



PSHE

CURRICULUM SEQUENCING

EXAM BOARD RATIONALE

N/A - We currently do not offer PD as a GCSE

KEY SUBJECT SKILLS

Assessment Objective	Descriptor
A01	Respect
A02	Tolerance
A03	Law
A04	Democracy
A05	Individual Liberty

BASELINE EXPECTATIONS

Knowledge and Skills Expectations

Key Stage 2

Year 6

Learners were taught:

During key stages 1 and 2, PD education offers both explicit and implicit learning opportunities and experiences which reflect pupils' increasing independence and physical and social awareness, as they move through the primary phase. It builds on the skills that pupils started to acquire during the Early Years Foundation stage (EYFS) to develop effective relationships, assume greater personal responsibility and manage personal safety, including online. PD education helps pupils to manage the physical and emotional changes at puberty, introduces them to a wider world and enables them to make an active contribution to their communities.

Key Stage 3

Year 7, 8
and 9

To effectively study Personal Development (PD) at Key Stage 3 in England, students need a variety of knowledge, skills, and attributes. The curriculum for PD is designed to support students' personal development and well-being, helping them to navigate challenges and make informed decisions. Here's an outline of the key knowledge and skills students should acquire:

1. Knowledge

- **Health and Well-being**

- Understanding physical health and mental well-being, including the effects of lifestyle choices (diet, exercise, sleep, etc.).
- Recognizing the importance of emotional well-being, stress management, and coping strategies.
- Awareness of how substances (e.g., alcohol, drugs, tobacco) affect physical and mental health.
- Knowledge about puberty, body changes, and sexual health (appropriate to age and developmental stage).

- **Relationships and Sex Education (RSE)**

- Understanding healthy relationships, including communication, respect, and consent.
- Awareness of different types of relationships (e.g., family, friends, romantic).
- Knowledge of issues related to sexuality, gender identity, and consent.
- Understanding online safety, including digital relationships and the impact of social media.

- **Living in the Wider World**

- Understanding the importance of democracy, citizenship, and the role of laws and rights in society.
- Awareness of local, national, and global issues (e.g., climate change, human rights, social justice).
- Knowledge of economic and financial principles, such as budgeting, saving, and managing money.
- Awareness of careers and vocational options, as well as the skills needed for employability.

2. Skills

- **Decision-making and Critical Thinking**

- Ability to make informed choices about health, relationships, and other aspects of personal life.

- Developing skills in evaluating risks and benefits when making decisions.
- Understanding how to weigh up different perspectives and opinions.

- **Communication and Interpersonal Skills**

- Developing effective communication skills, both verbal and non-verbal.
- Ability to listen actively, express opinions clearly, and resolve conflicts.
- Practicing empathy and respect in interactions with others.
- Ability to seek help and support when needed.

- **Self-management and Emotional Regulation**

- Developing skills for managing emotions, such as anger, anxiety, and disappointment.
- Ability to set goals, reflect on progress, and stay motivated.
- Building resilience and coping strategies for handling setbacks and challenges.

- **Problem-solving and Teamwork**

- Collaborating with peers on group projects or activities related to PSHE topics.
- Developing problem-solving skills through role-playing and scenario analysis.
- Demonstrating teamwork, including sharing responsibilities and respecting diverse viewpoints.

3. Attitudes and Values

- **Respect for Diversity**

- Fostering understanding of and respect for people from different backgrounds, cultures, and perspectives.
- Promoting inclusivity and challenging prejudice, discrimination, and stereotypes.

- **Ethical Responsibility**

- Encouraging students to take responsibility for their actions and their impact on others.
- Promoting the value of honesty, integrity, and kindness in everyday interactions.

- **Engagement in Active Citizenship**

- Encouraging students to take an active role in their communities, including volunteering, voting, and participating in social causes.
- Fostering an understanding of how individual actions can contribute to the greater good.

4. Practical Skills for PSHE Learning

- **Research and Information Gathering**

- Developing skills to research health, social, and economic issues and critically assess sources of information.

- **Use of Technology and Online Safety**

- Understanding how to use technology responsibly and safely, including protecting personal information online.
- Recognizing the risks associated with online interactions, cyberbullying, and the digital footprint.

