

KS3 & KS4 PSHE Curriculum Mapping

Mapped against the PSHE Association Programme of Study

Cross-referenced with RSHE 2026 Statutory Guidance

Includes mapping of AQA Unit Award Scheme qualifications

More Than Ed

Academic Year 2025/26

About this document

This document maps the school's curriculum offer at Key Stages 3 and 4 against the **PSHE Association Programme of Study** (Key Stages 1–5, 2020 framework, updated 2024). PSHE — Personal, Social, Health and Economic education — is the umbrella subject under which the statutory Relationships, Sex and Health Education (RSHE) content sits.

Where a lesson or activity also addresses **statutory RSHE 2026 content** (effective from September 2026), this is cross-referenced in the third column. The full statutory RSHE mapping is documented separately in the subject-specific RSHE mapping documents; this document focuses on the wider PSHE picture, including content that sits in PSHE but not in RSHE.

The three PSHE core themes

Health and Wellbeing (H codes) — healthy lifestyles, mental health, drugs and alcohol, first aid and emergency life-saving skills, sexual and reproductive health, body image, personal safety, identity.

Relationships (R codes) — different relationship types, families, romantic and sexual relationships, consent, online relationships, abuse, discrimination, hate crime.

Living in the Wider World (L codes) — study and employability skills, careers and pathways, economic wellbeing and personal finance, media and digital literacy, citizenship, environmental stewardship, extremism and radicalisation.

The first two themes overlap heavily with the statutory RSHE 2026 guidance. The **third theme — Living in the Wider World — is what is genuinely PSHE-only**. It is the strand most often missed when audits focus only on RSHE compliance, but it is essential for Ofsted Personal Development judgements, the Gatsby Benchmarks for careers, and the Prevent Duty.

How to read the tables

Each subject section lists the topics taught, with PSHE codes addressed, the RSHE 2026 cross-reference where applicable, the **Everyday Practice vehicles** that also contribute to delivery, and notes. A separate section maps the **AQA Unit Award Scheme** (UAS) units that students complete at KS4 against the same framework. A full code key follows at the back of the document.

Partial coverage — self-harm and suicide. Two Programme of Study codes in the Health and Wellbeing strand, H26 and H32, name self-harm within their descriptors. The school does not deliver suicide prevention or self-harm education at any key stage, by decision, on the grounds of the vulnerability of our cohort. Where H26 or H32 appear in the tables below, they are covered in part: the loneliness, anxiety, depression, OCD, eating disorder, substance misuse and coping-strategy elements are delivered; the self-harm element is not. Methods of self-harm and suicide are never discussed with students in any context. See section 13 of the PSHE and RSHE Policy and the Suicide Prevention: Curriculum Position and Response Statement for the decision, the reasoning, and the school's response to a concern or disclosure.

Everyday Practice as a delivery vehicle

This document should be read alongside **Everyday Practice** → **RSHE 2026** (the school's audit of how trauma-informed SEMH practice delivers against statutory RSHE outcomes). For our pupils, much of the relational, mental wellbeing and sensitive-content delivery happens through everyday practice rather than through discrete lessons. The eleven practices documented there are:

1:1 key-worker time · trauma-informed practice (PACE/DDP/TRM) · in-house psychotherapy · Philosophy for Children (P4C) · Executive Functioning lessons · SEL / psychoeducation · Focus Friday · daily routines & relational culture · subject vehicles · family liaison & EHCP reviews · Independent Careers Advisor.

The Everyday Practice column in the tables below names the principal practices that contribute to each lesson's outcomes. This is not the full list of practices touching each outcome — the Everyday Practice document itself contains the reverse audit table for that.

Curriculum mapping by subject

KS4 Lifeskills

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
Mental Health (resilience, adolescence challenges, grief, media influence, study skills)	H1, H2, H3, H4, H6, H7, H8, H32, H41, L1	Health Education: Mental wellbeing; Internet safety and harms	SEL (principal); in-house psychotherapy; 1:1 key-worker time; trauma-informed practice; Executive Functioning	High-density dual mapping.
Parliamentary Debate / British Values	L20, L25, R14, H23, H24	Relationships Education: Respectful relationships (adjacent)	Focus Friday; P4C (democratic process); Humanities subject vehicle; relational culture	PSHE-strong: citizenship and active participation.
Families (marriage law, civil partnerships, UNCRC, relationship breakdown)	R1, R6, R9, R10, L25	Relationships: Families; Respectful relationships; Being safe	1:1 key-worker time; SEL; in-house psychotherapy; family liaison; Focus Friday	Dual coverage.
Routes to further education / Routes into employment	L2, L3, L7, L8, L9	(No direct RSHE link)	Independent Careers Advisor (principal); Life Skills subject vehicle; family liaison/EHCP reviews	PSHE-only: careers and transitions.
Expectations in the workplace	L4, L28, L29	(No direct RSHE link)	Independent Careers Advisor (principal); Life Skills subject vehicle; family liaison/EHCP reviews	PSHE-only: workplace conduct.
Setting up a bank account / Budgeting	L10, L11, L12	(No direct RSHE link)	Maths subject vehicle; Life Skills; SEL	PSHE-only: economic wellbeing.

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
Drugs / alcohol / risk	H18, H19, H27, H28, R26	Health Education: Drugs, alcohol and tobacco	Science subject vehicle; SEL; 1:1 key-worker time; in-house psychotherapy (where lived experience)	Dual coverage.
County lines / gangs / criminal exploitation	L27, H39, R13, R16	Relationships Education: Being safe	1:1 key-worker time; safeguarding; Humanities; Focus Friday	Dual coverage; statutory + PSHE-only social issues.
Extremism / radicalisation	L23, L24, R30	(No direct RSHE link)	1:1 key-worker time; safeguarding; Humanities; Focus Friday	PSHE-only: Prevent-duty content.
Workplace safety / financial exploitation	L10, L28, H39	Health Education: Health & prevention (adjacent)	Independent Careers Advisor (principal); Life Skills subject vehicle; family liaison/EHCP reviews	Dual coverage.

Focus Friday

Note on status: Focus Friday is an enrichment and reinforcement vehicle, not a standalone RSHE curriculum. The calendar of awareness days below contextualises and revisits statutory content — it does not, on its own, deliver it. Safeguarding-critical statutory content (the changing adolescent body and puberty; being safe — boundaries, privacy and appropriate contact; drugs, alcohol, tobacco and vaping; basic first aid; and change, loss and grief) is delivered through the Science, Lifeskills, PSHE and ICT schemes and through the school's Everyday Practice, and is mapped in those sections. Several entries below carry no statutory claim and are recorded as enrichment only. Where three mental-health focuses recur across the year, each should build on the last rather than repeat it.

