

**Curriculum Sequence KS1 & KS2**

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Step 1	<ul style="list-style-type: none"> <li>This is me (identity)</li> <li>How we grow</li> <li>What are feelings?</li> <li>Feelings &amp; loss</li> <li>How we play &amp; learn</li> <li>Staying safe</li> </ul>	<ul style="list-style-type: none"> <li>Respect</li> <li>Polite words</li> <li>Sharing &amp; taking turns</li> <li>Being helpful</li> <li>Being kind</li> <li>Getting hurt</li> </ul>	<ul style="list-style-type: none"> <li>All about rules</li> <li>Online world</li> <li>Online safety</li> <li>Strengths &amp; interests</li> <li>Jobs &amp; skills</li> <li>Welcoming everyone</li> </ul>	<ul style="list-style-type: none"> <li>Keeping clean</li> <li>Healthy teeth</li> <li>Fun in the sun</li> <li>Healthy food</li> <li>Eating well</li> <li>Keeping fit &amp; healthy</li> </ul>	<ul style="list-style-type: none"> <li>People who care for me</li> <li>What is a family?</li> <li>Family &amp; me</li> <li>All about bodies</li> <li>My body belongs to me</li> <li>Asking for permission</li> </ul>	<ul style="list-style-type: none"> <li>Caring for living things</li> <li>Recycling</li> <li>Plastic &amp; pollution</li> <li>Global warming</li> <li>My classroom community</li> <li>Community helpers</li> </ul>
Step 2	<ul style="list-style-type: none"> <li>What is money?</li> <li>Ways to pay</li> <li>Earning money</li> <li>Saving &amp; spending</li> <li>Wants &amp; needs</li> </ul>	<ul style="list-style-type: none"> <li>Healthy habits</li> <li>All about teeth</li> <li>Sleep routines</li> <li>Medicines</li> <li>All about feelings</li> <li>BIG feelings</li> </ul>	<ul style="list-style-type: none"> <li>Making friends</li> <li>Being a good friend</li> <li>Playing with others</li> <li>Working with others</li> <li>Manners &amp; respect</li> <li>Resolving conflict</li> </ul>	<ul style="list-style-type: none"> <li>What is the internet?</li> <li>Personal Data</li> <li>Online Safety</li> <li>Online information</li> <li>Belonging to a community</li> <li>Same/different (diversity)</li> </ul>	<ul style="list-style-type: none"> <li>Human life cycle</li> <li>Brilliant bodies</li> <li>Safety &amp; risk</li> <li>Safety at home</li> <li>Road Safety</li> <li>Accidents &amp; emergencies</li> </ul>	<ul style="list-style-type: none"> <li>Feeling lonely</li> <li>Bullying</li> <li>Unkind words</li> <li>Kindness</li> <li>Secrets &amp; surprises</li> </ul>
Step 3	<ul style="list-style-type: none"> <li>Feelings &amp; me</li> <li>Resilience &amp; self-esteem</li> <li>Exercise &amp; wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>Jobs &amp; sectors</li> <li>Careers &amp; skills</li> <li>Targets &amp; goals</li> <li>Career routes</li> <li>Stereotypes</li> </ul>	<ul style="list-style-type: none"> <li>Role models</li> <li>Manners &amp; politeness</li> <li>Family &amp; me</li> <li>People who care for me</li> <li>Caring for others</li> </ul>	<ul style="list-style-type: none"> <li>Personal safety &amp; risk</li> <li>Fire safety</li> <li>First Aid (Burns &amp; Scalds)</li> <li>Healthy eating</li> <li>What is a habit?</li> <li>Healthy choices</li> </ul>	<ul style="list-style-type: none"> <li>Seeking permission</li> <li>Privacy &amp; boundaries</li> <li>Friendship boundaries</li> <li>Respectful behaviour</li> <li>Bullying or teasing?</li> </ul>	<ul style="list-style-type: none"> <li>Rules &amp; laws</li> <li>Rights &amp; responsibilities</li> <li>Community Responsibility</li> <li>E-safety</li> <li>Age-appropriate content</li> <li>Why is the news important?</li> </ul>
Step 4	<ul style="list-style-type: none"> <li>Responsible spending</li> <li>What is Fairtrade?</li> <li>Value for money</li> <li>Keeping track of money</li> <li>What is advertising?</li> <li>Gambling &amp; risk</li> </ul>	<ul style="list-style-type: none"> <li>Allergies</li> <li>Germes &amp; illness</li> <li>Vaccinations</li> <li>Drugs &amp; medicines</li> <li>Healthy lifestyles</li> <li>Staying healthy</li> </ul>	<ul style="list-style-type: none"> <li>Preventing bullying</li> <li>Hurtful behaviour</li> <li>Communicating online</li> <li>Harmful content/ contact</li> <li>Secrets</li> </ul>	<ul style="list-style-type: none"> <li>Internet &amp; screentime</li> <li>Age-restrictions</li> <li>Respecting difference</li> <li>Diverse communities</li> <li>Racism</li> <li>Prejudice &amp; discrimination</li> </ul>	<ul style="list-style-type: none"> <li>Growing up girls</li> <li>Growing up boys</li> <li>Changing emotions</li> <li>Personal hygiene</li> <li>Dental hygiene</li> <li>Sleep hygiene</li> </ul>	<ul style="list-style-type: none"> <li>Water safety code</li> <li>Summer safety</li> <li>First aid (Asthma &amp; allergies)</li> </ul>
