

OAT Citizenship & PSHE curriculum transition curriculum

		Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	1					
	2					
	3					
	4					
	5					
	6					
	7					
Autumn 2	8					Allow loss of lessons for Mocks
	9					
	10					
	11					
	12					
	13					
	14					
Spring 1	15	What is health?	What services are available to manage my health?	Careers content	What are human rights?	Where does the government spend our money?
	16	How can screentime affect my health?	Which common health conditions should I know about?	Careers content	How can we balance human rights?	Am I allowed to vote?
	17	How much sleep should I be getting?	How can I help someone who is choking or who is hurt?	Careers content	Do I have the right to say whatever I want?	How can I vote in a General Election?
	18	What makes vaping addictive?	What is CPR, and how do defibrillators work?	Careers content	Should my privacy be protected at all costs?	Is our current electoral system fair?
	19	How can I look after my teeth?	How do vaccinations work?	What makes me happy?	What rights do asylum seekers have?	How democratic is the UK?
	20	What are the benefits of physical activity?	Should vaccinations be compulsory?	What is mental health?	How does the law try to protect victims of honour-based abuse?	Allow loss of lessons for Mocks
Spring 21	21	How can I manage my personal hygiene?	What are units?	How can I cope with grief?	What is sexual harassment?	
	22	What are the physical changes of puberty?	What are the physical effects of drinking alcohol?	What do healthy, romantic relationships look like?	How might people show their commitment to their partner?	
	23	What happens during menstruation?	What are the social effects of drinking alcohol?	How might people show their commitment to their partner?	What might people think or feel about sex?	How realistic is pornography?
	24	What are the emotional aspects of puberty?	How can I manage influence and pressure around alcohol?	What is consent?	What risks might be involved in sexual acts?	How can I maturely end a relationship?
	25	How can I share key information about puberty with young people?	What alternatives to alcohol exist?	How can we manage pressure in relationships?	What other forms of contraception exist?	What does stalking look like?
	26	How can I share key information about puberty with young people?	What is news?	What are potential signs of abuse?	What factors might affect a person's fertility?	Where can people access sexual health services?
Summer 1	27	What is a risk?	How can I judge the reliability of what I see?	How can online behaviour and content affect relationships?	Allow loss of lessons for Mocks	Exams
	28	How can I keep safe within my local area, and further afield?	How can I verify information?	What does the law say about sharing nudes?		
	29	How can I be safe on, and near, the road?	How might I be manipulated?	What might people think or feel about sex?		
	30	How can I be safe near train lines?	How far can social media impact what we believe and what we do?	How are condoms used?		
	31	How can I be safe around water?	How might what we see online affect how we feel?	What are STIs?	What happens during pregnancy?	
Summer 2	32	Can young people make a change?	How can I REVIEW my news?	What does a democratic country look like?	Are all parents the same?	
	33	What is Parliament?	How is life online different to the real world?	How else might a country be run?	How might citizens become involved in the legal system?	
	34	How are political parties similar and different?	What makes someone trustworthy?	What does the Cabinet do?	How do courts decide on sentences?	
	35	What happens in a General Election?	What is consent?	What advice would I give to the Cabinet in an emergency?	What is international law?	
	36	What would my platform for election look like?	What do healthy, romantic relationships look like?	Who in the UK holds the greatest power?	What does the UK have to do with the Commonwealth?	
	37	What do MPs do?	How might people show their commitment to their partner?	How are those in power held to account?	What does the UK have to do with the United Nations?	
	38	spare lesson	spare lesson	spare lesson	spare lesson	