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
Shoe Box Appeal / charity fundraising	L5, L21, L22, L11	(No direct RSHE link)	Focus Friday; relational culture; Maths/Life Skills	PSHE-only: enterprise + community.

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
(business plan)			(planning)	
Cultural diversity / international weeks	R3, R14, L24, L25	Relationships Education: Respectful relationships	Focus Friday (principal); SEL; Humanities subject vehicle	Dual coverage.
British Values (democracy, rule of law, individual liberty, mutual respect)	L20, L25, R14	(No direct RSHE link)	Focus Friday; P4C (democratic process); Humanities subject vehicle; relational culture	PSHE-only: citizenship.
Environmental days / sustainability	L22	(No direct RSHE link)	Focus Friday; Humanities/Science subject vehicles	PSHE-only: environmental stewardship.
Anti-bullying weeks / Safer Internet Day	R23, R27, R28, L17, L18, L26	Relationships Education: Online relationships; Being safe	Focus Friday; SEL; 1:1 key-worker time; ICT subject vehicle	Dual coverage.
Autumn 1 — International Day of Charity	L20, L21, R14	(No direct RSHE link — Living in the Wider World)	Focus Friday; relational culture; SEL	PSHE-only: active citizenship and community participation. No statutory RSHE claim.
Autumn 1 — Roald Dahl Day	(none)	(No statutory claim — literacy/reading enrichment)	Focus Friday; English subject vehicle	Engagement/enrichment activity. No genuine RSHE or PSHE outcome claimed.
Autumn 1 — Talk Like a Pirate Day	(none)	(No statutory claim — engagement activity)	Focus Friday	Engagement/fun activity. No genuine RSHE or PSHE outcome claimed.

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
Autumn 1 — Oddfellows Friendship Day	R1, R2, R9, R14	Relationships Education: Respectful relationships (R14 — acceptance of others and valuing difference); positive relationship indicators	Focus Friday; SEL; relational culture; 1:1 key-worker time	Friendship, inclusion and the features of healthy relationships. Strongest when framed around what makes a positive relationship.
Autumn 1 — Black History Month	R3, R14, R30, L24	Relationships Education: Respectful relationships (R3 — diversity of race and culture; R14 — equality, prejudice and discrimination; R30 — hate crime and how to challenge it)	Focus Friday; SEL; P4C; Humanities subject vehicle; relational culture	Core statutory respectful-relationships content: equality, challenging racism and prejudice.
Autumn 1 — World Mental Health Day	H2, H6, H7, H8, H13, H32	Health Education: Mental wellbeing (warning signs of mental and emotional health concerns; where to access reliable support)	Focus Friday; SEL; in-house psychotherapy; 1:1 key-worker time; trauma-informed practice	Core statutory mental-wellbeing content. Reinforced continuously through the school's relational and therapeutic practice.
Autumn 1 — Diwali	R3, R14, L24	Relationships Education: Respectful relationships (R3 — diversity of culture and belief; R14 — acceptance of others)	Focus Friday; SEL; relational culture	Respect for different faiths and traditions — statutory respectful-relationships content.
Autumn 1 — Halloween	H21, H39	Health Education: Personal safety (H21 — personal and travel safety) — only where deliberately framed around safety	Focus Friday; daily routines	Counts towards statutory personal-safety content only if explicitly framed around staying safe out after dark. Otherwise an

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
				enrichment activity with no statutory claim.
Autumn 2 — Bonfire Night / Firework Safety	H21, H22, H39	Health Education: Personal safety (H21 — personal safety and risk; H39 — risk assessment and management); Basic first aid (H22 — dealing with burns)	Focus Friday; daily routines; Science subject vehicle	Serves the strengthened 2026 personal-safety content (fire and firework risk). Burns link to everyday first aid.
Autumn 2 — Children in Need	L20, L21, R14	(No direct RSHE link — Living in the Wider World)	Focus Friday; relational culture; SEL	PSHE-only: compassion and community participation. No statutory RSHE claim.
Autumn 2 — Anti-Bullying Week	R2, R11, R23, R24, H23, H24	Relationships Education: Respectful relationships, including online (R23 — impact of bullying including online and how to access support; R24 — recognising unhealthy/abusive relationships); Health Education: discriminatory language (H23, H24)	Focus Friday; SEL; 1:1 key-worker time; ICT subject vehicle	Core safeguarding-critical statutory content. Dual PSHE + RSHE. Reinforced in SEL and 1:1 key-worker time.
Autumn 2 — UK Parliament Week	L20, L25	(No direct RSHE link, but Fundamental British Values / citizenship duty)	Focus Friday; P4C (democratic process); Humanities subject vehicle; relational culture	PSHE-only: active citizenship, rights and the rule of law. P4C models the democratic process directly.

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
Autumn 2 — Christmas Jumper Day	L21, R14	(No direct RSHE link — Living in the Wider World)	Focus Friday; relational culture	PSHE-only: kindness and charitable giving. No statutory RSHE claim.
Autumn 2 — Shoe Box Appeal (2-week business plan)	L5, L11, L21	(No direct RSHE link — Living in the Wider World / enterprise)	Focus Friday; relational culture; Maths / Lifeskills (planning)	PSHE-only: enterprise, budgeting and community participation. No statutory RSHE claim.
Spring 1 — World Braille Day	R3, R14, L24	Relationships Education: Respectful relationships (R3 — diversity, including ability; R14 — acceptance of others)	Focus Friday; SEL; relational culture	Respect for disability and difference — statutory respectful-relationships content.
Spring 1 — Martin Luther King Day	R3, R14, R30, L24	Relationships Education: Respectful relationships (R14 — equality, prejudice and discrimination; R30 — hate crime and how to challenge it)	Focus Friday; SEL; P4C; Humanities subject vehicle; relational culture	Core statutory content: equality, challenging prejudice and valuing difference.
Spring 1 — Burns Night / Highland Games	R3, R14, L21	Relationships Education: Respectful relationships (R3 — diversity of culture; R14 — acceptance of others)	Focus Friday; relational culture	Cultural awareness and respect for tradition. Lighter-touch respectful-relationships link.
Spring 1 — Chinese New Year	R3, R14, L24	Relationships Education: Respectful relationships (R3 — diversity of	Focus Friday; SEL; relational culture	Respect for different cultures and traditions — statutory respectful-

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
		culture; R14 — acceptance of others)		relationships content.
Spring 1 — Children's Mental Health Week	H1, H2, H4, H6, H7, H8, H13, H32	Health Education: Mental wellbeing (resilience and self-worth; warning signs of mental health concerns; accessing reliable support)	Focus Friday; SEL; in-house psychotherapy; 1:1 key-worker time; trauma-informed practice	Core statutory mental-wellbeing content. One of three mental-health focuses across the year — see header note on progression.
Spring 1 — Safer Internet Day	H12, H20, H39, R27, R28, L14, L16, L17	Relationships Education: Online relationships and being safe (R28 — online risks incl. grooming, exploitation, sexting and sharing nudes; R27 — responsible social media use); Health Education: Internet safety and harms	Focus Friday; ICT subject vehicle; SEL; 1:1 key-worker time	High-priority statutory content, substantially strengthened in 2026. Full coverage — incl. sharing nudes and the law on under-18 images — sits in the ICT scheme; Focus Friday reinforces it.
Spring 2 — Ramadan	R3, R14, L24	Relationships Education: Respectful relationships (R3 — diversity of belief; R14 — acceptance of others)	Focus Friday; SEL; relational culture	Respect for different faiths and observances — statutory respectful-relationships content.
Spring 2 — Cultivation Street Week	H6, H10, L22	Health Education: Mental wellbeing (benefits of time outdoors and shared activity for wellbeing)	Focus Friday; daily routines	Outdoor activity and environmental care as wellbeing vehicles. Lighter-touch mental-wellbeing link.

