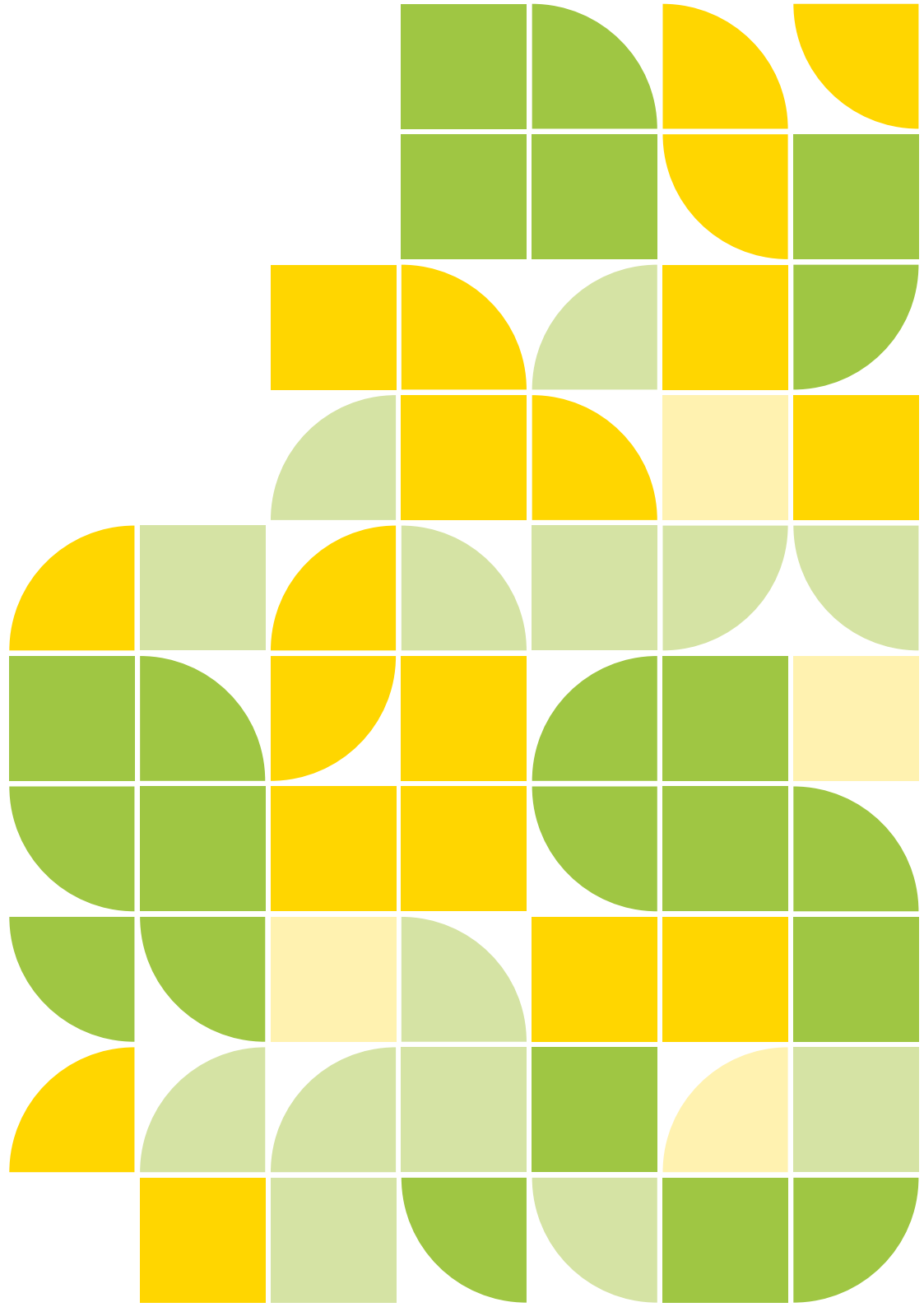


Duke of Kent School PSHE/ RSHE Senior Curriculum Schemes of Work and Long Term Overview

KS3

KS4



Welcome to the PSHE Association's Curriculum Model for key stages 3 and 4. It is designed to accompany the 2026 edition of the [Programme of Study for PSHE education](#), which covers all of Relationships, Sex and Health education (RSHE), as well as essential learning on Economic Wellbeing and Careers Education.

