



St Vincent's Curriculum Map					
PSHE					

Intent					
The intent of the PSHE (Personal, Social, Health and Economic) education national curriculum at St Vincent's is to support pupils in developing the knowledge, skills, and attributes they need to manage their lives, both now and in the future.					

Implementation – Lower Key Stage 2 National Curriculum					
Y3 & 4					
Autumn Term		Spring Term		Summer Term	
Focus Points: Year 3 Health & Wellbeing: <ul style="list-style-type: none"> Balanced diet and oral health Setting goals and developing confidence Relationships: <ul style="list-style-type: none"> Dealing with conflict and understanding empathy Recognising safe/unsafe touch Living in the Wider World: <ul style="list-style-type: none"> Rules and laws; rights and responsibilities What makes a community 			Focus Points: Year 4 Health & Wellbeing: <ul style="list-style-type: none"> Risks with medicines and household products Managing emotions and change Relationships: <ul style="list-style-type: none"> Stereotypes and respecting differences Understanding bullying and how to respond Living in the Wider World: <ul style="list-style-type: none"> How decisions are made in groups Saving, spending and keeping money safe 		

Implementation – Upper Key Stage 2 National Curriculum					
Y5 & 6					
Autumn Term		Spring Term		Summer Term	
Focus Points: Year 5 Health & Wellbeing: <ul style="list-style-type: none"> Puberty and emotional changes Building resilience and managing pressure Relationships: <ul style="list-style-type: none"> Consent and personal boundaries Responding to hurtful behaviour online/offline Living in the Wider World: <ul style="list-style-type: none"> Media influence and critical thinking Financial choices and budgeting 			Focus Points: Year 6 Health & Wellbeing: <ul style="list-style-type: none"> Puberty in depth and reproduction (if covered) Transition to secondary school Relationships: <ul style="list-style-type: none"> Recognising positive and harmful relationships Understanding peer pressure and seeking support Living in the Wider World: <ul style="list-style-type: none"> Aspirations and careers Being a global citizen and sustainability 		

Implementation - Key Stage 3 National Curriculum					
Y7					
Autumn Term		Spring Term		Summer Term	
Health & Wellbeing	Health & Wellbeing	Relationships (RSE)	Relationships (RSE)	Living in the wider world	Living in the wider world
Focus Points: Health & Wellbeing: <ul style="list-style-type: none"> Transition to secondary school and managing change Developing healthy routines (sleep, exercise, screen time) Emotional literacy: identifying and managing feelings Relationships: <ul style="list-style-type: none"> Building respectful relationships and friendships Bullying, including cyberbullying Consent and personal boundaries Living in the Wider World: <ul style="list-style-type: none"> School community and rules Introduction to digital literacy and staying safe online Introduction to money management (saving, spending) 					

Y8					
Autumn Term		Spring Term		Summer Term	
Health & Wellbeing	Health & Wellbeing	Relationships (RSE)	Relationships (RSE)	Living in the wider world	Living in the wider world
<p>Focus Points:</p> <p>Health & Wellbeing:</p> <ul style="list-style-type: none"> Mental health and wellbeing (anxiety, resilience, self-care) Risks of tobacco, alcohol, and drugs Puberty recap and body image <p>Relationships:</p> <ul style="list-style-type: none"> Exploring gender identity and sexual orientation Developing healthy intimate relationships Managing peer pressure and conflict <p>Living in the Wider World:</p> <ul style="list-style-type: none"> Media literacy and fake news Rights and responsibilities as a citizen Careers and future aspirations (intro to pathways) Finance skills: Budgeting, banking, consumer choices. 					

Y9					
Autumn Term		Spring Term		Summer Term	
Health & Wellbeing	Health & Wellbeing	Relationships (RSE)	Relationships (RSE)	Living in the wider world	Living in the wider world
<p>Focus Points:</p> <p>Health & Wellbeing:</p> <ul style="list-style-type: none"> Coping strategies and accessing mental health support Risk and peer influence (drugs, alcohol, vaping) Sexual health basics: puberty, menstruation, contraception intro <p>Relationships:</p> <ul style="list-style-type: none"> Consent and coercion in relationships Sexting and sharing images Managing relationship breakdowns <p>Living in the Wider World:</p> <ul style="list-style-type: none"> Financial literacy: budgeting, saving, debt The world of work: skills, CV basics, and options Digital footprint and online identity 					

Implementation – Key Stage 4					
Y10					
Autumn Term		Spring Term		Summer Term	
Health & Wellbeing	Health & Wellbeing	Relationships (RSE)	Relationships (RSE)	Living in the wider world	Living in the wider world
<p>Pupil Focus:</p> <p>Health & Wellbeing:</p> <ul style="list-style-type: none"> Mental health: depression, self-harm, managing stress Sexual health: contraception, STIs, accessing health services Healthy lifestyle choices: diet, exercise, substance misuse <p>Relationships:</p> <ul style="list-style-type: none"> Recognising abuse in relationships (emotional, physical, sexual) Consent, the law, and healthy sexual relationships Gender stereotypes and discrimination <p>Living in the Wider World:</p> <ul style="list-style-type: none"> Workplace readiness: rights and responsibilities Financial products: bank accounts, interest, debt Media influence on body image and self-worth 					

Y11					
Autumn Term		Spring Term		Summer Term	
Health & Wellbeing	Health & Wellbeing	Relationships (RSE)	Relationships (RSE)	Living in the wider world	Living in the wider world
Pupil Focus: Health & Wellbeing: <ul style="list-style-type: none"> Managing exam stress and preparing for post-16 transitions Understanding risk: gambling, addiction, gang involvement Recap: sexual health and accessing services Relationships: <ul style="list-style-type: none"> Long-term commitments: marriage, parenting Rights and responsibilities in sexual relationships Challenging prejudice and promoting equality Living in the Wider World: <ul style="list-style-type: none"> Post-16 pathways: sixth form, college, apprenticeships Employment skills: interviews, applications, workplace behaviour Understanding personal finance: tax, payslips, living costs 					

Assessment Methods	
1. Formative Assessment <ul style="list-style-type: none"> Teacher Observation Workbook / Folder Reviews Questioning and Class Discussion Peer and Self-Assessment Feedback (Verbal and Written) 	2. Summative Assessment (End of Unit or Project) <ul style="list-style-type: none"> Project Outcomes End-of-term or end-of-year grades

Remember
Each Pupil – Unique Learning Methods of Learning – Differentiation & Modification

Impact
A high-quality PSHE curriculum is central to our vision for developing well-rounded, resilient, and responsible pupils. Through structured, age-appropriate learning across health, relationships, and the wider world, PSHE contributes significantly to: <ul style="list-style-type: none"> Improved emotional wellbeing and resilience, equipping pupils with strategies to manage stress, anxiety, and change. Healthier lifestyle choices around diet, physical activity, and avoiding harmful substances. Safer and more respectful relationships, underpinned by a strong understanding of consent, boundaries, and diversity. Greater readiness for adult life, including financial capability, digital literacy, and career planning. Increased safeguarding awareness, enabling pupils to identify risk and seek support. Positive school culture and pupil engagement, improving behaviour, attendance, and academic outcomes. This work supports our statutory responsibilities under <i>Keeping Children Safe in Education</i> and the national PSHE/RSE guidance, and underpins our commitment to developing pupils' personal development, wellbeing, and life chances.



The Flight Path			
Post 19	Supported Internships	College / University	Employment

A full breakdown and MTP for each area of Art listed below can be found within the PSHE department file.