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Dear Parents and Carers

PHSCE at Ludlow CE School, 2026–27

I am writing to introduce our Personal, Health, Social, Careers and Economic Education (PHSCE) programme for the 2026–27 academic year. PHSCE helps students develop the knowledge, skills and confidence to make informed decisions, take responsibility for themselves and others, stay healthy and safe, and prepare for adult life and work. Students develop important life skills including decision-making, empathy and resilience, while learning to recognise risks and know when and where to seek help.

Our PHSCE curriculum: Our curriculum is organised around key themes which are revisited throughout Years 7 to 11. As students mature, these topics are explored in greater depth and complexity, building on their previous knowledge.

Key themes include:

- Physical and mental health and wellbeing
- Relationships, families and friendships
- Relationships and Sex Education (RSE)
- Staying safe and recognising risk
- Drugs, alcohol and harmful substances
- Online safety and the digital world
- Citizenship, equality, diversity and British values
- Financial education, careers and preparation for the future

Our curriculum is 'live' and responsive. While each year group follows a planned programme, lessons may adapt to address new, local or emerging issues affecting young people. The curriculum is structured around 'big' overarching questions that we ask students to reflect upon at the end of each topic.

Preparing students for life: We want students to leave Ludlow CE School as safe, healthy, informed and confident young people. PHSCE encourages them to understand the world around them, respect people from different cultures and backgrounds, and develop opinions based on evidence, knowledge and experience. The programme supports students' Spiritual, Moral, Social and Cultural (SMSC) development and promotes British values, democracy, diversity, respect and tolerance. Our school values of Care, Excellence and Resilience are also woven throughout the programme.

Relationships and Sex Education: PHSCE includes Relationships and Sex Education (RSE), taught sensitively, inclusively and at an age and developmentally appropriate level. As students mature, they learn about healthy relationships, physical and mental health, personal safety, alcohol and drugs, intimate relationships and sexual health. We respect the backgrounds and beliefs of our families while ensuring students have the knowledge they need to understand health, relationships, safety and the law.

Mental wellbeing is central to our programme. Students are encouraged to look after themselves, recognise when they may need help and understand how and where to access appropriate support.

Working with parents and carers: We recognise that many PHSCE topics are also important conversations at home and value working in partnership with parents and carers. We would really appreciate your feedback about our program. If you would like to comment on our program or have any questions about PHSCE or the content being taught to your child's year group, I am happy to be your first point of contact. If you have any queries or comments about our program then please detail these within this online form: [PHSCE Parental Feedback and Queries – Fill in form](#)

Thank you for your continued support in helping us prepare our students for the opportunities and challenges they will encounter both at school and in later life.

Yours sincerely



Stephen Richards, Assistant Headteacher and PHSCE Lead
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Whole School PHSCE Lesson Schedule for 2026-27