The Programme of Study sets out learning opportunities for each key stage. This Curriculum Model supports you to turn this into a tailored PSHE education curriculum for your school, by providing:

- a long-term plan for the academic year across all year groups and half terms
- medium-term plans for each year group with unit outlines
- links to suggested lesson plans (both PSHE Association resources and resources carrying the Association's Quality Mark) that could be used to deliver each half-term unit
- additional or alternative resources that could be used to enhance each half-term unit

New PSHE Association and quality assured lesson plans will be added to the Curriculum Model as they are published.

Using and adapting the Curriculum Model

The Curriculum Model is colour-coded to make clear which content covers the Department for Education (DfE) [statutory guidance on Relationships, Sex and Health education](#), and which units cover other essential – but currently non-statutory – content such as Economic Wellbeing and Careers Education.

Across the year groups, this Curriculum Model covers all of the Programme of Study learning opportunities for each key stage. It suggests how your school might deliver statutory and other content in PSHE education in an age and stage appropriate way, following a spiral approach that revisits and embeds learning. You will want to tailor your PSHE education curriculum, so we encourage you to use and adapt the Curriculum Model in a way that best suits your school.

Before developing your PSHE education provision, consider your students' needs, the aims and ethos of your school, the local community and local environment in which your school is situated.

This will help you to clarify your curriculum intent and tailor the Curriculum Model to your students' needs and your school's circumstances. Consider drawing on:

- **local data** such as the Department of Health and Social Care's child and maternal health (CHIMAT) profiles and your local authority's Joint Strategic Needs Assessment (JSNA)
- **student voice activities** and your own knowledge and understanding of your students' needs

Suggested and additional lesson plans

The Curriculum Model provides suggested lessons for each unit of work, and links to lesson packs on the PSHE Association website. Where no organisation has been named, these are member-only lessons written by the PSHE Association, for example "Wellbeing for Life" and "Friendship and bullying" in Autumn term of year 7. We also list materials that have been produced by, or developed in partnership with, a range of other organisations. This allows us to bring their specific areas of expertise to your classroom, and you can be assured that every lesson we link to has achieved our Quality Mark¹. In such cases, the relevant organisation's name will be listed next to lessons – for example "Home Office" and "BBFC" in year 7.

You can choose to use the lessons listed in the Curriculum Model as they are, or plan and adapt your own lessons using these as a starting point. For each unit, we have suggested a series of lessons for each half term, assuming that most schools are teaching an hour a week of PSHE education. Further adaptations will be needed if you have more or less time. We have also suggested alternative or additional lessons from the PSHE Association, or other organisations' materials that have achieved the Quality Mark. We encourage you to explore these and choose the lessons that best meet your students' needs.

Parents' right to request withdrawal

Some units within this Curriculum Model combine elements of Relationships Education and Sex Education to create the most meaningful learning experience for students. Some aspects of Health Education also overlap with learning from Sex Education. When discussing and making decisions about parents' right to request their child is withdrawn from lessons on Sex Education (there is no right to withdraw from the rest of PSHE education), please consult the DfE's statutory RSHE guidance. You can also refer to the PSHE Association's Programme of Study for further detail on which content might be classified as Sex Education (and therefore eligible for students to be withdrawn from).

