# KS3 & KS4 PSHRE Curriculum Sequencing

PHRSE equips students with the knowledge, skills and confidence to lead safe, healthy and successful lives both now and in the future. Through a carefully planned spiral curriculum, students revisit and deepen key themes within **Health and Wellbeing**, **Relationships** and **Living in the Wider World**, enabling learning to build progressively across each year of secondary school and preparing students for the challenges and responsibilities of adulthood.



## Year 11

**Students consolidate lifelong health knowledge by focusing on independent healthcare, cancer awareness, vaccination, sleep and managing exam stress as they prepare for adulthood.**

**Students refine their understanding of mature relationships by exploring committed relationships, sexual health, conflict management and choices surrounding pregnancy and abortion.**

**Students draw together prior learning about responsibility, independence and decision-making as they prepare for post-16 education, employment and adult life.**

## Year 10

**Students strengthen their independence and resilience by examining mental health support, grief, negative thinking and the risks and consequences associated with gangs and county lines.**

**Students build upon previous study of consent and healthy relationships by exploring intimacy, coercion, pornography, conflict management, diversity and extremism.**

**Students apply earlier financial and digital learning to more advanced issues including online financial harm, gambling, misogyny, work experience and responsible online participation.**

## Year 9

**Students apply prior learning about wellbeing to more complex influences on health, including self image, substance misuse, emotional resilience, county lines and informed lifestyle choices.**

**Students build on earlier relationship learning by exploring family dynamics, consent, contraception, sexual health and respectful relationship behaviours in greater depth.**

**Students develop greater awareness of online and societal risks by analysing grooming, cyber-crime, deepfakes, discrimination and preparation for KS4 pathways and future careers.**

## Year 8

**Students build on Year 7 health knowledge by examining mental health, coping strategies, substance misuse, physical wellbeing and the impact of risky behaviours on health.**

**Students deepen their understanding of respectful and inclusive relationships by exploring diversity, gender identity, stereotypes, consent and safer online interactions.**

**Students extend their financial and digital literacy by exploring online influence, personal data, banking, debt and informed career planning.**

## Year 7

**Students are introduced to the foundations of personal wellbeing by exploring healthy routines, puberty, personal safety and strategies for succeeding in secondary school.**

**Students begin developing an understanding of positive friendships, community, respect, consent and healthy relationships as the basis for future relationship education.**

**Students are introduced to careers, financial awareness and online safety, building early understanding of responsible decision-making in the wider world**