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
Spring 2 — British Science Week	H6, H11	(No direct RSHE link — supports the science-curriculum route to health knowledge)	Focus Friday; Science subject vehicle	Enrichment supporting science learning. Statutory puberty, reproduction and sexual-health content itself sits in the Science scheme, not here.
Spring 2 — Red Nose Day / Comic Relief	L20, L21, R14	(No direct RSHE link — Living in the Wider World)	Focus Friday; relational culture; SEL	PSHE-only: empathy and community participation. No statutory RSHE claim.
Spring 2 — Mental Health Awareness Week	H2, H4, H7, H13, H26, H32	Health Education: Mental wellbeing (resilience; recognising unhealthy coping strategies and healthy alternatives; accessing support)	Focus Friday; SEL; in-house psychotherapy; 1:1 key-worker time; trauma-informed practice	Core statutory mental-wellbeing content. Third mental-health focus of the year — see header note: each should build on the last rather than repeat it.
Summer 1 — Easter	R3, R14, L24	Relationships Education: Respectful relationships (R3 — diversity of belief; R14 — acceptance of others)	Focus Friday; relational culture	Respect for faith and belief — statutory respectful-relationships content.
Summer 1 — Earth Day	L22	(No direct RSHE link — Living in the Wider World)	Focus Friday; Science / Humanities subject vehicles	PSHE-only: environmental responsibility. No statutory RSHE claim.
Summer 1 — National Pet Week	R1, L21	(No direct RSHE link — responsibility and care)	Focus Friday; relational culture	Responsibility and empathy. Mainly PSHE;

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
				no statutory RSHE claim.
Summer 1 — VE Day	L20, L25, R14	(No direct RSHE link — remembrance / Humanities link)	Focus Friday; Humanities subject vehicle; relational culture	Community, remembrance and shared history. Primarily a Humanities link; no statutory RSHE claim.
Summer 1 — International Nurses Day	H13, H14, L9	Health Education: Health and prevention (H14 — becoming a confident user of the NHS and other health services; how and when to seek medical help)	Focus Friday; Independent Careers Advisor; relational culture	Serves the 2026 emphasis on accessing healthcare confidently when framed around how and when to seek medical help. Also a careers link.
Summer 1 — Summer Safety (open water, sun, etc.)	H16, H21, H22, H39	Health Education: Personal safety (H21 — personal and travel safety, incl. water; H39 — risk assessment); Basic first aid (H22)	Focus Friday; daily routines; Science subject vehicle	Directly serves the strengthened 2026 personal-safety content — safety around water, and sun/skin protection.
Summer 2 — Volunteers' Week	L4, L21	(No direct RSHE link — Living in the Wider World)	Focus Friday; relational culture; SEL; Independent Careers Advisor	PSHE-only: community participation, volunteering and employability skills. No statutory RSHE claim.
Summer 2 — Pride	R3, R4, R5, R14, R30	Relationships Education: Respectful relationships (R3 — diversity incl. sexual orientation; R5 —	Focus Friday; SEL; relational culture; 1:1 key-worker time	Delivers statutory respectful-relationships and diversity content. R4 to be taught per the

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
		sexual attraction and sexuality are diverse; R14 — acceptance and equality; R30 — hate crime). R4 — the difference between biological sex, gender identity and sexual orientation.		2026 guidance — facts and the law on biological sex and gender reassignment, without teaching contested views as fact.
Summer 2 — Nelson Mandela Day	R3, R14, R30, L24, L25	Relationships Education: Respectful relationships (R14 — equality, prejudice and discrimination; R30 — hate crime); human rights (L25)	Focus Friday; SEL; P4C; Humanities subject vehicle; relational culture	Core statutory content: equality, challenging prejudice, human rights and valuing difference.
Summer 2 — World Social Media Day	H3, H12, H31, R27, L13, L15, L17, L19	Relationships Education: Online relationships (R27 — responsible social media use, posting images, personal data); Health Education: Internet safety and harms (incl. body image and media influence)	Focus Friday; ICT subject vehicle; SEL; 1:1 key-worker time	High-priority statutory online-safety content. Good context for the 2026 focus on media influence, body image and positive/negative online role models. Full coverage sits in the ICT scheme.
Summer 2 — School Alumni Week	L2, L7, L19	(No direct RSHE link — aspiration / careers enrichment)	Focus Friday; Independent Careers Advisor; relational culture	Aspiration, role models and post-school routes. PSHE / careers link only; no genuine RSHE claim.
Summer 2 — World	H11	Health Education:	Focus Friday; Cooking /	Counts towards healthy-

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
Chocolate Day		Healthy eating (balanced diet) — only where deliberately framed	Lifeskills subject vehicle	eating content only if explicitly framed around a balanced diet. Otherwise an enrichment activity with no statutory claim.
Summer 2 — Last Day / End of Year	H2, R10	Health Education: Mental wellbeing (managing life changes and transitions) — only where deliberately framed	Focus Friday; SEL; 1:1 key-worker time; family liaison / EHCP reviews	Counts towards the change/transition content only if used to support pupils through end-of-year and post-school change. Otherwise a celebration with no statutory claim.

English

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
Speaking focus – pitch (Dragons Den style)	L1, L5, L4	(No direct RSHE link)	English subject vehicle; P4C (reasoning); SEL	PSHE-only: enterprise and presentation skills.
Persuasive writing / formal letters / speeches	L1, L20, R14	(No direct RSHE link)	English subject vehicle; P4C (reasoning); SEL	Civic participation through writing.
Reading diverse texts (race, gender, sexuality, disability)	R3, R14, L24	Relationships Education: Respectful relationships	English subject vehicle; SEL; Focus Friday	Dual coverage through literature.