	<ul style="list-style-type: none"> <li>Personal identity</li> <li>Strengths &amp; interests</li> </ul>	<ul style="list-style-type: none"> <li>Allergies</li> <li>Germes &amp; illness</li> <li>Vaccinations</li> <li>Drugs &amp; medicines</li> <li>Healthy lifestyles</li> <li>Staying healthy</li> </ul>	<ul style="list-style-type: none"> <li>Preventing bullying</li> <li>Hurtful behaviour</li> <li>Communicating online</li> <li>Harmful content/ contact</li> <li>Secrets</li> </ul>	<ul style="list-style-type: none"> <li>Internet &amp; screentime</li> <li>Age-restrictions</li> <li>Respecting difference</li> <li>Diverse communities</li> <li>Racism</li> <li>Prejudice &amp; discrimination</li> </ul>	<ul style="list-style-type: none"> <li>Growing up girls</li> <li>Growing up boys</li> <li>Changing emotions</li> <li>Personal hygiene</li> <li>Dental hygiene</li> <li>Sleep hygiene</li> </ul>	<ul style="list-style-type: none"> <li>Committed relationships</li> <li>Honesty &amp; trust</li> <li>Positive Friendships</li> </ul>
Step 5	<ul style="list-style-type: none"> <li>Asking for Help</li> <li>What is Social Media?</li> <li>Fake news</li> <li>Fake Images</li> <li>Digital Footprint</li> </ul>	<ul style="list-style-type: none"> <li>Healthy habits</li> <li>Being Healthy – Diet</li> <li>Being Healthy - Exercise</li> <li>Physical health</li> <li>Germes, bacteria &amp; viruses</li> <li>What is mental health?</li> </ul>	<ul style="list-style-type: none"> <li>Behaviour &amp; respect</li> <li>Friendships</li> <li>Feeling left out</li> <li>Peer pressure</li> <li>Dares &amp; challenges</li> <li>Bullying &amp; hurtful behaviour</li> </ul>	<ul style="list-style-type: none"> <li>Success &amp; achievement</li> <li>Careers &amp; stereotypes</li> <li>Caring for the environment</li> <li>Sustainability</li> <li>Carbon footprints</li> <li>Fast fashion</li> </ul>	<ul style="list-style-type: none"> <li>Understanding emotions</li> <li>Feelings &amp; emotions</li> <li>Self-esteem</li> <li>Body Image</li> <li>Boys' Puberty</li> <li>Girls' Puberty</li> </ul>	<ul style="list-style-type: none"> <li>Positive relationships</li> <li>Loving stable families</li> <li>Love &amp; abuse</li> <li>Permission, boundaries &amp; inappropriate contact</li> <li>Online behaviour &amp; risks</li> <li>Stranger danger</li> </ul>
	<ul style="list-style-type: none"> <li>Fireworks &amp; bonfires</li> </ul>	<ul style="list-style-type: none"> <li>Disagreeing respectfully</li> <li>Positive male role models</li> <li>Cyberbullying &amp; harassment</li> <li>Online gaming danger</li> <li>Group chats</li> <li>Online privacy &amp; data</li> </ul>	<ul style="list-style-type: none"> <li>Identity &amp; community</li> <li>Diversity in the UK</li> <li>Protected characteristics</li> <li>What is money?</li> <li>Attitudes about money</li> <li>Money and the cost of living</li> </ul>	<ul style="list-style-type: none"> <li>Puberty &amp; our genes</li> <li>Boys' puberty</li> <li>Girls' puberty</li> <li>Reproduction (sex education)</li> <li>Hormones &amp; emotions</li> <li>Mental health symptoms</li> </ul>	<ul style="list-style-type: none"> <li>Grief, change and loss</li> <li>Transition</li> <li>Sun Safety</li> <li>Personal safety &amp; hazards</li> <li>First Aid (common injuries)</li> <li>First aid (life support)</li> </ul>	<ul style="list-style-type: none"> <li>Consent</li> <li>Sexual harassment</li> <li>Attraction</li> <li>Starting a family (sex education)</li> <li>Family &amp; commitment</li> <li>Caring for babies</li> </ul>