5. Application to Real-life Situations

- **Linking Learning to Real-life Experiences**

- Opportunities to reflect on personal experiences and relate them to PSHE topics.
- Engaging in discussions, debates, and projects that apply PSHE knowledge to current events and real-life issues.

In summary, Key Stage 3 students studying PD need to acquire a balance of knowledge (on health, relationships, and society), practical skills (decision-making, communication, and teamwork), and positive attitudes (respect, responsibility, and ethical thinking). These foundations will equip them to navigate the challenges of adolescence and prepare them for adulthood.

Key Stage 4

Year 10 and 11

At **Key Stage 4**, Personal Development (PD) education becomes more focused on preparing students for adult life by deepening their knowledge and expanding their skills. It builds on the foundations set in Key Stage 3, helping students develop more complex understanding and critical thinking in relation to personal, social, health, and economic issues. Here's a detailed outline of the knowledge and skills Key Stage 4 students need to be able to study PD effectively.

1. In-depth Knowledge

Health and Well-being

- **Physical Health**

- Understanding the long-term effects of lifestyle choices (e.g., diet, exercise, alcohol, and drug use) on physical health.
- Knowledge about preventing and managing chronic conditions (e.g., obesity, diabetes, cardiovascular disease).
- Awareness of how to access health services and the importance of health screening (e.g., sexual health, mental health services).

- **Mental and Emotional Health**

- Recognizing common mental health conditions (e.g., anxiety, depression, eating disorders) and their impact on daily life.
- Exploring strategies for managing mental health, including mindfulness, stress management, and emotional regulation.
- Understanding the role of peer support, professional counselling, and mental health resources.

- **Sexual Health and Well-being**

- In-depth understanding of sexual health, contraception, and sexually transmitted infections (STIs).
- Knowledge of consent, sexual rights, and healthy sexual relationships.
- Awareness of body image, self-esteem, and factors influencing sexual decision-making.

- **Risk-taking Behaviours**

- Identifying risky behaviours such as substance misuse (alcohol, tobacco, drugs), unsafe sex, and reckless driving.
- Understanding the impact of peer pressure on decision-making and strategies for resisting negative influences.
- Learning how to evaluate and respond to dangerous situations and knowing how to seek help.

Relationships and Sex Education (RSE)

- **Healthy Relationships**

- Recognizing the characteristics of healthy relationships (e.g., respect, trust, communication) and unhealthy or abusive relationships (e.g., coercion, manipulation, violence).
- Deepening understanding of consent in both intimate and non-intimate relationships.
- Understanding the role of communication in managing conflict, resolving disagreements, and maintaining boundaries in relationships.

- **Diversity and Inclusion**

- Exploring LGBTQ+ identities, gender fluidity, and sexual orientation in the context of respect and inclusion.
- Understanding how societal norms and expectations around gender and sexuality can influence personal relationships.
- Learning about equality, discrimination, and how to challenge stereotyping and prejudice in relationships.

- **Online Relationships and Safety**

- Recognizing the impact of social media and digital communication on relationships.
- Understanding cyberbullying, online harassment, and strategies for staying safe online.
- Awareness of how digital footprints affect reputation and future opportunities (e.g., job prospects, university applications).

Living in the Wider World

- **Financial Education**

- Knowledge of personal finance, including budgeting, saving, managing debt, and understanding credit.
- Awareness of financial institutions and products, such as bank accounts, loans, and insurance.
- Understanding the importance of planning for the future, including saving for retirement and understanding the impact of taxes.

- **Work and Careers**

- Exploring career options and understanding the link between education and future employment.
- Knowledge about the changing world of work, including digital skills, entrepreneurship, and career pathways.
- Understanding the importance of transferable skills (e.g., teamwork, communication, problem-solving) in the workplace.

- **Citizenship and Democracy**

- Understanding political systems, elections, and how governments make decisions that affect individuals and communities.
- Awareness of global issues such as climate change, human rights, and global inequality, and their connections to local actions.
- Encouraging active citizenship, including the importance of volunteering, voting, and engaging in social causes.