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
Media analysis / news literacy	L13, L14, L15, H3	Health Education: Internet safety and harms (adjacent)	English subject vehicle; ICT; P4C (critical thinking)	Dual coverage.
Poetry / texts exploring mental health and feelings	H1, H2, H6, H7, H32	Health Education: Mental wellbeing	SEL (principal); in-house psychotherapy; 1:1 key-worker time; trauma-informed practice; Executive Functioning	Emotional literacy.

ICT / Computing

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
E-safety / cyberbullying / sexting / online grooming	R27, R28, R29, H20, L17, L18	Relationships Education: Online relationships; Being safe	ICT subject vehicle (principal); SEL; 1:1 key-worker time; in-house psychotherapy	High-density dual mapping; statutory + PSHE.
Critical evaluation of online information / fake news	L14, L15, L16	(No direct RSHE link)	ICT subject vehicle; P4C; SEL	PSHE-only: media and digital literacy.
Data protection / digital identity	L16, L17, L18	Relationships Education: Online relationships	ICT subject vehicle; SEL	Dual coverage.
Hate speech / online behaviour / law	L26, R30, H23, H24	Relationships Education: Online relationships; Respectful relationships	ICT subject vehicle; SEL; Focus Friday; 1:1 key-worker time	Dual coverage.

History

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
WWII / Holocaust / propaganda	L15, L20, L23, L24, L25, R14	Relationships Education: Respectful relationships	Humanities subject vehicle; Focus Friday; P4C	PSHE-strong: extremism, prejudice, human rights through historical lens.
Civil Rights / suffrage / equality movements	L20, L24, L25, R3, R14	(No direct RSHE link)	Humanities subject vehicle; Focus Friday; SEL	PSHE-only: citizenship and human rights.
Empire / decolonisation / migration	L24, L25, R3, R14	(No direct RSHE link)	Humanities subject vehicle; Focus Friday; SEL	PSHE-only: diversity in historical context.
Local history / heritage	L21	(No direct RSHE link)	Humanities subject vehicle; relational culture	PSHE-only: community identity.
WW1 & Local Heroes / War & Remembrance: the roles women played in WW1; women in war (tiered curriculum)	R3, R14, L24	Relationships Education: Respectful relationships (RR2 — everyone is unique and equal regardless of gender; RR9 — stereotypes based on sex can cause damage)	Humanities subject vehicle; Focus Friday; SEL; P4C	Women's wartime contributions, equal to men's but systematically unrecognised, support understanding of equality and how gender stereotypes cause harm.

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
Industrial Revolution & Local History: the Industrial Revolution; the changing role of children; the Miners' Strike (tiered curriculum)	L20, L24, L25, R14	Relationships Education: Respectful relationships (RR2 — legal rights and responsibilities regarding equality; RR9 — class-based stereotypes cause damage)	Humanities subject vehicle; Focus Friday; SEL; relational culture	Child labour and workers' rights: legal rights that were denied and had to be fought for. The local Miners' Strike makes this directly relevant to Doncaster pupils.
Events Beyond Living Memory: Victorian life; Marie Curie (tiered curriculum)	L24, L25, R3, R14	Relationships Education: Respectful relationships (RR2 — everyone is unique and equal; RR9 — stereotypes based on sex and class cause damage)	Humanities subject vehicle; Focus Friday; SEL; 1:1 key-worker time	Victorian inequality and Marie Curie's exclusion from science because of her gender provide rich, defensible RR2/RR9 contexts.
Events Beyond Living Memory: the life and wives of King Henry VIII (tiered curriculum)	L20, L25, R1, R6	Relationships Education: Families (F5 — forced marriage and marriage before 18 are illegal); Respectful relationships (RR10 — how inequalities of power affect relationships)	Humanities subject vehicle; SEL; 1:1 key-worker time; family liaison	Henry VIII's marriages — Anne of Cleves, the teenage Catherine Howard — are a documented, distanced example of forced marriage and extreme

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
				power imbalance. Handle with appropriate distancing.
History of Computing: Ada Lovelace; Alan Turing (tiered curriculum)	L24, L25, R3, R14	Relationships Education: Respectful relationships (RR2 — equality; RR9 — stereotypes based on sex, and prejudice based on sexual orientation, cause damage)	Humanities/ICT subject vehicles; Focus Friday; SEL; P4C; 1:1 key-worker time	Ada Lovelace's erasure and Alan Turing's persecution illustrate the cost of denying equality based on gender and sexual orientation. Turing's story to be handled with care.
Great Explorers: Christopher Columbus; Amelia Earhart; comparative discussion (tiered curriculum)	L24, L25, R3, R14	Relationships Education: Respectful relationships (RR2 — everyone is unique and equal; RR9 — racial and gender stereotypes cause damage)	Humanities subject vehicle; Focus Friday; P4C; SEL	Indigenous peoples' equal rights and women's equal right to pursue any career; how racial stereotypes normalised exploitation.
The Middle Ages / Iron Age & Crime and Punishment / Prehistoric Ages: the Vikings; Celtic	R3, R14, L24	Relationships Education: Respectful relationships (RR4 — tolerance, including of other people's	Humanities subject vehicle; Focus Friday; P4C; relational culture	Viking, Celtic and prehistoric belief systems and cultural

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
culture; the Stone, Bronze and Iron Ages (tiered curriculum)		beliefs)		practices, very different from modern norms, support tolerance of different beliefs and ways of life.
War & Remembrance / Expert Historian / WW1 & WW2: Life on the Front Line; could we see WW1 coming?; how the World Wars began (tiered curriculum)	H39, R14, L20	Health Education: Personal safety (PS3 — social and emotional skills that increase safety from involvement in conflict and violence)	Humanities subject vehicle; Focus Friday; SEL; 1:1 key-worker time	The causes, escalation and human cost of the World Wars provide a distanced historical context for understanding how conflict builds and how warning signs are recognised.
Iron Age & Crime and Punishment: crime and punishment throughout history (tiered curriculum)	L20, L26, R14	Health Education: Personal safety (PS5 — the law as it relates to knives and violence)	Humanities subject vehicle; Focus Friday; SEL; 1:1 key-worker time	A historical survey of how law has defined and punished violence supports understanding of the law on violence through its historical development.

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
Local History Detective / Conisbrough Castle: choosing and visiting local heritage sites (tiered curriculum)	H2, H6, H10, L21	Health Education: Mental wellbeing (MW2 — benefits of physical activity, time outdoors and community participation for mental wellbeing)	Humanities subject vehicle; relational culture; Focus Friday; daily routines	Site visits to museums, heritage buildings and outdoor sites deliver community participation and time outdoors as wellbeing vehicles.