Step 6	<ul style="list-style-type: none"> <li>Medicine and product safety</li> <li>Habits &amp; addictions</li> <li>Caffeine &amp; energy drinks</li> <li>What is alcohol?</li> <li>Drugs</li> <li>Vaping danger</li> </ul>	<ul style="list-style-type: none"> <li>Disagreeing respectfully</li> <li>Positive male role models</li> <li>Cyberbullying &amp; harassment</li> <li>Online gaming danger</li> <li>Group chats</li> <li>Online privacy &amp; data</li> </ul>	<ul style="list-style-type: none"> <li>Identity &amp; community</li> <li>Diversity in the UK</li> <li>Protected characteristics</li> <li>What is money?</li> <li>Attitudes about money</li> <li>Money and the cost of living</li> </ul>	<ul style="list-style-type: none"> <li>Puberty &amp; our genes</li> <li>Boys' puberty</li> <li>Girls' puberty</li> <li>Reproduction (sex education)</li> <li>Hormones &amp; emotions</li> <li>Mental health symptoms</li> </ul>	<ul style="list-style-type: none"> <li>Grief, change and loss</li> <li>Transition</li> <li>Sun Safety</li> <li>Personal safety &amp; hazards</li> <li>First Aid (common injuries)</li> <li>First aid (life support)</li> </ul>	<ul style="list-style-type: none"> <li>Consent</li> <li>Sexual harassment</li> <li>Attraction</li> <li>Starting a family (sex education)</li> <li>Family &amp; commitment</li> <li>Caring for babies</li> </ul>



Curriculum Sequence KS3 & KS4 * <i>Italics indicate subject to change in line with new guidance</i>				
Step 7	Step 8	Step 9	Step 10	Step 11
<ul style="list-style-type: none"> <li>Health &amp; wellbeing introduction</li> <li>Mental health introduction</li> <li>Building resilience</li> <li>Kindness &amp; empathy</li> <li>Safer internet</li> <li>Dangers of vaping</li> <li>Drugs introduction (double lesson)</li> <li>Personal hygiene &amp; oral health</li> <li>Boys' puberty</li> <li>Girls' puberty</li> <li>Gratefulness</li> </ul>	<ul style="list-style-type: none"> <li>Balanced diet &amp; healthy food</li> <li>Importance of exercise</li> <li>Lifestyle diseases and cancer</li> <li>Eating disorders</li> <li>Social media stress</li> <li>Group messaging and chats (double lesson)</li> <li>Self-harm</li> <li>Knife crime (double lesson)</li> <li>Exploring identity (double lesson)</li> </ul>	<ul style="list-style-type: none"> <li>Mental health stigma and language</li> <li>Manging anxiety</li> <li>Happiness &amp; positivity(double lesson)</li> <li>Sleep importance &amp; hygiene</li> <li>Healthy eating on a budget</li> <li>Health advice &amp; services</li> <li>Prescription drugs &amp; antibiotics</li> <li>First aid &amp; CPR (double lesson)</li> <li>FGM &amp; the law</li> <li>Gambling risks</li> </ul>	<ul style="list-style-type: none"> <li>Social media &amp; resilience</li> <li>Social media &amp; loneliness</li> <li>Deepfakes &amp; malicious AI</li> <li>Body image</li> <li>Managing social anxiety</li> <li>Cancer – self-examinations (double lesson)</li> <li>Unplanned pregnancy</li> <li>Nitrous oxide</li> <li>Stress &amp; exam performance</li> <li>Homelessness (double lesson)</li> </ul>	<ul style="list-style-type: none"> <li>Why is PSHE so important?</li> <li>Compulsive, unwanted, &amp; fixed behaviours</li> <li>Criminal behaviour and mob mentality</li> <li>Fertility &amp; reproductive health (double lesson)</li> <li>Gender, gender Roles and transgender</li> <li>Neurodiversity</li> <li>Personal safety and risk on the streets</li> <li>Sugar &amp; processed food (double lesson)</li> <li>Suicide and prevention: What do we need to know?</li> <li>Why are virginity testing and hymenoplasty illegal?</li> </ul>
<ul style="list-style-type: none"> <li>Healthy relationships</li> <li>Importance of trust</li> <li>Maintaining friendships (double lesson)</li> <li>Antibullying</li> <li>Peer pressure (double lesson)</li> <li>Online grooming</li> <li>Different families, stability &amp; commitment (double lesson)</li> <li>Falling in love and romantic feelings</li> <li>Marriage</li> </ul>	<ul style="list-style-type: none"> <li>British Values – tolerance &amp; mutual respect</li> <li>Masculinity in focus</li> <li>Alcohol, risks and relationships (double lesson)</li> <li>Cyberbullying and online trolls</li> <li>Consent (double lesson)</li> <li>Contraceptives (double lesson)</li> <li>STIs