2. In-depth Skills

Decision-Making and Critical Thinking

- Ability to analyse complex situations, weigh up different viewpoints, and make informed decisions.
- Develop the skills to understand and interpret the consequences of personal decisions in different areas of life (e.g., health, relationships, finances).
- Critical thinking skills to challenge assumptions, question stereotypes, and evaluate sources of information, particularly when it comes to media consumption and online content.

Communication and Interpersonal Skills

- Enhanced ability to communicate confidently and effectively in a variety of contexts, including formal and informal settings (e.g., public speaking, interviews, discussions).
- Practicing assertiveness and the ability to set clear boundaries in personal and professional relationships.
- Navigating difficult conversations (e.g., conflict resolution, saying no, discussing sensitive issues) with maturity and sensitivity.

Self-management and Emotional Intelligence

- Developing stronger emotional intelligence, including recognizing and managing one's own emotions and understanding others' emotional needs.
- Skills for maintaining self-motivation, coping with stress, and remaining resilient in the face of setbacks.
- Enhanced self-awareness to assess personal strengths, weaknesses, values, and aspirations, and using that self-knowledge to guide personal decisions.

Problem-Solving and Collaboration

- Ability to solve complex problems, especially in situations involving conflict or difficult decisions (e.g., managing peer pressure, dealing with academic stress).
- Collaborative skills in group work, with the ability to lead, share responsibilities, and resolve differences of opinion constructively.

- Using reflective practices to assess personal experiences and learn from successes and mistakes.

Resisting Peer Pressure and Promoting Positive Behaviour

- Developing strategies to resist negative peer pressure, especially in areas like substance misuse, risky sexual behaviour, and unhealthy lifestyle choices.
- Advocating for healthy choices and supporting others in making positive decisions.

3. In-depth Attitudes and Values

Respect for Diversity and Inclusion

- Promoting a deeper understanding of diversity in all its forms, including cultural, racial, sexual, and gender diversity.
- Developing empathy for individuals from different backgrounds and learning to navigate diverse social situations with sensitivity and respect.
- Challenging discrimination, prejudice, and social injustice in everyday life.

Ethical Responsibility

- Taking responsibility for one's actions and understanding their impact on others, particularly in the context of relationships and community.
- Engaging in ethical debates about contemporary issues, such as climate change, human rights, and social equity.
- Demonstrating integrity and honesty in decision-making, and taking a stand on moral issues (e.g., environmental sustainability, ethical consumerism).

Preparation for Adulthood

- Developing a responsible attitude towards personal well-being, work, relationships, and society.
- Preparing for independence by exploring life skills like cooking, managing a household, and making independent financial decisions.
- Encouraging a sense of civic responsibility, with an understanding of how one's actions can contribute to or detract from the common good.

4. Application to Real-life Situations

- Opportunities to engage in real-world scenarios that challenge students to apply their PSHE knowledge and skills (e.g., mock interviews, debates, volunteering projects).
- Encouraging students to reflect on their learning through case studies, role-play, and scenarios that mirror the complex decisions they will face as they transition to adulthood.

In summary, Key Stage 4 students need to acquire a more in-depth understanding of health, relationships, financial literacy, and social responsibility. The skills developed should include critical thinking, effective communication, emotional regulation, and ethical decision-making. These skills and knowledge will empower students to navigate the complexities of adulthood, make informed choices, and contribute positively to society.

ASSESSMENT

Year	Formative	Summative	Calendared Term	Core Topics to be assessed – All assessments to feature retrieval
7	Student Self assessment		Week 15 and Week 32	Fundamental British Values – AO1-6 Health and Wellbeing - AO5 Preparing for the future – AO4,5 Respect - AO1 Tolerance -AO2 Relationships – AO1,5 Liberty – AO5
8	Student Self assessment		Week 15 and Week 32	Social Skills - AO2 Physical health - AO5 Futures – AO4 Discrimination – AO1,2,3 Diversity - AO1,2,3
9	Student Self assessment		Week 15 and Week 32	Community – AO1,2,3,4,5 Drugs and Alcohol – AO1,2 Options process and the future – AO3,4,5 Intimate relationships - AO1,2,3 Digital world – AO3,4,5,
10	Student Self assessment		Week 15 and Week 32	Relationships – AO1,2,3,5 Professionalism – AO1,2,3,4,5 Careers – AO1,2,5 Health – AO5 Wellbeing – AO5
11	Student Self assessment		Week 15 and Week 32	N/A

BRIEF VISION BEHIND SEQUENCING

The evidence shows that Personal Development (PD) education can improve the physical and psychosocial well-being of pupils. A virtuous cycle can be achieved, whereby pupils with better health and well-being can achieve better academically, which in turn leads to greater success.

