

PSHE

Sequence of Learning

A Visual Roadmap Through Key Stages

Learning Journey Overview

Progressive development across key stages

Discover

KS2

Explore

KS3

Aspire

Year 9

Lead

KS4

Ready

Post-16

Six Key Themes woven throughout each stage

Six Key Themes

Core topics that develop throughout the curriculum

Mental Health

Wellbeing and emotional support

Respect & Relationships

Healthy connections and boundaries

Careers

Work readiness and aspirations

Substances & Safety

Making informed health choices

Staying Safe

Personal safety and consent

Media Literacy

Digital citizenship and critical thinking

DISCOVER

Key Stage 2

Building foundations for healthy development

Mental Health

Taking care of mental health, managing challenges, and seeking support

Respect & Bullying

Mutual respect, sharing viewpoints, understanding stereotypes, and recognising discrimination

Careers & Media Literacy

Career types, challenging stereotypes, and understanding how data is shared online

Substances & Staying Safe

Understanding everyday drugs, personal boundaries, permission-seeking, and FGM awareness

EXPLORE

Key Stage 3

Developing independence and decision-making

Mental Health & Wellbeing

Attitudes to mental health, digital resilience, body image, and healthy coping strategies

Friendships & Managing Influences

Managing peer pressure, social influence, and strategies to resist substance use

Careers & Moving Forward

Life aspirations, personal strengths, career stereotypes, and online presence

First Aid & Relationships

CPR, personal safety, gender roles, consent, contraception, and sexual health introduction

Healthy Lifestyles

Diet, exercise, lifestyle balance, healthy choices, and first aid skills

Respectful Relationships

Families, parenting, healthy relationships, conflict resolution, and managing change

Employability Skills & Setting Goals

Learning strengths, career options, goal setting for GCSE options

Peer Influence & Intimate Relationships

Substance misuse, gang exploitation, consent, contraception, STIs, and attitudes to pornography

LEAD

Key Stage 4

Taking responsibility and demonstrating maturity

Mental Health

Understanding mental ill health, stigma, and safeguarding during transitions

Addressing Extremism & Healthy Relationships

Communities, belonging, challenging extremism, and relationship expectations including media impact

Work Life & Financial Decision Making

Work experience evaluation, readiness for work, debt, gambling, and advertising impact

Exploring Influence

Drug influence, gangs, role models, media impact, consent capacity, and relationship challenges

READY

Post-16

Preparing for independent adult life

Mental Health & Wellbeing

Confidently managing mental health, supporting others, and accessing services

Healthy Relationships & Intimate Relationships

Comprehensive consent understanding, relationship challenges, families, and sexual health

Work Life & Career Progression

Application processes, employability skills, and navigating career pathways

Independence

Responsible health choices, safety in independent contexts, and managing life transitions

Progressive Development

How learning deepens across key stages

Foundation

KS2: Identify, explain, describe

Development

KS3-Y9: Suggest, recognize, manage

Mastery

KS4: Assess, demonstrate, evaluate

Confidence

P16: Confidently apply & analyze

Continuous growth from basic awareness to confident, independent decision-making

Empowering Students

Through progressive PSHE education

Building confident, healthy, and responsible young adults ready for
life beyond school