¹. Not all Quality Assured resources are free to access. A "£" symbol is used to indicate those for which there is a charge.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Emotional wellbeing: managing change and transition	Friendship and bullying	Families and changing relationships	Puberty and keeping safe	Influences on relationships	Financial decisions
Year 8	Health and wellbeing	Personal safety and managing risk	Belonging and community	The online world	Healthy and unhealthy relationships	Managing money
Year 9	Mental health and wellbeing	Careers and future choices	Drug education	Managing risk in relation to the law	Intimate sexual relationships	Navigating online harms
Year 10	Independence, health choices and wellbeing	Navigating the online world	Friendship, diversity and challenging extremism	Managing influence	Exploring consent and recognising abuse	Study, work and careers
Year 11	Life-long wellbeing	Drugs and personal safety	Safe relationships and sexual health	Families, fertility and pregnancy	Online financial harms	

Year 7

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Emotional wellbeing: managing change and transition This unit helps students transition to secondary school, set learning goals and develop social and emotional skills. Suggested lessons: <u>Developing learning skills: Helping students thrive in a new key stage</u> – KS3 L1: Thriving in secondary school L2: Goal setting <u>Wellbeing for Life: Y7</u> L1: Managing emotions L2: Managing reactions L3: Developing positive thinking habits L4: Managing rumination and worry L5: Managing tension and stress Alternative / additional lessons: BReal: Building stress resilience in early adolescents' lives 	Friendship and bullying This unit explores the principles of healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents. Suggested lessons: <u>Friendship and bullying</u> – KS3 L1: Friendship and empathy L2: Bullying and bystanders L3: Friendship challenges L4: Similarities, differences and peer influence <u>Home Office: Preventing Involvement in Serious and Organised Crime</u> L1: Coercive friendships Alternative / additional lessons: CEOP: Connect  CRESST: Curious about conflict? (£) 	Families and changing relationships This unit covers the role of families, including caring for each other in changing circumstances, such as divorce or separation. Suggested lessons: <u>Families and committed relationships</u> – KS3 L1: Understanding changing relationships L2: Roles in the family <u>Change, loss and grief</u> – KS3 L1: Managing change, loss and grief <u>Family Justice Young People's Board</u> L1: Family Courts	Puberty and keeping safe This unit revisits learning about puberty from KS2. It then focuses on specific learning about testicular and vulval health, as well as how to identify and report abuse. Suggested lessons: <u>Puberty</u> L1: Puberty and emotional changes L2: Menstrual wellbeing <u>Highgate School and NHS Barts:</u> L1: Testicular health <u>Canesten: The Truth Undressed</u> L1: Taking care of the vulva <u>Home Office: Something's Not Right</u> L1: Making disclosures <u>FGM</u> – KS3 L1: Keeping safe	Influences on relationships This unit helps students consider influences on their expectations of – and attitudes towards – relationships, including online and media influences. Suggested lessons: <u>Healthy relationships and sexual health</u> – Y7-8 L1: Healthy and unhealthy relationships L2: Managing conflict <u>Consent</u> – KS3 L1: Introduction to consent <u>BBFC: Making Choices</u> L1: Deciding what to watch L2: Relationships on-screen L3: Managing challenging content Alternative / additional lessons: OHID: Every mind matters - Social media  NSPCC: Talk Relationships (ages 11-12) 	Financial decisions This unit supports students to develop their financial literacy and rehearse decision-making and risk assessment skills in relation to money and spending. Suggested lessons: <u>Financial Literacy and Inclusion Campaign (FLIC)</u> L1: Making spending decisions L2: Budgeting L3: Getting a job L4: The impact of inflation L5: The critical consumer L6: Decision making: Budgeting for a summer holiday Alternative / additional lessons: Bank of England: EconoME 