Taking a whole school approach to health and well-being is linked to pupils' readiness to learn. A recent review of the link between pupil health and well-being and attainment advocated promotion of health and well-being as an essential element of a school's effectiveness strategy (Public Health England, 2014).

Using the government guidelines and the PSHE Association, this curriculum was designed to provide students with a well-rounded and age-appropriate program that will help mould students into model British citizens based on the fundamental British values.

The curriculum was designed to build on students' prior learning from Primary and address misconceptions that arise. Students are provided with factual information that will be necessary to succeed in later life and allow for well-structured discussions and debate on important topics.

Through each key stage, students have the opportunity to revisit topics studied in previous years. Pupils will be able to increase their understanding of situations and topics prevalent to their wellbeing and futures, whilst being able to build upon relevant information that is present in society.

KEY STAGE 3

Learners will be taught to:

At key stage 3, students build on the knowledge and understanding, skills, attributes and values they have acquired and developed during the primary phase. PD education acknowledges and addresses the changes that young people experience, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the knowledge and skills which will equip them for the opportunities and challenges of life. Students learn to manage diverse relationships, their online lives, and the increasing influence of peers and the media.

KEY STAGE 4

Learners will be taught to:

At key stage 4, students deepen knowledge and understanding, extend and rehearse skills, and further explore attitudes, values and attributes acquired during key stage 3. PD education reflects the fact that students are moving towards an independent role in adult life, taking on greater responsibility for themselves and others.

PSHE CURRICULUM SEQUENCING

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	Autumn				Spring				Summer			
Year	Topic & Big Questions	Assessment	Skills tested	Links	Topic	Assessment	Skills tested	Links	Topic	Assessment	Skills tested	Links
7	Making a difference, democracy and community	1. Transition into Secondary 2. Dealing with change 3. Fundamental British Values 4. Community and Society	AO1	PRIOR LEARNING: Year 6/KS2 Curriculum Personal prior knowledge	Looking after ourselves	1. Attitudes to Mental Health 2. Puberty and Hygiene 3. FGM 4. Forced Marriage	AO1	PRIOR LEARNING: Year 6/KS2 Curriculum Science Personal prior knowledge	Preparing for our futures	1. Money awareness 2. Work and minimum wage 3. What motivates me?	AO5	PRIOR LEARNING: Year 6/KS2 Curriculum Personal prior knowledge
			AO2				AO2				AO6	
			AO3	LINKS TO THE FUTURE: This topic plays a key role in shaping well-rounded individuals who are prepared for the complexities of life, both in school and in society at large.			AO3	LINKS TO THE FUTURE: Learning about these topics is crucial in building awareness, empathy, and a well-rounded understanding of health, well-being, and social issues. Each of these topics equips individuals with knowledge that will support their personal development, decision-making, and contribute to a healthy, respectful society.			AO7	LINKS TO THE FUTURE: Learning about finance and wages plays a significant role in preparing individuals for personal, academic, and professional success. Understanding these concepts equips individuals with practical skills, insights, and self-awareness that can have a positive impact on their decision-making and future learning.
			AO4		AO4	AO8	AO9					
	Being respectful and tolerant	1. Discrimination 2. Respecting Differences 3. Conflict and resolution	AO1	PRIOR LEARNING: Year 6/KS2 Curriculum Personal prior knowledge	Understanding our individual identities and relationships	1. Family and connections 2. Identity and relationships 3. Recap and student voice	AO1	PRIOR LEARNING: Year 6/KS2 Curriculum RE Personal prior knowledge	Building our cultural capital	1. The Great Outdoors 2. Communication 3. Appreciate the arts.	AO1	PRIOR LEARNING: Year 6/KS2 Curriculum Personal prior knowledge
							AO2				AO2	
			AO3	LINKS TO THE FUTURE: These Lessons provide essential life skills that contribute to personal growth, social awareness, and effective problem-solving. These topics not only shape how individuals interact with others, but they also help create			AO4	LINKS TO THE FUTURE: Learning about these topics are foundational to personal development, emotional intelligence, and social interaction. These areas not only enhance students' ability to understand themselves and others but also equip them with the tools needed for future			AO4	LINKS TO THE FUTURE: Plays a pivotal role in shaping well-rounded, emotionally intelligent individuals who are prepared for a range of future learning experiences. Each of these areas helps to develop essential life skills, foster creativity, and improve personal well-being, all of which contribute to success in both academic and professional environments.
			AO4		AO4	AO4						