KS4 Humanities

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
Citizenship topics / law / government	L20, L25, L26	(No direct RSHE link)	Humanities subject vehicle; Focus Friday; P4C	PSHE-only: citizenship.
Global issues / migration / international development	L22, L24, L25	(No direct RSHE link)	Humanities subject vehicle; Focus Friday; SEL	PSHE-only.
Ethical questions / religious viewpoints on contemporary issues	R14, L20, L25	Relationships Education: Respectful relationships	Humanities subject vehicle; Focus Friday; P4C	Dual coverage.

Geography

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
Climate change / sustainability	L22	(No direct RSHE link)	Focus Friday; Humanities/Science subject vehicles	PSHE-only: environmental stewardship.
Population / migration / urbanisation	L21, L24, R3	(No direct RSHE link)	Humanities subject vehicle; Focus Friday; SEL	PSHE-only: community and diversity.
Natural hazards / risk	H21, H39	Health Education: Health & prevention (adjacent)	Humanities subject vehicle; daily routines (safety)	Risk awareness.
Resource management / economic geography	L10, L22, L30	(No direct RSHE link)	Maths subject vehicle; Life Skills; SEL	PSHE-only: economic wellbeing.
International Explorer — Around the World: continents; Europe; climate zones (tiered curriculum)	R3, R14, L24, L25	Relationships Education: Respectful relationships (RR2 — everyone is unique and equal; RR4 — tolerance of different cultures and beliefs)	Humanities subject vehicle; Focus Friday; P4C; SEL	Sustained study of diverse nations, peoples and cultures underpins the principle that all people are unique and equal regardless of where they are from.
Hot Countries (South Sudan): where is Sudan; food, clothing and homes (tiered curriculum)	R3, R14, L24	Relationships Education: Respectful relationships (RR2 — equality; RR4 — tolerance; RR9 — stereotypes based on race)	Humanities subject vehicle; Focus Friday; SEL; P4C	Comparisons with sub-Saharan Africa carry a risk of racial

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
		and nationality can cause damage)		stereotyping — an explicit site to challenge assumptions and avoid deficit framing.
The Big Chill — Polar Regions: meet the Inuit people (tiered curriculum)	R3, R14, L24	Relationships Education: Respectful relationships (RR4 — tolerance of different beliefs and cultural practices; RR9 — stereotypes about indigenous peoples can cause damage)	Humanities subject vehicle; Focus Friday; SEL; P4C	Study of the Inuit challenges stereotypes about indigenous Arctic peoples and supports tolerance of a culture radically different from the pupil's own.
Australia; Pride of Yorkshire; Settlements: comparative cultural and regional studies (tiered curriculum)	R3, R14, L24, L25	Relationships Education: Respectful relationships (RR2 — everyone is unique and equal; RR4 — tolerance of different cultures and traditions)	Humanities subject vehicle; Focus Friday; SEL; relational culture	Comparative study of ways of living within Australia, England's regions and global settlements supports respect and tolerance for all ways of living.
Why Do You Live in a Home Like That? Settlements and	R3, R14, L24, L25	Relationships Education: Respectful relationships (RR2 — everyone is	Humanities subject vehicle; Focus Friday; SEL; P4C	Migration — understanding why people

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
migration (tiered curriculum)		unique and equal regardless of background; RR4 — tolerance of different cultural origins)		move (safety, work, family, climate) — is one of the most directly relevant geographical topics to RSHE, supporting respect and empathy.
Coastal and outdoor geography: seaside towns; Australian, Jurassic Coast and Yorkshire landscapes (tiered curriculum)	H2, H6, H10, L21	Health Education: Mental wellbeing (MW2 — physical activity, time outdoors and community participation for mental wellbeing)	Humanities subject vehicle; Focus Friday; PE; daily routines	Study of community spaces and outdoor leisure landscapes supports understanding of how time outdoors and community participation contribute to mental wellbeing.
Hazard geography: coastal safety; survival in extreme environments; flooding; earthquakes; volcanoes (tiered curriculum)	H21, H39	Health Education: Personal safety (PS1 — identifying risk and managing personal safety in increasingly independent situations, including around water and in unfamiliar environments)	Humanities subject vehicle; Executive Functioning; daily routines (safety)	Coastal erosion, survival scenarios and natural-hazard study develop risk identification and personal-safety

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
				management across water and unfamiliar environments.

Science

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
Healthy body / nutrition / exercise	H9, H11, H29	Health Education: Healthy eating; Physical health & fitness	Science subject vehicle (principal); PE; daily routines	Dual coverage.
Drugs and the body	H18, H19, H27	Health Education: Drugs, alcohol and tobacco	Science subject vehicle; SEL; 1:1 key-worker time; in-house psychotherapy (where lived experience)	Dual coverage.
Reproduction / contraception / STIs	H33, H35, H36	RSE: Intimate and sexual relationships including sexual health	Science subject vehicle (NC content); SaLT-informed 1:1; in-house psychotherapy	Statutory RSE content + PSHE.
Climate / environmental science	L22	(No direct RSHE link)	Science subject vehicle; Focus Friday	PSHE-only.

KS4 Science

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
Hormones / endocrine system / contraception	H29, H33, H36	RSE: Intimate and sexual relationships including sexual health	Science subject vehicle (NC content); SaLT-informed 1:1; in-house psychotherapy	Dual coverage.
Genetics / inheritance / variation	R3	(No direct RSHE link)	Science subject vehicle; SEL	Diversity through genetics.
Disease / immunity / vaccines	H9, H13, H14	Health Education: Health & prevention	Science subject vehicle; daily routines; family liaison	Dual coverage.

PE

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
Team games / leadership / officiating	R1, R2, R9, L4, L5, H6, H10	Relationships Education: Respectful relationships	PE subject vehicle; relational culture; SEL	Dual coverage; teamwork as workplace skill.
Fitness / health-related exercise	H9, H10, H11	Health Education: Physical health & fitness	PE subject vehicle; daily routines	Dual coverage.
Outdoor adventure / risk management	H21, H39, R15	(No direct RSHE link)	Humanities subject vehicle; daily routines (safety)	PSHE-only: risk and peer influence.
Sport and mental health	H2, H6, H7	Health Education: Mental wellbeing	SEL (principal); in-house psychotherapy; 1:1 key-worker time; trauma-informed practice; Executive Functioning	Dual coverage.

Cooking

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
Nutrition / balanced diet	H11, H29	Health Education: Healthy eating	Cooking subject vehicle; daily routines (mealtimes); Science	Dual coverage.
Food budgeting / cost of meals	L11, L13	(No direct RSHE link)	Maths subject vehicle; Life Skills; SEL	PSHE-only: economic wellbeing.
Food hygiene / safety	H9, H21	Health Education: Health & prevention	Cooking subject vehicle; daily routines; Science	Dual coverage.
Independent living / meal planning	L11, H11	Health Education: Healthy eating	Cooking subject vehicle; Life Skills; family liaison	Dual coverage.

