Relationships, Sex & Health Education Curriculum (KS5)

Health & Wellbeing
Relationships
Living in the Wider World

In Relationships & Sex Education (RSE) and Physical health & mental wellbeing curriculum, learners have completed tasks that will support a transition to KS5 RSHE applying knowledge from KS4:

- Physical health
- Mental wellbeing
- Drugs, alcohol and tobacco
- Relationships

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Respectful relationships	Mental wellbeing	Physiology and health including reproductive health	Being safe e.g. consent & domestic abuse	Physical health & fitness	Higher Education & Careers
Family types and diversity	Lifestyle factors affecting wellbeing e.g. drugs & alcohol	Intimate & sexual relationships	Online & media – internet safety & harms	Health & prevention e.g. dental health & first aid	Work experience
Mental, physi		Health E. Enriching understanding of sed to manage health and pi			y coping mechanisms

Relationships

The development of healthy relationships and the statutory requirements of SRE including consent, contraception, pregnancy etc.

Living in the Wider World

This theme develops awareness of global issues, different cultures, decision-making and positive community contributions.