				inclusive, respectful environments that benefit both academic and professional learning.				academic, social, and professional success.				
8	Social skills and interactions	1. Transition 2. Peer Pressure 3. Social Media 4. Body image and the digital world	AO1	PRIOR LEARNING: Year 7/KS2 Curriculum Personal prior knowledge	Physical health	1. Smoking and vaping 2. Physical and Mental wellbeing 3. Alcohol and drugs 4. Recap and Student voice	AO5	PRIOR LEARNING: Year 7/KS2 Curriculum Science Personal prior knowledge	The future you	1. Confidence and Self esteem 2. Pathways and Aspirations 3. Financial Problem solving	AO1	PRIOR LEARNING: Year 7/KS2 Curriculum Personal prior knowledge
			AO2	LINKS TO THE FUTURE:			AO6	LINKS TO THE FUTURE:			AO2	
			AO3	Provides students with essential skills and insights that are crucial for navigating personal growth, relationships, and the complexities of the modern world. Understanding these topics helps individuals develop resilience, critical thinking, and self-awareness, all of which are foundational for future learning and personal development.			AO7	Provides students with important knowledge that impacts their health, decision-making, and overall ability to engage with their academic and social lives effectively. These topics are essential for developing good habits, promoting long-term well-being, and making informed choices that contribute to success in education and beyond.			AO3	LINKS TO THE FUTURE:
			AO4				AO8				AO4	Provides students with foundational skills that support their personal growth, career development, and ability to make informed decisions. These areas empower students to navigate academic challenges, build strong relationships, and prepare for future opportunities.
	Discrimination	1. Protected Characteristics 2. Prejudice and Discrimination 3. Sexism and Misogyny	AO1	PRIOR LEARNING: Year 7/KS2 Curriculum RE Personal prior knowledge	Diversity	1. Embrace difference 2. Racism 3. Recap and Student voice	AO1	PRIOR LEARNING: Year 7/KS2 Curriculum Personal prior knowledge	Building our cultural capital	1. The great outdoors 2. Communication 3. Appreciating the arts	AO5	PRIOR LEARNING: Year 7/KS2 Curriculum Personal prior knowledge
			AO2	LINKS TO THE FUTURE:			AO2				AO6	LINKS TO THE FUTURE:
			AO3	Equips students with the knowledge and understanding necessary to build an inclusive, respectful, and empathetic environment, both in educational settings and beyond. It helps			AO3	LINKS TO THE FUTURE: Plays a crucial role in shaping students' social awareness, emotional intelligence, and ability to engage meaningfully in diverse environments. These topics foster inclusivity, empathy, and				Plays a pivotal role in shaping well-rounded, emotionally intelligent individuals who are prepared for a range of future learning experiences. Each of these areas helps to develop essential life skills, foster creativity, and improve personal well-being, all of which contribute to success in both