Executive Function sessions

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
Planning, organisation, time management	L1, L3, H25, H41	Health Education: Mental wellbeing	Executive Functioning lessons (principal); 1:1 key-worker time; SEL	Dual coverage.
Emotional regulation / flexible thinking	H2, H4, H7, H8, H26	Health Education: Mental wellbeing	Executive Functioning; SEL; 1:1 key-worker time; trauma-informed practice; in-house psychotherapy; P4C	High-density coverage.
Working memory / sequencing / problem solving	L1, L4	(No direct RSHE link)	Executive Functioning; 1:1 key-worker time	PSHE-only: study and workplace skills.

AQA Unit Award Scheme — PSHE/RSHE mapping

The AQA Unit Award Scheme (UAS) is not a regulated qualification but a recording-of-achievement scheme widely used in SEND/SEMH settings. Students complete short units, each with a defined set of learning outcomes assessed via portfolio evidence, and receive an AQA certificate on completion. Many units have clear and direct overlap with the PSHE Association Programme of Study and, in several cases, with statutory RSHE 2026 outcomes.

The table below maps every AQA Unit Award currently being completed by KS4 students against PSHE codes. **Important caveat:** mappings are based on each unit's title and AQA's published unit descriptors. Schools should cross-reference each unit's specific learning outcomes (available on the AQA UAS centre portal) before using these mappings for formal compliance reporting. Where a unit's content is broader than its title suggests, additional codes may apply.

AQA Unit Award Scheme — mapping by unit

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
What to do in an Emergency	H22, H21, H39	Health Education: Basic first aid (KS3/4)	Life Skills; PE/Cooking subject vehicles; daily routines	Direct match to statutory first aid content.
Health & Safety at Home	H21, H39	Health Education: Health & prevention	Life Skills; PE/Cooking subject vehicles; daily routines	Dual coverage.
Household Safety	H21, H39	Health Education: Health & prevention	Life Skills; PE/Cooking subject vehicles; daily routines	Dual coverage.
Awareness of Passenger Safety on Car Journeys	H21, H39	Health Education: Health & prevention	Life Skills; PE/Cooking subject vehicles; daily routines	Travel safety.
PE – Exercising Safely & Effectively	H9, H10, H11	Health Education: Physical health & fitness	PE subject vehicle; daily routines	Dual coverage.
Introduction to Exercising in a Gym	H9, H10, H11, H39	Health Education: Physical health & fitness	PE subject vehicle; daily routines	Dual coverage + risk awareness.

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
Making a Breakfast	H11, L11	Health Education: Healthy eating	Cooking subject vehicle; daily routines (mealtimes); family liaison	Nutrition + budgeting.
Introduction to Basic Cooking: Knife Skills	H21, H39	Health Education: Health & prevention	Cooking subject vehicle; daily routines (mealtimes); family liaison	Kitchen safety.
Lifeskills – Cooking	H11, L11	Health Education: Healthy eating	Cooking subject vehicle; daily routines (mealtimes); family liaison	Independent living.
Cleaning Skills for Independent Living	H9, L21	Health Education: Health & prevention (hygiene)	Daily routines; family liaison	Independent living.
Functional Skills	L1, L4, L8	(No direct RSHE link)	Maths/English subject vehicles; Life Skills	PSHE-only: employability skills.
Introduction to Basic Car Maintenance	L4, L9, H21	(No direct RSHE link)	Life Skills; subject vehicles; Independent Careers Advisor (vocational)	PSHE-only: vocational + safety.
Repairing and Servicing a Bicycle	L4, L9, L22	(No direct RSHE link)	Life Skills; subject vehicles; Independent Careers Advisor (vocational)	PSHE-only: vocational + sustainability.
Creating a Wooden Item using Hand Tools	L4, L9, H21	(No direct RSHE link)	Life Skills; subject vehicles; Independent Careers Advisor (vocational)	PSHE-only: vocational skills + tool safety.
Maths (Entry Level)	L1, L11, L12	(No direct RSHE link)	Maths subject vehicle; Life Skills	PSHE-only: applied numeracy /

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
				budgeting.
Youth Achievement Award (Bronze / Silver / Gold / Platinum)	L2, L3, L4, L5, L21	(No direct RSHE link)	Independent Careers Advisor; Focus Friday; relational culture; family liaison	PSHE-only: framework explicitly covers volunteering, leadership, enterprise.
Different Cultures around the World	R3, R14, L24, L25	Relationships Education: Respectful relationships	Humanities subject vehicle; Focus Friday	Dual coverage.
Discovering Local History	L21	(No direct RSHE link)	Humanities subject vehicle; Focus Friday	PSHE-only: community identity.
Henry VIII	L20, L25	(No direct RSHE link)	Humanities subject vehicle; Focus Friday	PSHE-only: monarchy, law, rights through history.
Tudors & Stuarts	L20, L25	(No direct RSHE link)	Humanities subject vehicle; Focus Friday	PSHE-only.
Introduction to Ancient Greeks	L20	(No direct RSHE link)	Humanities subject vehicle; Focus Friday	PSHE-only: democracy origins.
Introduction to Stone Age Britain	L21	(No direct RSHE link)	Humanities subject vehicle; Focus Friday	Light PSHE: community evolution.
The Ancient Egyptians	L21, R3	(No direct RSHE link)	Humanities subject vehicle; Focus Friday	Light PSHE: cultural

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
				understanding.
Understanding Environmental Issues	L22	(No direct RSHE link)	Humanities/Science subject vehicles; Focus Friday	PSHE-only: environmental stewardship.
Introduction to Renewable Energy: Solar Power	L22	(No direct RSHE link)	Humanities/Science subject vehicles; Focus Friday	PSHE-only: environmental stewardship.
English – Reading	L1, L14	(No direct RSHE link)	English subject vehicle; SEL	PSHE-only: study + critical evaluation.
English – Writing	L1	(No direct RSHE link)	English subject vehicle	PSHE-only: study skills.
English – Speech, Language & Communication	R9, L1, L4	Relationships Education: Respectful relationships	English subject vehicle; 1:1 key-worker time; SaLT-informed practice	Dual coverage.
Digital Photography (Editing images)	L15, L18, R27	Relationships Education: Online relationships (adjacent)	ICT subject vehicle; English	PSHE-strong: image manipulation awareness.
Identifying Parts of a Computer	L18	(No direct RSHE link)	ICT subject vehicle	Light PSHE: digital literacy.
Basic Fishing Skills	H10, H21	Health Education: Physical health & fitness (light)	PE subject vehicle; daily routines	Outdoor activity + safety.
Basic Golf Skills	H10	Health Education: Physical health & fitness	PE subject vehicle; daily routines	Physical activity.

