## Curriculum Sequence KS1 & KS2

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| **Step 1** | • This is me (identity)<br>• How we grow<br>• What are feelings?<br>• Feelings & loss<br>• How we play & learn<br>• Staying safe | • Respect<br>• Polite words<br>• Sharing & taking turns<br>• Being helpful<br>• Being kind<br>• Getting hurt | • All about rules<br>• Online world<br>• Online safety<br>• Strengths & interests<br>• Jobs & skills<br>• Welcoming everyone | • Keeping clean<br>• Healthy teeth<br>• Fun in the sun<br>• Healthy food<br>• Eating well<br>• Keeping fit & healthy | • People who care for me<br>• What is a family?<br>• Family & me<br>• All about bodies<br>• My body belongs to me<br>• Asking for permission | • Caring for living things<br>• Recycling<br>• Plastic & pollution<br>• Global warming<br>• My classroom community<br>• Community helpers |
| **Step 2** | • What is money?<br>• Ways to pay<br>• Earning money<br>• Saving & spending<br>• Wants & needs | • Healthy habits<br>• All about teeth<br>• Sleep routines<br>• Medicines<br>• All about feelings<br>• BIG feelings | • Making friends<br>• Being a good friend<br>• Playing with others<br>• Working with others<br>• Manners & respect<br>• Resolving conflict | • What is the internet?<br>• Personal Data<br>• Online Safety<br>• Online information<br>• Belonging to a community<br>• Same/different (diversity) | • Human life cycle<br>• Brilliant bodies<br>• Safety & risk<br>• Safety at home<br>• Road Safety<br>• Accidents & emergencies | • Feeling lonely<br>• Bullying<br>• Unkind words<br>• Kindness<br>• Secrets & surprises |
| **Step 3** | • Feelings & me<br>• Resilience & self-esteem<br>• Exercise & wellbeing<br>• Grief & Loss (25-26)<br>• Personal identity<br>• Strengths & interests | • Role models<br>• Manners & politeness<br>• Family & me<br>• People who care for me<br>• Caring for others | • Jobs & sectors<br>• Careers & skills<br>• Targets & goals<br>• Career routes<br>• Stereotypes | • Personal safety & risk<br>• Fire safety<br>• First Aid (Burns & Scalds)<br>• Healthy eating<br>• What is a habit?<br>• Healthy choices | • Seeking permission<br>• Privacy & boundaries<br>• Friendship boundaries<br>• Respectful behaviour<br>• Bullying or teasing? | • Rules & laws<br>• Rights & responsibilities<br>• Community Responsibility<br>• E-safety<br>• Age-appropriate content<br>• Why is the news important? |
| **Step 4** | • Value for money<br>• Responsible spending<br>• Keeping track of money<br>• Gambling & risk<br>• What is advertising? | • Allergies<br>• Germs & illness<br>• Vaccinations<br>• Drugs & medicines<br>• Healthy lifestyles | • Communicating online<br>• Harmful content/ contact<br>• Preventing bullying<br>• Hurtful behaviour<br>• Secrets | • Fake images<br>• Digital Footprints<br>• Diverse communities<br>• Prejudice & discrimination<br>• Racism | • Staying Healthy<br>• Growing up girls<br>• Growing up boys<br>• Changing emotions<br>• Personal hygiene<br>• First Aid Block | • Committed relationships<br>• Honesty & trust<br>• Positive Friendships<br>• Dares & Challenges<br>• Respecting difference |
| **Step 5** | • Internet & Screentime<br>• Age Restrictions<br>• Careers & Stereotypes<br>• Fake news<br><br>• Fireworks & bonfires | • Understanding emotions<br>• Feelings & emotions<br>• What is Mental health?<br>• Self-esteem<br>• Physical health<br>• Germs, bacteria & viruses | • Loving stable families<br>• Caring for babies<br>• Online behaviour & risks<br>• Online gaming danger<br>• Stranger danger | • Success & achievement<br>• Independence & Responsibility<br>• Courtesy & manners<br>• Change, grief & loss<br>• The environment – part 1 & part 2 | • Healthy habits<br>• Sleep hygiene<br>• Dental Hygiene<br>• Sun Safety<br>• Medicines/Household safety | • Behaviour & respect<br>• Friendships<br>• Feeling left out<br>• Peer pressure<br>• Bullying & hurtful behaviour<br>• Group Chats |
| **Step 6** | • Being Healthy – diet<br>• Being Healthy - exercise<br>• Habits & addictions<br>• Caffeine & energy drinks<br>• What is alcohol?<br>• Drugs<br>• Vaping danger | • Positive relationships<br>• Disagreeing respectfully<br>• Positive male role models<br>• Family and commitment<br>• Love and abuse | • Help and advice<br>• Identity & community<br>• Diversity in the UK<br>• Social media<br>• Online privacy & data | • Body image<br>• Girls' puberty<br>• Boy's puberty<br>• Hormones & emotions<br>• Mental health symptoms | • Cyberbullying and harassment<br>• Consent<br>• Sexual harassment<br>• Attraction<br>• Human reproduction | • What is money?<br>• Attitudes about money<br>• Money and the cost of living<br>• Personal safety & hazards<br>• Water Safety<br>• Transition |