				foster critical thinking, social awareness, and personal responsibility, all of which are essential for future learning and growth.				critical thinking, which are essential for success in both academic settings and later life.				academic and professional environments.
9	Protecting our community	1. Transition 2. Resilience 3. Gang violence 4. Knife Crime	AO1	PRIOR LEARNING: Year 7,8/KS2 Curriculum Personal prior knowledge	Drugs, alcohol and making the right choices	1. Alcohol awareness 2. Drug awareness 3. So you think you're an adult? 4. Recap and student voice	AO1	PRIOR LEARNING: Year 7,8/KS2 Curriculum Science Personal prior knowledge	Pathways and Options	1. Options and Pathways 1 2. Options and Pathways 2 3. Options and Pathways 3	AO5	PRIOR LEARNING: Year 7,8/KS2 Curriculum Personal prior knowledge
							AO6					
							AO7					
							AO8					
							AO9					
			AO2	LINKS TO THE FUTURE: Helps students navigate challenges, adapt to new situations, and make informed decisions that can positively impact their future learning and overall personal development.			AO2	LINKS TO THE FUTURE: Plays a critical role in helping students develop informed decision-making skills, responsibility, and a deeper understanding of themselves and their future roles in society. These topics equip students with the knowledge and life skills necessary for making positive choices, both academically and personally.			AO5	LINKS TO THE FUTURE: Provides students with a solid foundation for making informed decisions about their future educational and career paths. Here's how understanding each of these topics helps with future learning and overall success:
			AO3				AO3	PRIOR LEARNING: Year 7,8/KS2 Curriculum Personal prior knowledge			AO6	
			AO4		Digital World						AO9	
	Intimate relationships	1. Sexualised behaviour 2. Gender and stereotypes 3.	AO1	PRIOR LEARNING: Year 7,8/KS2 Curriculum Personal prior knowledge		1. Social media and Body image 2. Confidence and Self esteem 3. Recap and Student voice			Building our cultural capital	1. The great outdoors 2. Communication 3. Appreciate the arts	AO5	PRIOR LEARNING: Year 7,8/KS2 Curriculum Personal prior knowledge
			AO2	LINKS TO THE FUTURE:				AO1				
AO3					AO2							
AO4			Crucial for fostering a safe, respectful, and inclusive learning				AO3	LINKS TO THE FUTURE: Plays a pivotal role in shaping well-rounded, emotionally intelligent individuals who are prepared for a range of future learning				

				environment. These topics help students develop critical thinking, emotional intelligence, and a deep understanding of human behaviour and societal structures, all of which are important for their future learning and personal growth				academic success, and personal development.				experiences. Each of these areas helps to develop essential life skills, foster creativity, and improve personal well-being, all of which contribute to success in both academic and professional environments.
10	Relationships	1. Transition 2. Relationships 3. Culture and relationships 4. Sexing, porn and relationships	AO1 AO2 AO3 AO4	PRIOR LEARNING: Year 7,8,9/KS2 Curriculum RE Personal prior knowledge LINKS TO THE FUTURE: Provides students with the essential tools and understanding to navigate personal growth, social interactions, and emotional well-being, all of which are foundational for future learning. These topics help students build emotional intelligence, critical thinking, and a healthy approach to relationships, both online and offline, setting them up for success in their academic, personal, and professional lives.	Professionalism	1. Finance 2. Professional reputation 3. Contracts/Employability laws 4. Recap and Student voice	AO1 AO2 AO3 AO4	PRIOR LEARNING: Year 7,8,9/KS2 Curriculum Personal prior knowledge LINKS TO THE FUTURE: Equips students with essential skills and knowledge that will support them in their future academic, professional, and personal lives. These topics are key to understanding how the world of work operates, how to manage personal resources, and how to build a positive career trajectory.	Careers	1. Employment skills 2. CV tips 3. Work experience research	AO4 AO1 AO2 AO3	PRIOR LEARNING: Year 7,8,9/KS2 Curriculum Personal prior knowledge LINKS TO THE FUTURE: Helps students develop the practical competencies, strategies, and knowledge needed to successfully navigate the job market and build their careers. These areas provide foundational support for students as they transition from education to the professional world.
	Health	1. Substance misuse and addiction	AO1 AO2 AO3	PRIOR LEARNING: Year 7,8,9/KS2 Curriculum Science	Keep calm and carry on	1. Challenging extreme views 2. Trigger warnings and	AO1 AO2 AO3	PRIOR LEARNING: Year 7,8,9/KS2 Curriculum RE	Building our cultural capital	1. The great outdoors 2. Communication	AO4 AO5 AO6	PRIOR LEARNING: Year 7,8,9/KS2 Curriculum Personal prior knowledge