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
Practising Golf at a Driving Range	H10	Health Education: Physical health & fitness	PE subject vehicle; daily routines	Physical activity.
3D Art	L2	(No direct RSHE link)	Art subject vehicle; SEL	Light PSHE: personal expression / strengths.
Tonal Drawing	L2	(No direct RSHE link)	Art subject vehicle; SEL	Light PSHE: personal expression.
Making a Mosaic using Sequins	L2	(No direct RSHE link)	Art subject vehicle; SEL	Light PSHE: personal expression.
Keyboard Piano – Short Tunes (Unit 1)	L2, H6	(No direct RSHE link)	Music subject vehicle; SEL	Light PSHE: arts + wellbeing.
Acids & Alkalis	—	—	Science subject vehicle	No direct PSHE/RSHE link — pure science content.
Chemistry (Unit 5) – Solids, Liquids and Gases	—	—	Science subject vehicle	No direct PSHE/RSHE link.
Introduction to Earth & Space	—	—	Science subject vehicle	No direct PSHE/RSHE link.
Introduction to our Solar System	—	—	Science subject vehicle	No direct PSHE/RSHE

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
				link.
Volcanoes	H39	(No direct RSHE link)	Science subject vehicle	Light PSHE: natural hazards / risk.
Water & Weather	L22	(No direct RSHE link)	Science subject vehicle	Light PSHE: environmental awareness.
Navigation and the Sun	H21	(No direct RSHE link)	Science subject vehicle	Light PSHE: outdoor safety.
Introduction to Structure and Forces	—	—	Science subject vehicle	No direct PSHE/RSHE link.
Introduction to Electrical Circuits	H21	(No direct RSHE link)	Science subject vehicle	Light PSHE: electrical safety adjacent.
Introduction to Electrical Elements	H21	(No direct RSHE link)	Science subject vehicle	Light PSHE: electrical safety adjacent.
Making a Marble Run (Forces & Gravity)	—	—	Science subject vehicle	No direct PSHE/RSHE link.
Exploring Woodlands – Mammals	L22	(No direct RSHE link)	Science subject vehicle	Light PSHE: environmental awareness.
Introduction to	L22	(No direct RSHE link)	Science subject vehicle	Light PSHE:

Lesson / Topic	PSHE Outcomes Covered	RSHE 2026 Cross-Reference	Everyday Practice Vehicles	Notes
Amphibians				environmental awareness.
Learning about Aircraft (Unit 1)	—	—	Science subject vehicle	No direct PSHE/RSHE link.

PSHE Programme of Study — KS3/KS4 Code Key

Codes follow the PSHE Association Programme of Study for KS3 and KS4. Codes are used consistently across this and all the school's PSHE tracking and mapping documents.

Health and Wellbeing (H codes)

H1	KS3/4: How we are all unique; recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing
H2	KS3/4: To understand what can affect wellbeing and resilience (e.g. life changes, relationships, achievements and employment)
H3	KS3/4: The impact that media and social media can have on how people think about themselves and express themselves, including regarding body image, physical and mental health
H4	KS3/4: Simple strategies to help build resilience to negative opinions, judgements and comments
H5	KS3/4: To recognise and manage internal and external influences on decisions which affect health and wellbeing
H6	KS3/4: About the relationship between physical and mental health
H7	KS3/4: To recognise warning signs of common mental and emotional health concerns (including stress, anxiety and depression), what might trigger them and what help or treatment is available
H8	KS3/4: To recognise the early signs of mental wellbeing concerns
H9	KS3/4: The importance of and ways of taking increased responsibility for their own physical health, including dental health
H10	KS3/4: The benefits of, and strategies for, maintaining a balance between school, work, leisure, exercise, and online activity
H11	KS3/4: The importance of, and ways to maintain, a healthy lifestyle including a balanced diet, regular physical activity, the maintenance of a healthy weight and dental health
H12	KS3/4: The benefits of having a balanced approach to spending time online (including risks of excessive use)
H13	KS3/4: To identify, evaluate and independently access reliable sources of information, advice and support for all aspects of physical and mental health
H14	KS3/4: About the health services available to people; strategies to become a confident user of the NHS and other health services

H15	KS3/4: About the impact of breast and testicular self-examination; signs of cancer, and the importance of screening
H16	KS3/4: How to take increased personal responsibility for maintaining and monitoring health (incl. cancer prevention, screening and self-examination)
H17	KS3/4: To assess and manage risks associated with cosmetic and aesthetic body alterations
H18	KS3/4: The risks and consequences of "experimental" substance use and the wider risks of illegal and harmful substance use
H19	KS3/4: Wider risks of illegal substance use for individuals, including for personal safety, career, relationships and future lifestyle
H20	KS3/4: Strategies to identify and reduce risk from people online that they do not already know; how to respond if they have been exposed to risk
H21	KS3/4: Personal safety strategies and travel safety (e.g. road, rail, water and on transport)
H22	KS3/4: First aid in everyday and emergency situations — including life-saving skills (CPR, defibrillator use), the recovery position, dealing with common injuries and recognising signs of serious illness
H23	KS3/4: The links between language, perception and respect; how language can be used in ways that are hurtful, biased or discriminatory
H24	KS3/4: Strategies to challenge and respond to discrimination, bullying and prejudice-based language and behaviour
H25	KS3/4: Ways of recruiting, training and managing a healthy work/life balance — stress and time management techniques
H26	KS3/4: To recognise unhealthy coping strategies (e.g. self-harm, eating disorders, substance misuse) and healthy ways to manage difficult emotions [Covered in part — the self-harm element is not delivered; see the note under “How to read the tables”.]
H27	KS3/4: The unhealthy use of substances (alcohol, drugs); legal/illegal classifications, effects on health, relationships, work, and society
H28	KS3/4: Choices about substance use (legal and illegal); pressures and influences
H29	KS3/4: Personal hygiene; menstrual health; managing physical changes through adolescence and into adulthood
H30	KS3/4: About the importance of sleep and strategies for good sleep hygiene
H31	KS3/4: The role and influence of role models and the media; recognising and managing influences on body image

H32	KS3/4: How to recognise the signs of a range of mental wellbeing issues including loneliness, eating disorders, anxiety, depression, OCD and self-harm; where to access support [Covered in part — the self-harm element is not delivered; see the note under “How to read the tables”.]
H33	KS3/4: About reproductive health (incl. fertility, the menopause, sexual health, miscarriage)
H34	KS3/4: Choices and decisions in pregnancy and parenthood
H35	KS3/4: About sexually transmitted infections, including HIV/AIDS; safer sexual practices
H36	KS3/4: About contraception, including condom and pill use, and information about long-acting reversible contraception
H37	KS3/4: To recognise when others are using manipulation, persuasion or coercion and how to respond
H38	KS3/4: Risks involved in gambling; recognising signs of problem gambling and where to seek help
H39	KS3/4: Strategies for keeping safe physically and online; risk assessment and management
H40	KS3/4: How to assess readiness for sexual intimacy; that pleasure and pleasure-seeking behaviours can be a feature of healthy and unhealthy relationships
H41	KS3/4: Strategies and skills to recognise and manage exam-related stress and pressures