and sexual health (double lesson)</li> <li>Correctly using condoms</li> </ul>	<ul style="list-style-type: none"> <li><i>Body image and the media</i></li> <li><i>Media &amp; eating disorders</i></li> <li><i>Peer pressure</i></li> <li><i>Healthy and Unhealthy Relationships</i></li> <li><i>Domestic violence &amp; abuse</i></li> <li><i>Child Sexual Exploitation</i></li> <li><i>Diverse British Communities</i></li> <li><i>Protected characteristics</i></li> <li><i>British Values - Gender equality</i></li> <li><i>LGBTQ+ community</i></li> <li><i>Pronouns</i></li> <li><i>Sexual Harassment</i></li> </ul>	<ul style="list-style-type: none"> <li><i>Community cohesion</i></li> <li><i>Role models</i></li> <li><i>Managing conflict</i></li> <li><i>Harassment &amp; Stalking</i></li> <li><i>Forced and arranged marriage</i></li> <li><i>Pornography brains &amp; Revenge porn</i></li> <li><i>Same sex relationships</i></li> <li><i>Gender &amp; Transgender identity</i></li> <li><i>LGBTQ+ rights</i></li> <li><i>Sexism &amp; gender prejudice</i></li> <li><i>Looking after a child</i></li> <li><i>Parenting types &amp; styles</i></li> <li><i>Adoption and fostering</i></li> </ul>	<ul style="list-style-type: none"> <li><i>Bullying &amp; body shaming</i></li> <li><i>Language microaggressions</i></li> <li><i>Relationship types &amp; sexuality</i></li> <li><i>Online dating</i></li> <li><i>Safe sex</i></li> <li><i>Consent, Rape and Sexual abuse</i></li> <li><i>Relationship break ups</i></li> <li><i>Fertility &amp; reproductive health</i></li> <li><i>Parenting costs &amp; considerations</i></li> <li><i>Unplanned pregnancy &amp; Abortion</i></li> <li><i>Positivity &amp; happiness</i></li> </ul>
<ul style="list-style-type: none"> <li>Personal development &amp; target setting</li> <li>Importance of respect</li> <li>Wants, needs &amp; priorities</li> <li>Self-Esteem &amp; Resilience (double lesson)</li> <li>Media Literacy</li> <li>Racism introduction</li> <li>Stereotyping</li> <li>Protected characteristics</li> <li>Career skills &amp; qualities (double lesson)</li> <li>Budgeting our money</li> </ul>	<ul style="list-style-type: none"> <li>Attendance and Punctuality</li> <li>Ambitious, Aspirational and Realistic Careers</li> <li>Employability Skills</li> <li>Entrepreneurs</li> <li>Saving and investing money</li> <li>Teamwork</li> <li>Sexism in Society</li> <li>Ableism, visible and invisible disabilities</li> <li>County Lines and Gangs (Double Lesson)</li> <li>Communication Skills</li> <li>Mental Health at work and the wider world</li> </ul>	<ul style="list-style-type: none"> <li><i>Importance of community</i></li> <li><i>Knife crime &amp; The Law – young offenders</i></li> <li><i>Employability skills &amp; Applying for careers</i></li> <li><i>Preparing for work</i></li> <li><i>Enterprise</i></li> <li><i>Accounts, savings, loans and financial institutions</i></li> <li><i>The economy</i></li> <li><i>Consumer rights</i></li> <li><i>Avoiding Debt</i></li> <li><i>Human rights – charities</i></li> <li><i>Human rights – abuse and atrocities</i></li> <li><i>Sustainability for the environment</i></li> </ul>	<ul style="list-style-type: none"> <li><i>Career ambitions &amp; qualifications</i></li> <li><i>Employment Rights &amp; responsibilities</i></li> <li><i>Prepare for work experience</i></li> <li><i>Writing CVs</i></li> <li><i>Anti-social behaviour</i></li> <li><i>Crime, gangs and county lines</i></li> <li><i>Hate crime</i></li> <li><i>Equality &amp; Equity</i></li> <li><i>Overt &amp; covert racism</i></li> <li><i>Terrorism</i></li> <li><i>Fake news</i></li> <li><i>Carbon footprints</i></li> </ul>	<ul style="list-style-type: none"> <li><i>Exam revision &amp; study skills</i></li> <li><i>Applying to college &amp; university</i></li> <li><i>Preparing for interviews</i></li> <li><i>Health &amp; Safety at work</i></li> <li><i>Independent travel</i></li> <li><i>Independent living</i></li> <li><i>Multiculturalism</i></li> <li><i>Extremism &amp; Radicalisation</i></li> <li><i>Cybercrime</i></li> <li><i>Internet safety – the dark web</i></li> <li><i>Plastic pollution</i></li> <li><i>Protecting animal rights</i></li> </ul>