Citizenship Education



Financial & Economic Education



Health Education



Relationships & Sex Education

OAT Citizenship & PSHE curriculum – 2026-2027

		Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	1	What are first impressions?	What services are available to manage my health?	What are my rights as a consumer?	What are human rights?	How can I manage stress?
	2	Who am I?	Which common health conditions should I know about?	Which documents can help me to keep track of my money?	How can we balance human rights?	How can I deal with disappointment?
	3	What is self-esteem?	How can I help someone who is choking or who is hurt?	How can a budget help to manage my money?	Do I have the right to say whatever I want?	How might my health affect my exam performance?
	4	What makes a relationship healthy?	What is CPR, and how do defibrillators work?	How does credit work?	Should my privacy be protected at all costs?	[space for additional lesson related to mental health or exams]
	5	How are families different?	How do vaccinations work?	What are the potential effects of gambling?	What rights do asylum seekers have?	What is phishing?
	6	What do healthy friendships look like?	Should vaccinations be compulsory?	How can I ensure that my money is kept safe?	Why do some people use ‘honour’ to justify abuse?	How do loans and mortgages work?
	7	What is bullying?	What do I need to know about gangs?	How effectively can I budget for a real-world scenario?	How does the law try to protect victims of honour-based abuse?	What are pensions?
Autumn 2	8	What is cyberbullying?	What should I know about knife crime?	What makes me happy?	How can I optimise my physical health? (inc. health services)	Allow loss of lessons for Mocks
	9	How can I take a stand when I see bullying happening?	What is grooming?	What is mental health?	How can I identify meningitis and strokes?	
	10	Is everyone treated equally?	What does ‘county lines’ mean?	How do I view myself?	What are the wider effects of vaping?	
	11	What are stereotypes?	What is extremism?	How can I cope with grief?	What else should I know about drugs and alcohol?	Do I really need insurance?
	12	How might people with disabilities be treated?	What are hate crimes?	What is addiction?	What is cancer?	How are taxes calculated?
	13	How can we deal with racism?	What makes me happy?	How might drugs affect us?	How can I examine myself?	Where does the government spend our money?
	14	What support can I offer to others?	What is mental health?	Why do people use drugs?	What parts of our bodies can be donated to others?	Am I allowed to vote?
Spring 1	15	What is health?	How am I influenced?	What does caffeine do to my body?	How are our differences protected by the law?	How can I vote in a General Election?
	16	How can screentime affect my health?	How do I view myself?	What are prescription drugs?	How have attitudes towards sex and gender changed over time?	Is our current electoral system fair?
	17	How much sleep should I be getting?	How can I cope with grief?	What do antibiotics do to my body?	How have attitudes towards sexual orientation changed?	How democratic is the UK?
	18	What makes vaping addictive?	What is addiction?	Why might people use steroids?	How have attitudes towards race changed over time?	How realistic is pornography?
	19	How can I look after my teeth?	What are units?	What does the law say about drugs?	How can I effect change?	How might pornography influence attitudes and behaviours?
	20	What are the benefits of physical activity?	What are the physical effects of drinking alcohol?	What risks are linked to drug use?	How can I effect change?	Allow loss of lessons for Mocks
Spring 2	21	How can I manage my personal hygiene?	What are the social effects of drinking alcohol?	Should cannabis be legalised?	What is sexual harassment?	
	22	What are the physical changes of puberty?	How can I manage influence and pressure around alcohol?	How can good communication make relationships stronger?	What risks might be involved in sexual acts?	
	23	What happens during menstruation?	What alternatives to alcohol exist?	How can we manage pressure in relationships?	What other forms of contraception exist?	How can I maturely end a relationship?
	24	What are the emotional aspects of puberty?	What is news?	What are potential signs of abuse?	How can people prevent and manage STIs?	What does stalking look like?
	25	How can I share key information about puberty with young people?	Can we always believe what we see online?	How can online behaviour and content affect relationships?	What factors might affect a person’s fertility?	When does behaviour in relationships go too far?
	26	How can I share key information about puberty with young people?	How can I judge the reliability of what I see?	What does the law say about sharing nudes?	What help is available for people who find it difficult to conceive?	Where can people access sexual health services?
Summer 1	27	What is a risk?	How can I verify information?	What might people think or feel about sex?	Allow loss of lessons for Mocks	Exams
	28	How can I keep safe within my local area, and further afield?	How might I be manipulated?	How are condoms used?		
	29	How can I be safe on, and near, the road?	How far can social media impact what we believe and what we do?	What are STIs?		
	30	How can I be safe near train lines?	How might what we see online affect how we feel?	What does a democratic country look like?	What options does someone have if they are pregnant?	
	31	How can I be safe around water?	How can I REVIEW my news?	How else might a country be run?	Why is reproductive health important?	
Summer 2	32	Can young people make a change?	How is data collected?	What does the Cabinet do?	What happens during pregnancy?	
	33	What is Parliament?	How is life online different to the real world?	What advice would I give to the Cabinet in an emergency?	Are all parents the same?	
	34	How are political parties similar and different?	What makes someone trustworthy?	Who in the UK holds the greatest power?	What is foreign aid?	
	35	What happens in a General Election?	What is consent?	How are those in power held to account?	What is international law?	
	36	What would my platform for election look like?	What do healthy, romantic relationships look like?	How might citizens become involved in the legal system?	What does the UK have to do with the Commonwealth?	
	37	What do MPs do?	How might people show their commitment to their partner?	How do courts decide on sentences?	What does the UK have to do with the United Nations?	
	38	spare lesson	spare lesson	spare lesson	spare lesson	