Relationships (R codes)

R1	KS3/4: About different types of relationships, incl. friendships, family, romantic/intimate, and the factors that can affect them
R2	KS3/4: Indicators of positive, healthy relationships and unhealthy relationships, including online
R3	KS3/4: About the similarities, differences and diversity among people of different race, culture, ability, sex, gender identity, age and sexual orientation
R4	KS3/4: The difference between biological sex, gender identity and sexual orientation
R5	KS3/4: To recognise that sexual attraction and sexuality are diverse
R6	KS3/4: That marriage is a legal, social and emotional commitment that should be entered into freely, and never forced upon someone

	through threat or coercion
R7	KS3/4: How the media portrays relationships and the potential impact of this on people's expectations
R8	KS3/4: To manage the strong feelings that relationships can cause (incl. sexual or romantic attraction)
R9	KS3/4: To develop conflict-management skills; how to seek and provide support
R10	KS3/4: The skills and strategies to manage transitions between different types of relationships (incl. ending of relationships)
R11	KS3/4: To recognise unwanted attention (e.g. harassment, stalking incl. online); strategies for managing this
R12	KS3/4: To recognise and manage pressure to engage in unwanted sexual behaviour
R13	KS3/4: How to recognise the signs of abusive relationships and to safely access support
R14	KS3/4: About diversity and respect; acceptance of others; equality; prejudice and discrimination
R15	KS3/4: To recognise peer influence and develop strategies for managing it, including online
R16	KS3/4: To recognise unwanted, manipulative or coercive influences in relationships and where to get help
R17	KS3/4: Consent, the law, age of consent, capacity to consent; alcohol/drugs and consent
R18	KS3/4: About the impact of attitudes towards sexual assault and victim blaming
R19	KS3/4: Strategies to access reliable, accurate and appropriate advice and support with relationships
R20	KS3/4: To recognise forced marriage and "honour"-based violence and where to seek help
R21	KS3/4: The implications of FGM, incl. legal, health and social aspects
R22	KS3/4: Pornography and how it portrays sex and relationships, and the impact this can have
R23	KS3/4: To recognise the impact of bullying, including online; strategies to manage it and access support
R24	KS3/4: To recognise and respond appropriately to the signs of unhealthy or abusive relationships

R25	KS3/4: About the laws relating to sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, "honour"-based violence and FGM, and how these can affect current and future relationships
R26	KS3/4: To recognise the impact of drugs and alcohol on relationships, choices and consent
R27	KS3/4: About the responsible use of social media incl. respectful behaviour, posting images, sharing personal data
R28	KS3/4: To recognise online risks (incl. grooming, exploitation, sexting and sharing nudes) and how to respond
R29	KS3/4: The law relating to sharing of sexual images of under-18s, even consensually
R30	KS3/4: About hate crime and discrimination, how to challenge them and where to seek support

Living in the Wider World (L codes)

L1	KS3/4: Study, organisational, research and presentation skills
L2	KS3/4: To review their strengths, interests, skills, qualities and values and how these are changing and developing
L3	KS3/4: To set realistic yet ambitious targets and goals
L4	KS3/4: The skills and attributes that employers value
L5	KS3/4: The skills and qualities required to engage in enterprise
L6	KS3/4: The importance and benefits of being a lifelong learner
L7	KS3/4: About the options available at the end of KS3/4; sources of information, advice and support
L8	KS3/4: The skills and qualities to make a successful application or transition
L9	KS3/4: About different types of employment and career pathways (incl. routes such as apprenticeships, T-Levels, university)
L10	KS3/4: About the role of the financial sector in society; rights and responsibilities of consumers; financial exploitation; debt; mortgages, loans, credit and savings
L11	KS3/4: Income and expenditure; saving; budgeting

L12	KS3/4: How to manage money in different situations, e.g. cash, online banking, contactless payment
L13	KS3/4: How to be a critical consumer (incl. advertising, marketing techniques)
L14	KS3/4: How to evaluate the reliability of sources of information online
L15	KS3/4: How information is targeted at different audiences (incl. for political and commercial purposes); media bias
L16	KS3/4: How data is generated, shared, collected and used online (incl. data protection)
L17	KS3/4: Strategies for protecting privacy online; the law relating to digital information
L18	KS3/4: About the responsible use of mobile phones and other digital devices
L19	KS3/4: About the influence of role models, including online; how to identify positive role models
L20	KS3/4: About active citizenship; rights and responsibilities; British values; the role of the law
L21	KS3/4: About the role of community; how to participate; volunteering and its benefits
L22	KS3/4: About environmental responsibility; the impact of individual and collective choices on the environment
L23	KS3/4: How to recognise extremism and radicalisation; strategies for resilience; where to seek support
L24	KS3/4: How prejudice and discrimination, including racism, can manifest in society; how to challenge it
L25	KS3/4: About human rights and international protections (incl. UNCRC and the role of the United Nations)
L26	KS3/4: The law on online behaviours, incl. hate speech, illegal images, harassment
L27	KS3/4: The risks associated with criminal exploitation, county lines and gang activity; sources of support
L28	KS3/4: Workplace expectations: rights, responsibilities, contracts, conduct
L29	KS3/4: About diversity in the workplace; the Equality Act 2010 and protected characteristics
L30	KS3/4: About the changing world of work, incl. self-employment, the gig economy and AI

Sources and references

- PSHE Association (2020, updated 2024). Programme of Study for PSHE Education, Key Stages 1–5.
- Department for Education (July 2025). Relationships Education, Relationships and Sex Education (RSE) and Health Education — Statutory guidance, effective September 2026.
- AQA Unit Award Scheme (UAS) — unit titles and descriptors from the AQA UAS portal: <https://www.aqa.org.uk/programmes/unit-award-scheme>
- Internal: Everyday Practice → RSHE 2026 (More Than Ed, April 2026) — the audit of how trauma-informed SEMH practice delivers against the statutory RSHE outcomes.
- Internal: More Than Ed long-term plans for KS3/KS4 English, Science, History, Geography, KS4 Humanities, PE, ICT, Cooking, KS4 Lifeskills, Focus Friday and Executive Function (2025/26).
- Internal: AQA Unit Award completion record 2025/26 (12 students, 51 distinct unit titles).
- Internal: KS2/3 History and KS2/3 Geography RSHE Coverage Audits and LTP Audits, More Than Ed 2025/26 — the subject-specific RSHE audit trail for the tiered History and Geography curriculum. The tiered-curriculum rows in the History and Geography sections of this document are drawn from these audits.