Year 8

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Health and wellbeing In this unit, students develop decision-making skills that support a healthy lifestyle and their wellbeing: from considerations about food, exercise and sleep, to assessing the impact of climate change on young people's wellbeing. Suggested lessons: <u>Food for thought</u> – KS3 L1: Making healthier choices <u>Dental health</u> – KS3 L1: Maintaining dental health COMING SOON <u>Physical activity</u> – KS3 L1: Being active! <u>The sleep factor</u> – KS3 L1: Healthier sleep habits <u>Climate change: empathy and agency</u> – KS3 L1: Climate change and wellbeing L2: Navigating different views <u>HPV educate*</u> <i>*Teach this lesson at the most appropriate point for your school</i> Alternative / additional lessons: BRIGHT dental health lesson pack Sure: Breaking limits	Personal safety and managing risk This unit is an opportunity for students to assess risk and support their personal safety in a range of contexts, including on the roads, around water, and in relation to alcohol and other drugs. Suggested lessons: <u>Firework safety</u> – KS3 L1: Firework safety <u>MIB: Drive insured</u> L1: Staying safe on the roads <u>Canal and River Trust: Water safety</u> L1: Have you got their back? <u>British Heart Foundation</u> L1: Classroom RevivR <u>Drug education</u> – Y 7-8 L1: Understanding drugs L2: Tobacco and nicotine L3: Alcohol and risk Alternative / additional lessons: LifeLab: What's the problem with vaping?	Belonging and community This unit focuses on how to create respectful and cohesive communities. It helps students recognise and challenge bias, stereotypes and discrimination and promote inclusion. Suggested lessons: <u>Belonging and community</u> – KS3 L1: Identity and community L2: Bias and stereotypes L3: Discrimination and the protected characteristics L4: Values and constrictive disagreement L5: Diverse and supportive communities Alternative / additional lessons: Changing Faces: A world of difference CRESST: Curious about conflict?	The online world This unit helps students to recognise how their behaviour can be manipulated online, through algorithms and targeted content. It helps students assess how online platforms generate income through users. Suggested lessons: <u>Online financial harms</u> – KS3 L1: Click and pay: phones and financial risk L2: Gaming, social media and algorithms: The pressure to spend online L3: Money matters: Seeking help and support <u>Under the influence</u> – KS3 L1: The business of influence L2: Feeding the algorithm Alternative / additional lessons: CIFAS: Anti-fraud education	Healthy and unhealthy relationships This unit introduces a range of relationship issues facing young people, including harassment, image-sharing and gendered violence, and how to get support. Suggested lessons: <u>NSPCC: Talk Relationships</u> – ages 12-14 L1: Healthy relationships L2: Sexualised media L3: Safer online relationships L4: Sexual harassment and harmful sexual behaviour L5: Sharing of nudes L6: Consent L7: Preventing gender-based violence Alternative / additional lessons: CEOP: Send me a pic CEOP: Respecting me, you, us	Managing money This unit builds on previous learning about financial decision making to explore aspects of daily economic wellbeing, such as managing bank accounts and different ways of saving and borrowing. Suggested lessons: <u>Financial Literacy and Inclusion Campaign (FLIC)</u> L1: How to open a bank account L2: Reading a bank statement L3: How to save money L4: How to use a bank card L5: How to manage debt L6: Decision making: a guide to banking Alternative / additional lessons: CIFAS: Anti-Fraud Education Bank of England: EconoME

