

PSHE education Curriculum Model

KS5

Throughout the [PSHE Association Programme of Study for key stages 1–5](#), there is a careful balance between equipping children and young people to manage their lives now and laying foundations for their future. At key stage 5, this balance shifts significantly – students are no longer simply preparing for the situations PSHE education addresses, they are already living them. And some will soon be leaving home for the first time to live as independent adults in new locations and contexts.

In key stage 5 it is important to revisit and reinforce prior learning within contexts that are directly meaningful to this age group, ensuring students have the knowledge, skills and strategies they need for independent life. Earlier learning should be explicitly reconnected, for example, managing ‘bullying behaviour’ might be revisited through the lens of workplace or relationship abuse; online safety through protecting professional identity; personal safety through socialising in new environments and travelling independently.

A well-planned key stage 5 programme begins with the [Programme of Study](#) but should also be shaped by national and local data – including local authority Joint Strategic Needs Assessment (JSNA), and [CHIMAT](#) health profiles, alongside meaningful school data and student voice. At this key stage, [student input](#) is particularly important, though it should inform the programme rather than dictate it. Regular [evaluation](#), involving both students

and colleagues, will also ensure that your programme remains relevant and continues to meet young people’s developing needs.

The key stage 5 Curriculum Model is designed to support you to turn the Programme of Study into a bespoke curriculum for your school, providing a long-term plan across all year groups and half terms, unit outlines, and links to suggested lesson plans. Following a spiral approach, it revisits and embeds learning across year groups in an age and stage appropriate way, but should be adapted to best suit your school’s context, ethos, and students’ needs. Some lesson plans have been suggested for each unit, but relevant Programme of Study references have also been provided to help you plan your own lessons, tailored to the needs of your school and students.

* Lessons marked with an asterisk are appropriate to be taught at either key stage 4 or 5. So, as they may have already been taught to students in key stage 4, it is important to liaise with colleagues to ensure that students’ learning develops across the key stages, rather than simply being repeated.

Where no organisation is named alongside a lesson, these are PSHE Association member resources. Where a partner organisation is listed, every linked resource has achieved the Quality Mark. New PSHE Association and quality assured lesson plans will be added to the Curriculum Model as they are published.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 12	Physical and mental health and wellbeing	Healthy relationships and consent				
Year 13	Next steps					

[Become a PSHE Association member](#) to access the full long-term overview for the academic year across both year groups and all half terms.

Year 12

Autumn 1

Autumn 2

Spring 1

Spring 2

Summer 1

Summer 2

Physical and mental health and wellbeing

In this unit, students explore ways to maintain physical and mental health, as well as developing strategies for coping with challenges and changes as they become more independent.

Suggested lessons:

Thriving in post-16

L1: Thriving in post-16 education

The sleep factor - KS5

L1: Managing sleep independently

AYPH: A fair and equal opportunity to health - KS5

L1: A fair and equal opportunity to be healthy

Orchid: Testicular cancer*

L1: What is testicular cancer?

Prevent Breast Cancer: Breast cancer awareness and prevention - KS5

L1: Breast awareness, symptoms and self-examination

Canesten: The Truth, Undressed - KS5

L1: Taking control of vaginal health

In this unit, you could explore the following learning opportunities from the Programme of Study:

Healthy lifestyles: 1, 2, 3, 5

Mental health and wellbeing: 1, 3, 4, 5

Online life and online harms: 2

Careers education: aspirations, learning and work: 1

[Become a PSHE Association member](#) to access the full medium-term plans for each year group, with unit outlines.

