

PSHE & RSE Curriculum Overview



Key Stage	PSHE Focus	RSE Focus
KS1 (Ages 5-7)	Rights and responsibilities, bullying, achievement, health and hygiene, friendship, changes	Life cycles, body differences, transition, relationships
Lower KS2 (Ages 7-9)	Goals, diversity, healthy lifestyle, online safety, emotional awareness, teamwork, democracy	Puberty awareness, family stereotypes, body changes, accepting change
Upper KS2 (Ages 9-11)	Citizenship, cultural awareness, jobs and money, substance awareness, emotional wellbeing, online safety	Puberty, body image, conception, respect and consent, sexting, transitions

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Key Stage	PSHE Focus	RSE Focus
KS3 (Years 7-9)	Identity, community, mental health, healthy living, goal setting, media literacy, online safety, diversity and inclusion	Relationships and consent, puberty, reproduction, sexuality, self-image, online relationships, coercion, STIs
KS4 (Years 10-11)	Human rights, safety, work-life balance, mental and physical health, resilience, societal change, media influence, aspirations	Sexual health, intimacy, gender identity, coercive control, pregnancy choices, LGBT+ rights, FGM, relationship laws