Sleep
3	22 nd September	<ul style="list-style-type: none"> • Stress & Relaxation
4	29 th September	<ul style="list-style-type: none"> • Understanding Stress • Causes, Effects & Triggers
5	6 th October	<ul style="list-style-type: none"> • Stress Management Techniques
6	13 th October	<ul style="list-style-type: none"> • Digital Wellbeing • Safe, Positive Online Content
7	20 th October	<ul style="list-style-type: none"> • Digital Balance • Managing Screen Time & Healthy Routines
AUTUMN 2		
Living in the Wider World		<i>Next Steps:</i> <i>Application processes, and skills for further education, employment and career progression</i>
8	3 rd November	<ul style="list-style-type: none"> • How to use feedback constructively when planning for the future • How to set and achieve SMART targets
9	10 th November	<ul style="list-style-type: none"> • Effective revision techniques and strategies • About options post-16 and career pathways
10	17 th November	<ul style="list-style-type: none"> • About application processes, including writing CVs, personal statements and interview techniques
11	24 th November	<ul style="list-style-type: none"> • How to maximise employability, including managing online presence and taking opportunities to broaden experience
12	1 st December	<ul style="list-style-type: none"> • About rights, responsibilities and challenges in relation to working part-time whilst studying.
13	8 th December	<ul style="list-style-type: none"> • How to manage work/life balance.

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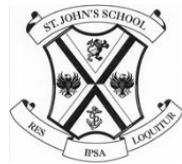


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Term: Spring 2026

WEEK	WEEK BEGINNING	SPRING 1
Relationships		Communication in relationships Personal values, assertive communication, relationship challenges and abuse.
1	6 th January	<ul style="list-style-type: none"> • About core values and emotions • About gender identity, expression and sexual orientation
2	12 th January	<ul style="list-style-type: none"> • How to communicate assertively, communicate wants and needs and handle unwanted attention, including online
3	19 th January	<ul style="list-style-type: none"> • How to challenge harassment and stalking, including online
4	26 th January	<ul style="list-style-type: none"> • About various forms of relationship abuse
5	2 nd February	<ul style="list-style-type: none"> • About unhealthy, exploitative and abusive relationships
6	9 th February	<ul style="list-style-type: none"> • How to access support in abusive relationships and how to overcome challenges in seeking support.
SPRING 2		
Health & Wellbeing		Independence Responsible health choices, and safety in independent contexts.
7	23 rd February	<ul style="list-style-type: none"> • How to access and manage risk and safety in new independent situations • Emergency first Aid • How to access emergency and non-emergency situations and contact appropriate services.
8	2 nd March	<ul style="list-style-type: none"> • About links between lifestyle and some cancers • About the importance of screening and how to perform self examination.
9	9 th March	<ul style="list-style-type: none"> • About vaccinations and immunisations • About registering with and accessing doctors, sexual health clinics, opticians and other health services.
10	16 th March	<ul style="list-style-type: none"> • How to manage influences and risk relating to cosmetic and aesthetic body alterations.
11	23 rd March	<ul style="list-style-type: none"> • About blood, organ and stem cell donation.

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WEEK	WEEK BEGINNING	TOPIC
Relationships		Families Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships
1	20 th April	<ul style="list-style-type: none"> • About different types of families and changing family structures • How to evaluate readiness for parenthood and positive parenting qualities • About fertility, including how it varies and changes.
2	27 th April	<ul style="list-style-type: none"> • About pregnancy, birth and miscarriage • About unplanned pregnancy options, including abortion
3	5 th May (Tuesday)	<ul style="list-style-type: none"> • How to manage change, loss, grief and bereavement • About 'Honour based' violence and forced marriage and how to safely access support.
4	11 th May	<ul style="list-style-type: none"> • GCSE Exams
5	18 th May	<ul style="list-style-type: none"> • GCSE Exams
HALF - TERM		
GCSE EXAMS		
6	1 st June	<ul style="list-style-type: none"> • GCSE Exams
7	8 th June	<ul style="list-style-type: none"> • GCSE Exams
8	15 th June	<ul style="list-style-type: none"> • GCSE Exams
9	22 nd June	<ul style="list-style-type: none"> • GCSE Exams
10	29 th June	<ul style="list-style-type: none"> • GCSE Exams