

Intent:

For students to develop an appropriate understanding of what it means to live a healthy life. Students will continue to build on the foundations of PSHE they gained in lower Key Stages, rehearsing and embedding the practical skills and understanding they need to lead a fulfilling life. To explore and reflect upon issues that affect them and develop strategies and skills to manage real-life situations.

		Cycle A (2026-2027)	Cycle B (2027-2028)	Cycle C (2025-2026)	Running throughout each cycle	
Autumn	1	Health and Well Being consolidating learning from healthy lifestyles topics being and keeping healthy, physically and mentally. PSHE Association (KS5 Framework) coverage to be taught at differentiated Developmental steps. Topic- Mental health and emotional wellbeing	Health and Well Being consolidating learning from healthy lifestyles topics being and keeping healthy, physically and mentally. PSHE Association (KS5 Framework) coverage to be taught at differentiated Developmental steps. Topic- Independence	Relationships consolidating learning from Self-care, Support and Safety - Looking after myself and keeping safe; aspects of Relationships and Sex Education. PSHE Association (KS5 Framework) coverage to be taught at differentiated Developmental steps. Topic- Diversity and Inclusion	Health and Wellbeing- Healthy coping strategies Diversity and Inclusion- Living in a diverse society	Respectful Relationships- Positive relationships Healthy Choices and Safety- Independence and keeping Safe
	2	Living in the Wider World consolidating learning from the World I Live In living confidently in the wider world. PSHE Association (KS5 Framework) coverage to be taught at differentiated Developmental steps. Topic- Readiness for Work.	Living in the Wider World consolidating learning from the World I Live In living confidently in the wider world. PSHE Association (KS5 Framework) coverage to be taught at differentiated Developmental steps. Topic- Next Steps	Relationships consolidating learning from Self-care, Support and Safety - Looking after myself and keeping safe; aspects of Relationships and Sex Education. PSHE Association (KS5 Framework) coverage to be taught at differentiated Developmental steps. Topic-Building and Maintaining relationships		
Spring	1	Relationships consolidating learning from Self-care, Support and Safety - Looking after myself and keeping safe; aspects of Relationships and Sex Education.	Relationships consolidating learning from Self-care, Support and Safety - Looking after myself and keeping safe; aspects of Relationships and Sex Education.	Health and Well Being consolidating learning from healthy lifestyles topics being and keeping healthy, physically and mentally.		

		<i>PSHE Association (KS5 Framework) coverage to be taught at differentiated Developmental steps.</i>	<i>PSHE Association (KS5 Framework) coverage to be taught at differentiated Developmental steps.</i>	<i>PSHE Association (KS5 Framework) coverage to be taught at differentiated Developmental steps.</i>		
		Topic- Diversity and Inclusion	Topic- Intimate Relationships	Topic- Health choices and safety		
2		Living in the Wider World consolidating learning from the World I Live In living confidently in the wider world. <i>PSHE Association (KS5 Framework) coverage to be taught at differentiated Developmental steps.</i>	Living in the Wider World consolidating learning from the World I Live In living confidently in the wider world. <i>PSHE Association (KS5 Framework) coverage to be taught at differentiated Developmental steps.</i>	Relationships consolidating learning from Self-care, Support and Safety - Looking after myself and keeping safe; aspects of Relationships and Sex Education. <i>PSHE Association (KS5 Framework) coverage to be taught at differentiated Developmental steps.</i>		
		Topic- Planning for the future.	Topic- Financial Choices	Topic- Intimate Relationships		
Summer	1	Relationships consolidating learning from Self-care, Support and Safety - Looking after myself and keeping safe; aspects of Relationships and Sex Education. <i>PSHE Association (KS5 Framework) coverage to be taught at differentiated Developmental steps.</i>	Relationships consolidating learning from Self-care, Support and Safety - Looking after myself and keeping safe; aspects of Relationships and Sex Education. <i>PSHE Association (KS5 Framework) coverage to be taught at differentiated Developmental steps.</i>	Health and Well Being consolidating learning from healthy lifestyles topics being and keeping healthy, physically and mentally. <i>PSHE Association (KS5 Framework) coverage to be taught at differentiated Developmental steps.</i>		
		Topic-Respectful Relationships	Topic-Building and Maintaining relationships	Topic- Mental health and emotional wellbeing		
	2	Health and Well Being consolidating learning from healthy lifestyles topics being and keeping healthy, physically and mentally. <i>PSHE Association (KS5 Framework) coverage to be taught at differentiated Developmental steps.</i>	Health and Well Being consolidating learning from healthy lifestyles topics being and keeping healthy, physically and mentally. <i>PSHE Association (KS5 Framework) coverage to be taught at differentiated Developmental steps.</i>	Health and Well Being consolidating learning from healthy lifestyles topics being and keeping healthy, physically and mentally. <i>PSHE Association (KS5 Framework) coverage to be taught at differentiated Developmental steps.</i>		
		Topic- Health choices and safety	Topic- Mental health and emotional wellbeing	Topic- Independence		

