



KK05AT

October 2025

Dear Parent/Carer

Personal Development & Relationships & Sex Education (RSE) Curriculum 2025–26 Year 7

As part of our ongoing commitment to supporting pupils' personal development and wellbeing, we deliver a carefully planned Personal Development and Relationships & Sex Education (RSE) curriculum throughout the year. These lessons help pupils to develop the knowledge, skills, and values they need to make informed decisions, build positive relationships, and stay safe—both now and in the future.

In line with the Department for Education's statutory guidance on Relationships, Sex and Health Education, we are sharing an overview of the topics and lessons that will be covered this year in Year 7. We believe that transparency and collaboration are key, and we welcome your feedback, questions, or requests to view any of the lesson resources we plan to use. These can be found overleaf.

We recognise that some of the topics covered within our Personal Development and RSE curriculum can feel more sensitive or challenging to discuss. These subjects are approached carefully, using age-appropriate language and resources, with an emphasis on safety, respect, and understanding. We aim to give pupils accurate information and the opportunity to ask questions in a safe, supportive environment.

We appreciate that parents and carers may also wish to be aware of and prepare for these discussions at home. Below you will find a list of the more sensitive areas we will be covering this year:

- Cybercrime
- Consent

We know these lessons work best when supported by open conversations at home. Talking with your child about these topics reinforces their learning and helps them to feel confident and supported. We are all working together to keep pupils safe, informed, and well educated about themselves and others.

If you would like ideas for discussing these topics at home, the BBC Bitesize Parents section offers accessible guidance and advice: <https://www.bbc.co.uk/bitesize/parents>. Please note that this is an external website not managed or endorsed by the school; we share it as an optional resource that some families may find useful.

Thank you for your continued support in helping us provide a high-quality, age-appropriate Personal Development and RSE education. If you have any questions, would like to offer feedback, or wish to see specific resources, please contact Mrs Kimber at kkimber@wkgs.net.

Yours sincerely,

Mrs K Kimber
Assistant Headteacher for Student Wellbeing and Development



Year 7

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><u>Project 1</u></p> <p>WKGS – Community project</p> <p><u>Relationships</u></p> <p>Types of positive relationship</p> <p>Relationship Values Bullying Behaviour</p> <p>Anti LGBT+ Bullying</p>	<p><u>Project 1</u> Presentation and reflection</p> <p><u>Careers & Aspirations</u></p> <p><u>FSQ Questionnaire</u></p> <p>Who am I?</p> <p>Exploring possibilities What is a career?</p> <p>What is an entrepreneur?</p>	<p><u>Exploring who I am</u></p> <p>Celebrating us as individuals (diversity) Wellbeing and resilience Strengths and Skills</p> <p>Managing life changes</p> <p>Cybercrime – <i>covered in form</i></p>	<p><u>Managing Risk</u></p> <p>What is consent? Relationship expectations Relationships and the Media</p> <p><u>Global Perspectives /Careers Week – Future careers</u></p>	<p><u>Learning Skills</u></p> <p>Reviewing strengths and developments</p> <p>Targets and goals</p> <p>Revision strategies and timetable</p> <p>Independent revision Exam Week</p>	<p><u>Health and Wellbeing</u></p> <p>Managing mental health</p> <p>Work Life Balance</p> <p>Physical activity – benefits and influences Personal hygiene</p> <p>Nutrition</p> <p>Rest and Sleep</p>
<p><u>RSE Sessions – Talk the Talk</u></p> <p>Puberty and Growing up, emotional and body changes, including periods, Questions box, sex, answering basic sex questions, basic information on the law, including consent, healthy relationships.</p>					
<p><u>Curriculum Content</u></p> <p>Puberty and the menstrual cycle - Biology</p> <p>Human reproduction - Biology</p>					

NB: RSE (Sexual Health) sessions will run separately and take place as 3 x 60 min sessions – delivered by external partner Talk the Talk