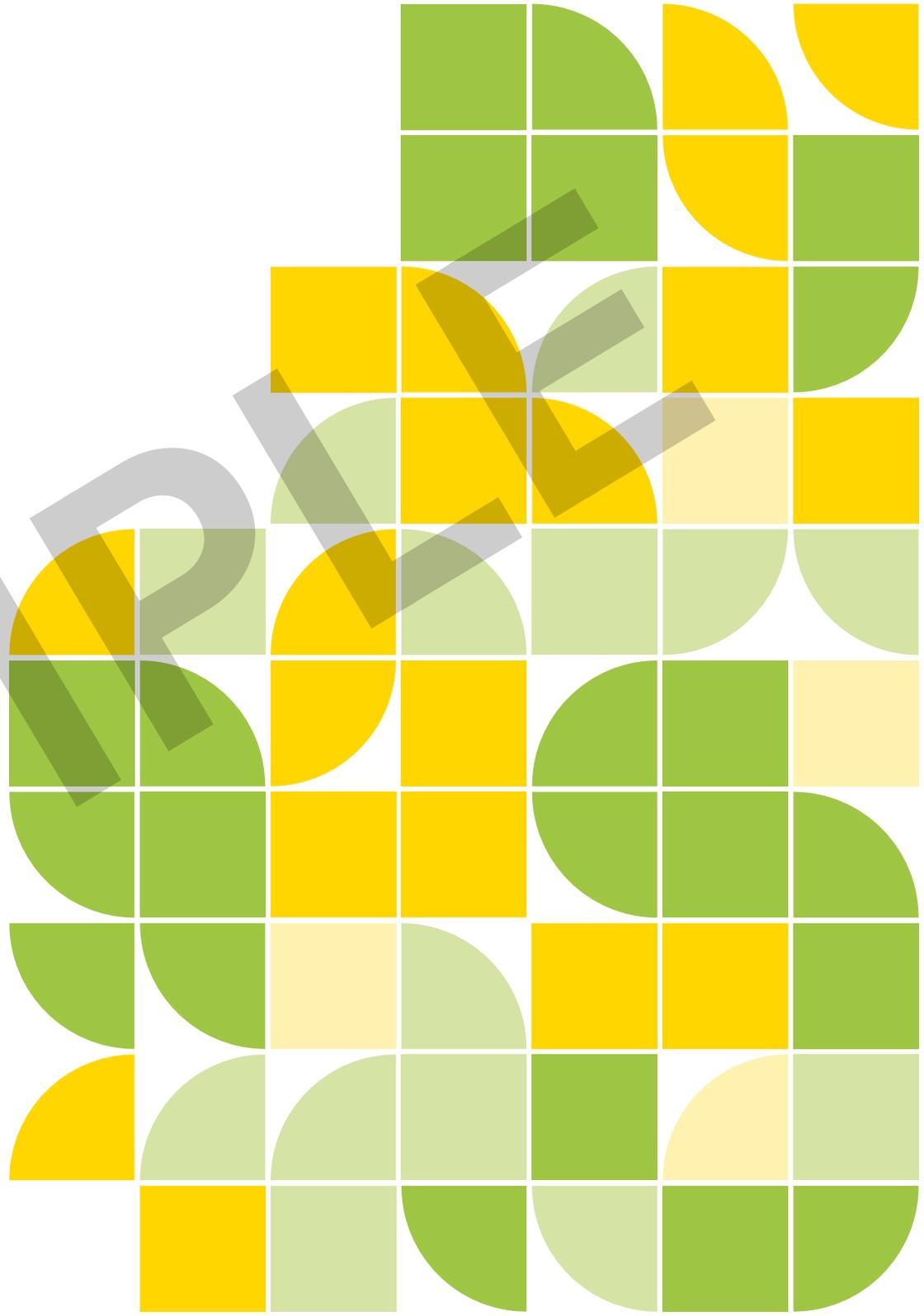


PSHE education Curriculum Model

KS3

KS4

SAMPLE



Welcome to the PSHE Association's Curriculum Model for key stages 3 and 4. 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), as well as essential learning on Economic Wellbeing and Careers Education.

The Programme of Study sets out learning opportunities for each key stage. This 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 suggested lesson plans (both 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 Careers Education.

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, 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 students' 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 students' 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)
- **student voice activities** and your own knowledge and understanding of your students' 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 "Wellbeing for Life" and "Friendship and bullying" in Autumn term of year 7. 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 "Home Office" and "BBFC" in year 7.

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 students' needs.

Parents' right to request withdrawal

Some units within this Curriculum Model combine elements of Relationships Education and Sex Education to create the most meaningful learning experience for students. Some aspects of Health Education also overlap with learning from Sex Education. When discussing and making decisions about parents' right to request their child is withdrawn from lessons on Sex Education (there is no right to withdraw from the rest of PSHE education), please consult the DfE's statutory RSHE guidance. You can also refer to the PSHE Association's Programme of Study for further detail on which content might be classified as Sex Education (and therefore eligible for students to be withdrawn from).

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

Autumn 1

Autumn 2

Spring 1

Spring 2

Summer 1

Summer 2

Year 7

Year 8

Year 9

Mental health and wellbeing

Careers and future choices

Drug education

Managing risk in relation to the law

Intimate sexual relationships

Navigating online harms

Year 10

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

Year 11

Year 9

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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Mental health and wellbeing

Building on previous learning, this unit gives students the opportunity to rehearse essential self-regulation strategies and apply them to new and complex situations.

- Suggested lessons:**
- Wellbeing for Life – Y8-9
- L1:** Managing strong emotions
 - L2:** Managing distractions
 - L3:** Managing disappointments and setbacks
 - L4:** Unhealthy coping strategies
 - L5:** Healthy coping strategies
- Body modifications
- L1:** Influences and self-expression

Alternative / additional lessons:

BReal: Building stress resilience in early adolescents' lives 

Careers and future choices

This unit supports students to prepare for making GCSE option choices by thinking about their career goals and future.

- Suggested lessons:**
- Navigating work, study and careers
- L1:** Exploring career interests
 - L2:** Work patterns and workplaces
 - L3:** Managing pressure and seeking support
 - L4:** Preparing for KS4 options
- Opportunities, strengths and managing online presence
- L1:** Showcasing personal strengths
 - L2:** Managing online reputation

Alternative / additional lessons:

Financial Literacy and Inclusion Campaign (FLIC) 

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