Year 9

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Mental health and wellbeing Building on previous learning, this unit gives students the opportunity to rehearse essential self-regulation strategies and apply them to new and complex situations. Suggested lessons: <u>Wellbeing for Life – Y8-9</u> L1: Managing strong emotions L2: Managing distractions L3: Managing disappointments and setbacks L4: Unhealthy coping strategies L5: Healthy coping strategies <u>Body modifications</u> L1: Influences and self-expression Alternative / additional lessons: BReal: Building stress resilience in early adolescents' lives 	Careers and future choices This unit supports students to prepare for making GCSE option choices by thinking about their career goals and future. Suggested lessons: <u>Navigating work, study and careers</u> L1: Exploring career interests L2: Work patterns and workplaces L3: Managing pressure and seeking support L4: Preparing for KS4 options <u>Opportunities, strengths and managing online presence</u> L1: Showcasing personal strengths L2: Managing online reputation Alternative / additional lessons: Financial Literacy and Inclusion Campaign (FLIC) 	Drug education This unit builds on previous learning, focusing on developing skills to manage situations involving alcohol, vapes or other substances. Suggested lessons: <u>Drug education – Y9</u> L1: Vaping L2: Exploring attitudes L3: The law and managing risk L4: Alcohol and cannabis L5: Managing influence Alternative / additional lessons: LifeLab: What's the problem with vaping? 	Managing risk in relation to the law This unit helps students to assess the ways young people might be drawn into criminal behaviour, and the impact of breaking the law. Suggested lessons: <u>Home Office: Preventing Involvement in Serious and Organised Crime</u> L2: Serious and organised crime <u>National Crime Agency: Exploring Cybercrime</u> L1: Causes of cybercrime L2: Effects of cybercrime <u>ACT for Youth – KS3</u> L1: Run, hide, tell Alternative / additional lessons: Cyber first Navigators  Gangs: Managing risks and staying safe*  <i>*If not planning to teach in year 11</i>	Intimate sexual relationships In this unit, students revisit learning about consent and learn about healthy, safe sexual relationships, including using contraception. Suggested lessons: <u>Consent – KS3</u> L2: Avoiding assumptions L3: Freedom and capacity to consent <u>Healthy relationships and sexual health – Y9</u> L1: Relationship values L2: Contraception L3: Sexual health L4: Managing the ending of relationships Alternative / additional lessons: British Fertility Society: A guide to fertility  Canesten: The truth, undressed  CEOP: Respecting me, you, us 	Navigating online harms This unit explores online harms young people may be exposed to, focusing on how they can respond to deepfake AI images and misogynistic narratives. Suggested lessons: <u>Not just flirting – KS3</u> L1: Feelings about sharing nudes <u>Digital deception: Understanding deepfakes – KS3</u> L1: Motivations and consequences L2: Tackling deepfakes COMING SOON Challenging the narrative: thinking critically about misogyny L1: Exploring harms and misconceptions L2: Responding to misogyny

Year 10

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Independence, health choices and wellbeing This unit supports students to make informed, healthy and responsible health choices as they transition to key stage 4. Suggested lessons: <u>Developing learning skills</u> – KS4 L1: Study skills for KS4 <u>Food for thought</u> – KS4 L1: Making informed choices COMING SOON <u>Physical activity</u> – KS4 L1: Making decisions about being active COMING SOON <u>Wellbeing of Women</u> L1: Menstruation matters <u>NHSBT: Exploring blood, organ and stem cell donation</u> L1: Exploring donation <u>Orchid – Testicular cancer</u> L1: What is testicular cancer? COMING SOON <u>Prevent Breast Cancer – Breast cancer awareness and prevention</u> L1: Breast awareness L2: Signs, symptoms and self-examination Alternative / additional lessons: Canesten: The truth, undressed  Body modifications  NHS Blood and Transplant 	Navigating the online world This unit helps students understand the impacts and risks of AI and digital technologies, including misinformation, deepfakes, and sharing images. Suggested lessons: COMING SOON <u>Understanding AI: Rights, safety and wellbeing</u> L1: How does AI affect our daily lives? L2: What are the limitations of generative AI? L3: How does generative AI affect our understanding of the world? L4: How do chatbots affect relationships? <u>Digital deception: Understanding deepfakes</u> – KS4 L1: What's the harm? L2: What can be done? <u>Not just flirting</u> – KS4 L1: Social attitudes to sending nudes	Friendship, diversity and challenging extremism This unit supports students to challenge bullying and harmful attitudes, promote inclusion, and recognise and respond to extremism. Suggested lessons: <u>Friendship and bullying</u> – KS4 L1: Recognising and challenging bullying behaviour L2: Recognising and challenging unhealthy attitudes to bullying <u>Belonging and community</u> – KS4 L1: Valuing diversity L2: Understanding and preventing extremism L3: How are people drawn into extremist groups?	Managing influence This unit helps students to evaluate online content, understand how harmful attitudes such as misogyny spread, and recognise the impact of content on wellbeing, attitudes and behaviour. Suggested lessons: <u>Under the influence</u> – KS4 L1: All about the money? L2: Can it be trusted? COMING SOON <u>Challenging the narrative: thinking critically about misogyny</u>– KS4 L1: The impact and spread of misogynistic narratives L2: Safely challenging misogynistic beliefs and attitudes COMING SOON <u>Ipsos: Gambling</u> Alternative / additional lessons: BBFC: Emotional wellbeing 	Exploring consent and recognising abuse This unit revisits and deepens students' understanding of consent, and helps them recognise, challenge and seek support for harmful behaviours or abuse. Suggested lessons: <u>Consent</u> – KS4 L1: The role of intimacy and pleasure L2: The impact of pornography L3: Pressure, persuasion and coercion <u>Freedom charity – FGM and forced marriage</u> L1: FGM L2: Forced marriage <u>Something's Not Right</u> – KS4 L1: Relationship rights and reporting abuse Alternative / additional lessons: BBFC: Pornography and regulation  University of Exeter: The rights idea 	Study, work and careers This unit explores career choices and pathways, work experience, and applications for study or work. Suggested lessons: <u>Navigating work, study and careers</u> – KS4 L1: Identifying career preferences L2: Navigating the careers landscape L3: Mapping a career path L4: Making a good impression L5: Preparing for work experience L6: Reflecting on work experience Alternative / additional lessons: Financial Literacy and Inclusion Campaign (FLIC) 