Citizenship Education



Financial & Economic Education



Health Education



Relationships & Sex Education

OAT Citizenship & PSHE curriculum – September 2027 onwards

		Year 7	Year 8	Year 9	Year 10	Year 11
Autumn 1	1	What are first impressions?	What services are available to manage my health?	What are my rights as a consumer?	What are human rights?	How can I manage stress?
	2	Who am I?	Which common health conditions should I know about?	Which documents can help me to keep track of my money?	How can we balance human rights?	How can I develop my resilience?
	3	What is self-esteem?	How can I help someone who is choking or who is hurt?	How can a budget help to manage my money?	Do I have the right to say whatever I want?	How can I deal with disappointment?
	4	What makes a relationship healthy?	What is CPR, and how do defibrillators work?	How does credit work?	Should my privacy be protected at all costs?	How might my health affect my exam performance?
	5	How are families different?	How do vaccinations work?	What are the potential effects of gambling?	What rights do asylum seekers have?	What is phishing?
	6	What do healthy friendships look like?	Should vaccinations be compulsory?	How can I ensure that my money is kept safe?	Why do some people use ‘honour’ to justify abuse?	How do loans and mortgages work?
	7	What is bullying?	What do I need to know about gangs?	How effectively can I budget for a real-world scenario?	How does the law try to protect victims of honour-based abuse?	What are pensions?
Autumn 2	8	What is cyberbullying?	What should I know about knife crime?	What exactly are laws, and where do they come from?	How can I optimise my physical health?	Allow loss of lessons for Mocks
	9	How can I take a stand when I see bullying happening?	What is grooming?	Who is involved in the legal process?	How can I identify meningitis and strokes?	
	10	Is everyone treated equally?	What does ‘county lines’ mean?	Are all courtrooms the same?	What are the wider effects of vaping?	
	11	What are stereotypes?	What is extremism?	How might citizens become involved in the legal system?	What else should I know about drugs and alcohol?	Do I really need insurance?
	12	How might people with disabilities be treated?	What are hate crimes?	How do courts decide on sentences?	What is cancer?	How are taxes calculated?
	13	How can we deal with racism?	What makes me happy?	What does justice look like?	How can I examine myself?	Where does the government spend our money?
	14	What support can I offer to others?	What is mental health?	What crimes occur near me?	What parts of our bodies can be donated to others?	Am I allowed to vote?
Spring 1	15	What is health?	How am I influenced?	How might drugs affect us?	How are our differences protected by the law?	How can I vote in a General Election?
	16	How can screentime affect my health?	How do I view myself?	Why do people use drugs?	How have attitudes towards sex and gender changed over time?	Is our current electoral system fair?
	17	How much sleep should I be getting?	How can I cope with grief?	What does caffeine do to my body?	How have attitudes towards sexual orientation changed?	How democratic is the UK?
	18	What makes vaping addictive?	What is addiction?	What are prescription drugs?	How have attitudes towards race changed over time?	How realistic is pornography?
	19	How can I look after my teeth?	What are units?	What do antibiotics do to my body?	How can I effect change?	How might pornography influence attitudes and behaviours?
	20	What are the benefits of physical activity?	What are the physical effects of drinking alcohol?	Why might people use steroids?	How can I effect change?	Allow loss of lessons for Mocks
Spring 21	21	How can I manage my personal hygiene?	What are the social effects of drinking alcohol?	What does the law say about drugs?	What is sexual harassment?	
	22	What are the physical changes of puberty?	How can I manage influence and pressure around alcohol?	What risks are linked to drug use?	What risks might be involved in sexual acts?	
	23	What happens during menstruation?	What alternatives to alcohol exist?	Should cannabis be legalised?	What other forms of contraception exist?	How can I maturely end a relationship?
	24	What are the emotional aspects of puberty?	What is news?	How can good communication make relationships stronger?	How can people prevent and manage STIs?	What does stalking look like?
	25	How can I share key information about puberty with young people?	Can we always believe what we see online?	How can we manage pressure in relationships?	What factors might affect a person’s fertility?	When does behaviour in relationships go too far?
	26	How can I share key information about puberty with young people?	How can I judge the reliability of what I see?	What are potential signs of abuse?	What help is available for people who find it difficult to conceive?	Where can people access sexual health services?
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	29	How can I be safe on, and near, the road?	How far can social media impact what we believe and what we do?	What might people think or feel about sex?		
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	38	spare lesson	spare lesson	spare lesson	spare lesson	



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Health Education



Relationships & Sex Education