

Curriculum Mapping Matrix Key	
RSHE Guidance Term	Ten Ten Abbreviation
Relationships and Sex Education	
Families	F
Respectful Relationships	RR
Online Safety and Awareness	OSA
Being Safe	BS
Intimate Sexual Relationships, including Sexual Health	ISR
Health and Wellbeing	
Mental Wellbeing	MW
Wellbeing Online	WBO
Physical Health and Fitness	PHF
Healthy Eating	HE
Drugs, Alcohol, Tobacco and Vaping	DATV
Health Protection and Prevention	HPP
Personal Safety	PS
Basic First Aid	BFA
Developing Bodies	DB

Year 7

Theme	Theme Title	DfE RSHE Guidance	CES RSHE Model Framework	PSHE Association Programme of Study
7.1	Who Am I?	RR: RR2, RR3, RR4 MW: MW1, MW2	Created and Loved by God Education in Virtue: 3.1.1.1, 3.1.1.2, 3.1.1.3 Religious Understanding: 3.1.2.4, 3.1.2.5, 3.1.2.6 Me, My Body and My Health: 3.1.3.1 Emotional Wellbeing and Attitudes: 3.1.4.1	KS3 Healthy, positive relationships: 1, 11 KS3 Mental health and wellbeing: 1, 3
7.2	Changing Bodies	DB: DB1, DB2 RR: RR3	Created and Loved by God Education in Virtue: 3.1.1.1, 3.1.1.7 Religious Understanding: 3.1.2.5 Me, My Body and My Health: 3.1.3.5, 3.1.3.7	KS3 Puberty and adolescence: 1, 2
7.3A	Healthy Inside & Out	MW: MW1, MW2, MW3, MW7 WO: WO1, WO2	Created and Loved by God Me, My Body and My Health: 3.1.3.1, 3.1.3.5, 3.1.3.6, 3.1.3.9 Emotional Wellbeing and Attitudes: 3.1.4.1	KS3 Online life: 5, 11, 12 KS3 Mental health and wellbeing: 1, 3, 7, 9, 13
7.3B	Keeping Well (Part 1)	HPP: HPP1, HPP2, HPP3, HPP6 HE: HE1, HE2, HE3	Created and Loved by God Me, My Body and My Health: 3.1.3.7 Created to Live in Community Living in the Wider World: 3.3.3.1	KS3 Healthy lifestyles: 4, 5, 6 KS3 Keeping well, health services and first aid: 1, 2, 4
7.4	Where We Come From	ISR: ISR1 DB: DB3	Created and Loved by God Education in Virtue: 3.1.1.1, 3.1.1.3 Religious Understanding: 3.1.2.1, 3.1.2.2, 3.1.2.5 Life Cycles and Fertility: 3.1.5.1, 3.1.5.4	KS3 Puberty and adolescence: 3 KS3 Sex education: 1
7.5	Family & Friends	F: F1, F2 RR: RR1, RR2, RR3, RR5	Created to Love Others Education in Virtue: 3.2.1.1, 3.2.1.2, 3.2.1.4, 3.2.1.5 Religious Understanding: 3.2.2.4, 3.2.2.6 Personal Relationships: 3.2.3.2, 3.2.3.7, 3.2.3.8 People Who Can Help Me: 3.2.4.8	KS3 Healthy, positive relationships: 2, 7, 9, 11, 12, 17
7.6	My Life on Screen	WO: WO1, WO2 OSA: OSA1, OSA2	Created and Loved by God Me, My Body and My Health: 3.1.3.9 Created to Love Others Education in Virtue: 3.2.1.6 Keeping Safe: 3.2.4.5 People Who Can Help Me: 3.2.4.8	KS3 Online life: 1, 2, 3, 4, 5, 11

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7.7	Living Responsibly	RR: RR2, RR5	Created to Love Others Religious Understanding: 3.2.2.4 Created to Live in Community Education in Virtue: 3.3.1.1, 3.3.1.2 Religious Understanding: 3.3.2.2 Living in the Wider World: 3.3.3.4	KS3 Healthy, positive relationships: 7 KS3 Mental health and wellbeing: 12
7.8	Basic First Aid (Part 1)	BFA: BFA1	Created and Loved by God Education in Virtue: 3.1.1.5, 3.1.1.7 Created to Love Others Education in Virtue: 3.2.1.2 Religious Understanding: 3.2.2.4	KS3 Keeping well, health services and first aid: 5