Year 11

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Life-long wellbeing This unit revisits and builds on prior learning about mental health, helping students to explore strategies that support wellbeing, especially when managing workload and preparing for exams. Suggested lessons: <u>Wellbeing for Life</u> – KS4 L1: Mental health and wellbeing throughout life L2: Managing distractions L3: Changing thinking habits L4: Seeking help and support L5: Managing stress and tension <u>Change, loss and grief</u> – KS4 L1: Managing change, loss and grief <u>The sleep factor</u> – KS4 L1: The importance of sleep	Drugs and personal safety This unit supports students to understand the risks linked to substance use and gang involvement, manage external influences, and develop strategies to stay safe and seek support. Suggested lessons: <u>Drug education</u> – KS4 L1: Assessing risk L2: Managing influence L3: Help seeking <u>Gangs: Managing risks and staying safe</u> L1: How it might start L2: Risks and consequences L3: Getting out <u>Thames Valley Police – Tackling VAWG</u> L1: Looking out for each other Alternative / additional lessons: LifeLab: What’s the problem with vaping? 	Safe relationships and sexual health This unit helps students to recognise healthy and unhealthy relationship behaviours, explore power and control, set boundaries, manage conflict and breakups, and make informed decisions about sexual health. Suggested lessons: <u>CEOP – Exploited</u> L1: Healthy and unhealthy relationships L2: Power and control L3: Setting boundaries and getting help <u>Healthy relationships and sexual health</u> – KS4 L1: Relationship behaviours L2: Choices related to sex and contraception L3: Sexual health Alternative / additional lessons: NSPCC: Talk relationships  You Before Two: Contraception choices 	Families, fertility and pregnancy This unit explores family life, including committed relationships and parenting responsibilities, fertility and routes to parenthood, and options in the case of unplanned pregnancy. Suggested lessons: <u>Committed relationships and family life</u> – KS4 L1: Long-term commitments L2: The legal status of marriage L3: Parenting <u>Fertility and pregnancy choices</u> L1: Fertility and routes to parenthood L2: Pregnancy outcomes L3: Pregnancy choices Alternative / additional lessons: University of Essex: Communication matters  British Fertility Society: A guide to fertility  University of Exeter: Modern families 	Online financial harms This unit supports students to understand online financial risks, manage spending safely, and recognise and respond to financial exploitation. Suggested lessons: <u>Online financial harms</u> – KS4 L1: Making money online: Rights, risks and cryptocurrencies L2: Wanna bet? Controlled and uncontrolled online spending L3: Financial exploitation online: Factors, strategies and support <u>CIFAS – Anti-fraud education</u> L1: Money laundering L2: Social engineering Alternative / additional lessons: Financial Literacy and Inclusion Campaign (FLIC)  Motor Insurers’ Bureau: Being a responsible driver 	