| Health & Wellbeing | Relationships | Living in the Wider World |
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## Curriculum Sequence KS3 & KS4

| Step 7 | Step 8 | Step 9 | Step 10 | Step 11 |
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| • Health & wellbeing introduction<br>• Mental health introduction<br>• Building resilience<br>• Kindness & empathy<br>• Safer internet<br>• Dangers of vaping<br>• Drugs introduction (double lesson)<br>• Personal hygiene & oral health<br>• Boys' puberty<br>• Girls' puberty<br>• Gratefulness | • Balanced diet & healthy food<br>• Importance of exercise<br>• Lifestyle diseases and cancer<br>• Eating disorders<br>• Social media stress<br>• Group messaging and chats (double lesson)<br>• Self-harm<br>• Knife crime (double lesson)<br>• Exploring identity (double lesson | • Mental health stigma and language<br>• Manging anxiety<br>• Happiness & positivity(double lesson)<br>• Sleep importance & hygiene<br>• Healthy eating on a budget<br>• Health advice & services<br>• Prescription drugs & antibiotics<br>• First aid & CPR (double lesson)<br>• FGM & the law<br>• Gambling risks | • Social media & resilience<br>• Social media & loneliness<br>• Deepfakes & malicious AI<br>• Body image<br>• Managing social anxiety<br>• Cancer – self-examinations (double lesson)<br>• Unplanned pregnancy<br>• Nitrous oxide<br>• Stress & exam performance<br>• Homelessness (double lesson) | • Why is PSHE so important?<br>• Compulsive, unwanted, & fixed behaviours<br>• Criminal behaviour and mob mentality<br>• Fertility & reproductive health (double lesson)<br>• Gender, gender roles and transgender<br>• Neurodiversity<br>• Personal safety and risk on the streets<br>• Sugar & processed food (double lesson)<br>• Suicide and prevention: What do we need to know?<br>• Why are virginity testing and hymenoplasty illegal? |
| • Personal development & target setting<br>• Importance of respect<br>• Wants, needs & priorities<br>• Self-Esteem & Resilience (double lesson)<br>• Media Literacy<br>• Racism introduction<br>• Stereotyping<br>• Protected characteristics<br>• Career skills & qualities (double lesson)<br>• Budgeting our money | • Attendance and punctuality<br>• Ambitious, aspirational and realistic careers<br>• Employability skills<br>• Entrepreneurs<br>• Saving and investing money<br>• Teamwork<br>• Sexism in Society<br>• Ableism, visible and invisible disabilities<br>• County Lines and gangs (double lesson)<br>• Communication skills<br>• Mental health at work and the wider world | • The economy<br>• Personal finances<br>• Financial exploitation and online scams (double lesson)<br>• Succeeding in a changing and futuristic labour market<br>• Online identity (double lesson)<br>• Importance of community<br>• Anti-social behaviour and the consequences<br>• Volunteering<br>• Getting ready for KS4 and the options process (double lesson) | • Social media & personal validation<br>• Hate crimes (double lesson)<br>• Equity & equality (double lesson)<br>• How will AI affect future careers (double lesson)<br>• Employment rights & responsibilities<br>• Tattoos, piercings & body modification<br>• Making the most of work experience<br>• Health & safety: employment and the law<br>• The dangers of cybercrime & the dark web | • Choosing post-16 options<br>• Personal safety & independent travel<br>• Extremism & radicalisation (double lesson)<br>• Online privacy data protection<br>• Cost of living crisis<br>• Different types of employment<br>• CVs, cover letters & job applications (double lesson)<br>• Job interviews<br>• Revision & study skills (double lesson) |
| • Healthy relationships<br>• Importance of trust<br>• Maintaining friendships (double lesson)<br>• Antibullying<br>• Peer pressure (double lesson)<br>• Online grooming<br>• Different families, stability & commitment (double lesson)<br>• Falling in love and romantic feelings<br>• Marriage | • British Values – tolerance & mutual respect<br>• Masculinity in focus<br>• Alcohol, risks and relationships (double lesson)<br>• Cyberbullying and online trolls<br>• Consent (double lesson)<br>• Contraceptives (double lesson)<br>• STIs and sexual health (double lesson)<br>• Correctly using condoms | • Relationships in the media (double lesson)<br>• Diverse Relationships<br>• Gender Stereotypes<br>• Gender Equality<br>• Sexual harassment and the law<br>• Misogyny (double lesson)<br>• Pornography and our brains<br>• Grief, loss and its digital legacy<br>• Conflict management (double lesson) | • Role models<br>• Community Cohesion<br>• Sexism & gender prejudice<br>• LGBTQ+ rights<br>• Same sex relationships<br>• Gender & Transgender identity<br>• Managing conflict<br>• Harassment & Stalking<br>• Pornography & Revenge porn<br>• Forced and arranged marriage<br>• Parenting types & styles<br>• Adoption and fostering | • Bullying & body shaming<br>• Language microaggressions<br>• Relationship types & sexuality<br>• Online dating<br>• Safe sex<br>• Consent, Rape and Sexual abuse<br>• Relationship break-ups<br>• Fertility & reproductive health (double lesson)<br>• Unplanned pregnancy & Abortion<br>• Parenting costs & considerations<br>• Positivity & happiness |

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