Week/C	Year 7 (Entry 2026)			F	Year 8 (Entry 2025)			F	Year 9 (Entry 2024)			F	Year 10 (Entry 2023)			F	Year 11 (Entry 2022)		
2.10.26	BIG QUESTION: How does crime affect relationships healthy, respectful, and safe?	1	Why is PSHCE so important?		1	Why is PSHCE so important?		1	Why is PSHCE so important?		1	Why is PSHCE so important?		1	Why is PSHCE so important?		1	How do I present myself best in a personal statement?	C
3.10.26		2	What different types of family are there?		2	How do I maintain my self confidence and why should I set goals?		2	How do I manage peer pressure?		2	How do I manage my finances?		2	How do I manage my finances?		2	How do I present myself best in a CV?	C
14.10.26		3	What is love?		3	What does it mean to be emotionally Literate and Self-Aware?		3	What is gaslighting and how does social media affect mental health?		3	What does a payday tell me?		3	What does a payday tell me?		3	How do I present myself best during an interview?	C
21.10.26		4	When does banter become bullying?		4	How do I manage myself successfully?		4	What are controlling and abusive relationships?		4	How do I avoid debt?		4	How do I avoid debt?		4	How do I manage my time effectively?	
28.10.26		5	What is cyberbullying?	ES	5	How can I use Social Media safely?	ES	5	What is Child Sexual Exploitation?		5	What different financial products are there?		5	What different financial products are there?		5	How can I manage stress?	
5.11.26		6	How can I stay safe online?	ES	6	How can I be Body Positive?		6	What is Body Dysmorphia?		6	What are the risks with online gambling?	ES	6	What are the risks with online gambling?	ES	6	How can I improve my study skills? 1	
12.11.26		7	What are the signs of online grooming?	ES	7	What is trolling and how to I avoid this?		7	How does someone become Selfie-Obsessed?		7	What is cryptocurrency and what are the issues with it?	ES	7	What is cryptocurrency and what are the issues with it?	ES	7	How can I improve my study skills? 2	
19.11.26		8	How can social media affect our mental health?	ES	8	How do I avoid Social Media & Smart Phone Addiction?	ES	8	What are Eating Disorders?		8	When is 'too much' Screen Time?	ES	8	When is 'too much' Screen Time?	ES	8	How can I live on an average salary?	
		AUTUMN HALF TERM HOLIDAY			AUTUMN HALF TERM HOLIDAY			AUTUMN HALF TERM HOLIDAY			AUTUMN HALF TERM HOLIDAY			AUTUMN HALF TERM HOLIDAY			AUTUMN HALF TERM HOLIDAY		
2.12.26	BIG QUESTION: How do I manage my money and my money wisely?	2	What do we mean by poor self esteem and body image?		1	What is meant by the rule of law?	L	1	How do UNICEF help across the world?		2	How does social media impact on self esteem?	ES	2	How does social media impact on self esteem?	ES	2	How do we manage finances?	
9.12.26		3	What is puberty and why does it happen?	SE	2	What does it mean to be tolerant and what exactly is racism?	L	2	What is genocide?		3	What is internet fraud?	ES	3	What is internet fraud?	ES	MOCK EXAMS SERIES 1		
16.12.26		4	What are periods and why do they happen?	SE	3	What are prejudice and Stereotypes? Focus on disability		3	What is human trafficking?		4	What is the dark web?	ES	4	What is the dark web?	ES			
23.12.26		5	What is sexting and why should I be bothered?	SE	4	What is homophobia and LGBTQ+ discrimination?	L	4	What is international aid?		5	Why is my digital footprint important?	ES	5	Why is my digital footprint important?	ES	3	What does a payday tell us?	
30.12.26		6	What is FGM? + Reflection	ES	5	How are teenagers discriminated against in the media?		5	How do I behave to succeed?		6	What is AI dependency?	ES	6	What is AI dependency?	ES	4	What are credit cards and how do we avoid debt?	
7.1.27		7	How can I manage my anger?		6	Who and what are Extremists?		6	What does good decision making look like?	C	7	How does the manosphere present masculinity?		7	How does the manosphere present masculinity?		5	How do I manage my finances in the world of work?	
14.1.27		1	What is meant by a healthy lifestyle?		7	How do we prevent Radicalisation?		7	Which subjects might be relevant to the careers I am interested in	C	1	What is social media validation?		1	What is social media validation?		1	What do I need to know about tattoos and piercings?	
		CHRISTMAS HOLIDAY			CHRISTMAS HOLIDAY			CHRISTMAS HOLIDAY			CHRISTMAS HOLIDAY			CHRISTMAS HOLIDAY			CHRISTMAS HOLIDAY		
4.1.27	BIG QUESTION: What healthy choices can help me to stay healthy?	2	What do I need to eat to stay healthy?		1	Is vaping as bad as smoking?	L	4	What are the differences between different types of qualification?	C	2	How do I manage my influences?		2	How do I manage my influences?		2	What are the risks with binge drinking?	
11.1.27		3	What can a food label tell me?		2	What do I need to know about cancer?		YEAR 9 EXAMS			3	Managing social anxiety		3	Managing social anxiety		3	What is meant by fertility and reproductive health?	
18.1.27		4	What are the risks with energy drinks?		3	How do I stay safe and what First Aid is important?		5	What is my career action plan?	C	4	How do we break up amicably?		4	How do we break up amicably?		4	What are safe and healthy intimate relationships?	SE
25.1.27		5	What are the risks of smoking and passive smoking?		4	What are the issues with sexting?		1	What is meant by Individual Liberty?	BV	5	Why is trust so important?		5	Why is trust so important?		5	What is safe sex and what are the issues with Chem Sex?	SE
1.2.27		6	How do drugs (including alcohol) affect us and how does the law protect us?	L	5	How do I cope with Grief and Bereavement?		2	What is meant by identity and diversity?	BV	6	What do healthy and unhealthy relationships look like?		6	What do healthy and unhealthy relationships look like?		6	What is revenge porn?	ES
