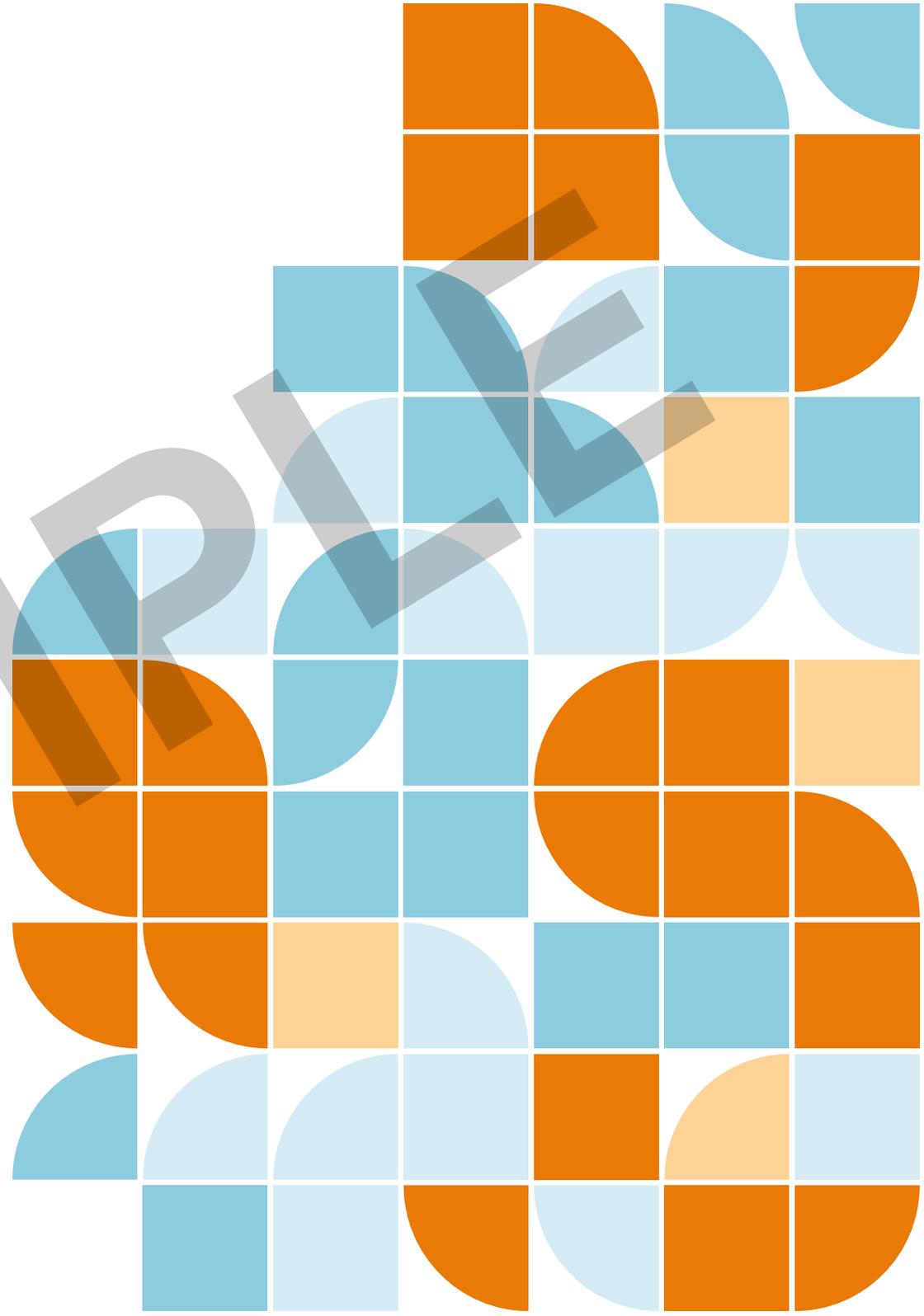


PSHE education Curriculum Model

KS1

KS2

SAMPLE



Welcome to the PSHE Association's Curriculum Model for key stages 1 and 2. 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), including statutory content for Relationships and Health Education and recommended content for Sex Education, as well as essential learning on Economic Wellbeing and Careers Education.

The Programme of Study sets out learning opportunities for each key stage. Our 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 lesson plans (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 Career-Related Learning.

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 for your pupils, 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 pupils' 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 pupils' 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)
- **pupil voice activities** and your own knowledge and understanding of your pupils' 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 "Foundations for Wellbeing" and "Friendship and bullying" in Autumn term of year 1. 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 "NSPCC" and "The Careers and Enterprise Company" in year 2.

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 pupils' needs.

Parents' right to request withdrawal

The parental right to withdraw applies to Sex Education only. Though the Department for Education continues to recommend that primary schools teach Sex Education in year 5 and/or year 6, Sex Education is not compulsory in the primary phase. Consult the DfE's statutory RSHE guidance for further information about Sex Education and parents' right to withdraw. In line with the DfE's recommendations, this Curriculum Model places Sex Education in year 6, Spring 1. As with all topics, you may decide to move this to a different half term, within upper key stage 2, if that better suits your pupils' needs.

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

Primary PSHE education | Long-term overview

Early years foundation stage: For guidance and resources to support foundational learning before key stage 1, see our growing range of [EYFS materials](#).

Statutory RSHE

Statutory RSHE

Economic Wellbeing & Careers

Economic Wellbeing & Careers

Autumn 1

Autumn 2

Spring 1

Spring 2

Summer 1

Summer 2

Year 1

Year 2

Year 3

Me, my friends and belonging

Mental health and wellbeing

Building healthy habits

Making choices online

Keeping safe out and about

Looking out for each other

Year 4

Become a PSHE Association member to access the full long-term overview for the academic year across all year groups and half terms.

Year 5

Year 6

Year 3

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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Me, my friends and belonging

This unit explores themes of personal identity and friendship. Pupils learn ways to make others feel welcome and included.

Suggested lessons:

Personal identity – KS2
L1: Personal identity

Midway: Changing and growing up – Y3
L1: What makes a good friend
L2: Falling out with friends

Belonging and community – Y3-4
L2: Belonging to a community

Alternative / additional lessons:

Ground rules, rule! [🔗](#)

Mental health and wellbeing

Building on the learning in year 2, this unit develops pupils' bank of self-regulation strategies and provides the opportunity to apply them in new contexts, such as managing worries.

Suggested lessons:

Foundations for Wellbeing – Y3
L1: Exploring emotions
L2: Understanding distraction
L3: Managing thoughts and emotions
L4: Managing worries
L5: Managing responses

Alternative / additional lessons:

Curiosity Library (£): Squashing the worry monster [🔗](#)

Become a PSHE Association member to access
 the full medium-term plans for each year
 group with unit outlines.