8.2.27		7	How do I avoid infectious diseases?		1	What is Sexism and Gender Discrimination?		3	Why are British communities so diverse?		7	How can I be safe out and about?		7	How can I be safe out and about?		7	How do I manage a break-up?	
		SPRING HALF TERM HOLIDAY			SPRING HALF TERM HOLIDAY			SPRING HALF TERM HOLIDAY			SPRING HALF TERM HOLIDAY			SPRING HALF TERM HOLIDAY			SPRING HALF TERM HOLIDAY		
15.2.27	BIG QUESTION: What are the issues that affect young people?	8	How do I maintain my personal hygiene and oral health?		2	What is meant by Algorithms and Extremist Sub-Cultures?		4	What does the Equality Act 2010 mean for me?	BV	1	How do I manage exam stress?	ES	MOCK EXAMS SERIES 2			MOCK EXAMS SERIES 2		
1.3.27		9	How much is too much screen time and why does sleep matter?		3	What are Incels and Sub-Cultures?		5	Who are the LGBTQ+ Community?	BV	2	How do I manage my time effectively?							
8.3.27		1	What is the difference between needs and wants?		4	What are Marriage and Civil Partnership?	L	6	What are acid attacks?		YEAR 10 MOCK EXAMS			1	What is AI dependency?	ES	1	What is AI dependency?	ES
15.3.27		2	What does it mean to be British?		5	What is meant by Forced Marriage?	L	1	What is meant by the Criminal Justice System	L	3	What's the difference between Perseverance and Procrastination?		2	How does the manosphere present masculinity?	ES	2	How does the manosphere present masculinity?	ES
22.3.27		3	What is democracy?		1	What are the effects of alcohol?		2	What is CCE and what are County Lines?		4	Why should I improve my interpersonal skills?		3	How do I manage my digital footprint?	ES	3	How do I manage my digital footprint?	ES
29.3.27		4	What do people seek asylum?		2	Which drugs are illegal and what are the risks?	L	3	What is anti-social behaviour and how does it impact others?		1	What are forced and arranged marriages?	L	4	How do I protect myself from cyber-crime?	ES	4	How do I protect myself from cyber-crime?	ES
		EASTER HOLIDAY			EASTER HOLIDAY			EASTER HOLIDAY			EASTER HOLIDAY			EASTER HOLIDAY			EASTER HOLIDAY		
12.4.27	BIG QUESTION: How can we make good choices to maintain our physical and mental health?	5	What are prejudice and discrimination?		3	How do we cope with stress?		4	How does Social Media affect Mental Health		2	What is meant by consent, rape and sexual abuse?		BIG QUESTION: What is the difference between overt and covert racism?			BIG QUESTION: What is the difference between overt and covert racism?		
19.4.27		6	What is stereotyping? (Racism focus)		4	Why do people Self-Harm?		5	What is meant by body image?		3	What is gender prejudice and sexism?							
26.4.27		7	What is homophobia?		5	What is a Growth Mindset?		6	What is Money Laundering		4	What are harassment and stalking?							
3.5.27		1	What do we mean by good mental health?		6	How do I Manage Anxiety and Worry?		7	How does the law treat young offenders?		5	What is revenge porn?	ES						
10.5.27		2	What is the power of positive thinking?		1	Why are income and expenditure important?		1	How do I manage conflict?		1	What is stereotyping?							
17.5.27		3	How can I protect myself when using social media?	ES	2	How is Tax spent?		2	What is meant by consent?		2	What is the difference between overt and covert racism?							
24.5.27		4	How do I use critical thinking to spot fake news?	ES	3	What different types of tax are there?		3	What types of contraception are there and what is safe sex?	SE	3	What is a hate crime?	L						
		HALF TERM HOLIDAY: WHIT WEEK			HALF TERM HOLIDAY: WHIT WEEK			HALF TERM HOLIDAY: WHIT WEEK			HALF TERM HOLIDAY: WHIT WEEK			HALF TERM HOLIDAY: WHIT WEEK			HALF TERM HOLIDAY: WHIT WEEK		
7.6.27	BIG QUESTION: How can I make smart life choices for my future career?	1	How well do I know myself?	C	4	Why should I budget and save?		4	What are the issues with porn?	SE	WORK EXPERIENCE 7th - 11th June 2027			WORK EXPERIENCE 7th - 11th June 2027			WORK EXPERIENCE 7th - 11th June 2027		
14.6.27		2	What is the difference between a job and a career?	C	5	What is being entrepreneurial?		5	What are STDs?	SE	MOCK EXAMS			MOCK EXAMS			MOCK EXAMS		
21.6.27		3	What careers might I be suited to?		1	What is my skill set and which skills make me employable?	C	6	What are the issues with deep-fake nudity?										
28.6.27		4	Why should I shop ethically?		2	What is networking and who are my career role models?	C	7	What body image issues may boys have?										
5.7.27		5	How do I budget for myself?		3	What information can I find out about the careers I am most interested in?	C	8	What body image issues may girls have?										
12.7.27		6	Why should I be interested in interest?		4	What is my career action plan?	C	1	Where might I go for my work experience?	C	4	What do we mean by identities?	C	4	What do we mean by identities?	C	4	What do we mean by identities?	C
19.7.27		7	What have I learned from my careers activities and encounters this year?	C	5	What have I learned from my careers activities and encounters this year?	C	2	What have I learned from my careers activities and encounters this year?	C	5	What is FGM and what does the law say?	L	5	What is FGM and what does the law say?	L	5	What is FGM and what does the law say?	L
26.7.27											6	What have I learned from my careers activities and encounters this year?	C	6	What have I learned from my careers activities and encounters this year?	C	6	What have I learned from my careers activities and encounters this year?	C