



Midhurst Rother College

The best in everyone™

Part of United Learning

Personal, Social, Health and Economic (PSHE) Curriculum Overview

2026/27

Respect . Happiness . Achievement

Overview

What Is Personal, Social, Health and Economic (PSHE)?

Personal, Social, Health and Economic (PSHE) Education plays a vital role in supporting pupils' personal development and wellbeing. It equips children and young people with the knowledge, skills, and attributes they need to thrive both now and, in the future, enabling them to make informed decisions, build positive relationships, stay healthy and safe, and prepare successfully for adult life, learning, and employment.

The Department for Education's statutory guidance for Relationships Education, Relationships and Sex Education (RSE), and Health Education, first introduced in 2019 and supported by the updated RSE guidance, ensures that pupils receive age-appropriate, evidence-based teaching on the issues most relevant to their lives today. This learning helps children and young people develop an understanding of healthy and respectful relationships, personal safety, consent, online safety, mental wellbeing, physical health, and the importance of kindness, respect, and inclusion.

Through RSE, pupils learn about family relationships, friendships, managing emotions, personal boundaries, and recognising inappropriate or harmful behaviours. The updated guidance places greater emphasis on safeguarding, ensuring content is age-appropriate, strengthening understanding of consent and healthy relationships, promoting digital literacy and online safety, and supporting pupils to critically evaluate information they encounter both online and offline.

Alongside Health Education and RSE, a high-quality PSHE curriculum also encompasses economic wellbeing, careers and enterprise education, citizenship, and personal safety. This includes developing financial literacy, understanding future career pathways, building resilience, assessing and managing risk, and fostering the confidence and skills needed to contribute positively to society.

Our Curriculum

At Midhurst Rother College, our PSHE curriculum is designed to empower students to become healthy, safe, respectful, and responsible members of the community. Through a carefully planned programme of PSHE, Relationships and Sex Education (RSE), and Health Education, we support students in developing the knowledge, skills, and confidence needed to make informed decisions, build positive relationships, manage challenges effectively, and embrace the opportunities and responsibilities of life beyond school. Our aim is to ensure every student is well prepared to thrive academically, socially, and personally in an ever-changing world.

Our approach recognises that PSHE is not simply about learning facts; it is about developing the confidence, character, and practical skills needed to navigate modern life successfully. By working in partnership with parents, carers, and the wider community, we aim to ensure that every student leaves Midhurst Rother College as a confident, resilient, and well-informed young adult, ready to contribute positively to society.

Outcomes

At Midhurst Rother College, our PSHE curriculum is designed to ensure that every student has the opportunity to develop the knowledge, skills, and attributes needed to flourish in an ever-changing world. Through a broad, inclusive, and progressive programme of learning, students are equipped to make informed decisions, build positive relationships, maintain their physical and mental wellbeing, and prepare for future education, employment, and adult life. These outcomes are delivered through the **Three Core Themes Of PSHE Education**:



**HEALTH &
WELLBEING**



RELATIONSHIPS



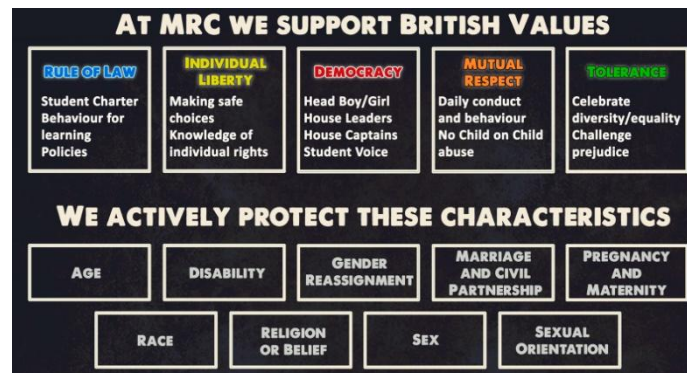
**LIVING IN THE
WIDER WORLD**

Guidance

At Midhurst Rother College, our PSHE curriculum is informed by the latest Department for Education (DfE) statutory guidance for Relationships Education, Relationships and Sex Education (RSE), and Health Education, alongside best practice guidance from the PSHE Association. This ensures that our curriculum remains relevant, inclusive, evidence-informed, and responsive to the needs of young people in today's rapidly changing world

British Values

At Midhurst Rother College, the fundamental British values democracy, the rule of law, individual liberty, mutual respect, and tolerance of those with different faiths and beliefs are embedded throughout the PSHE (Personal, Social, Health and Economic) curriculum. The College's ethos of respect, happiness, and achievement underpins its approach to teaching these values, ensuring students are not only academically prepared but also socially and morally equipped for life in modern Britain. Through the PSHE curriculum, students explore topics such as citizenship, diversity, personal responsibility and law helping them to understand their rights and responsibilities within society. The curriculum also promotes open discussion and critical thinking, encouraging pupils to engage with different perspectives and develop a strong sense of social justice and community awareness.



Further Information

To ensure transparency and keep our community informed, we have provided links below to the latest Department for Education statutory guidance for Relationships Education, Relationships and Sex Education (RSE), and Health Education, as well as the Midhurst Rother College PSHE Policy.

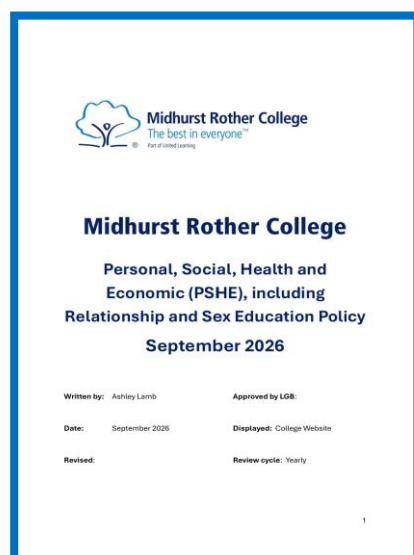
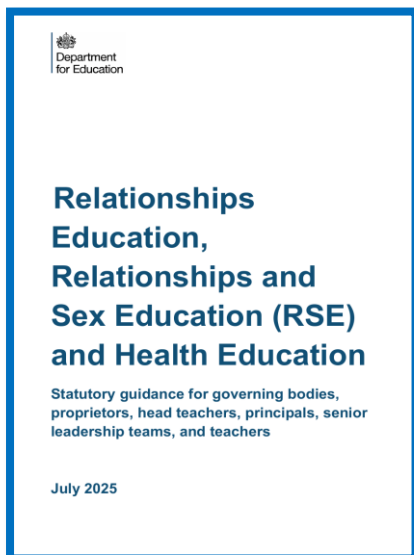
The statutory guidance outlines the requirements and expectations for schools in delivering high-quality PSHE, RSE, and Health Education, ensuring that all students receive age-appropriate learning that supports their wellbeing, safety, and personal development.

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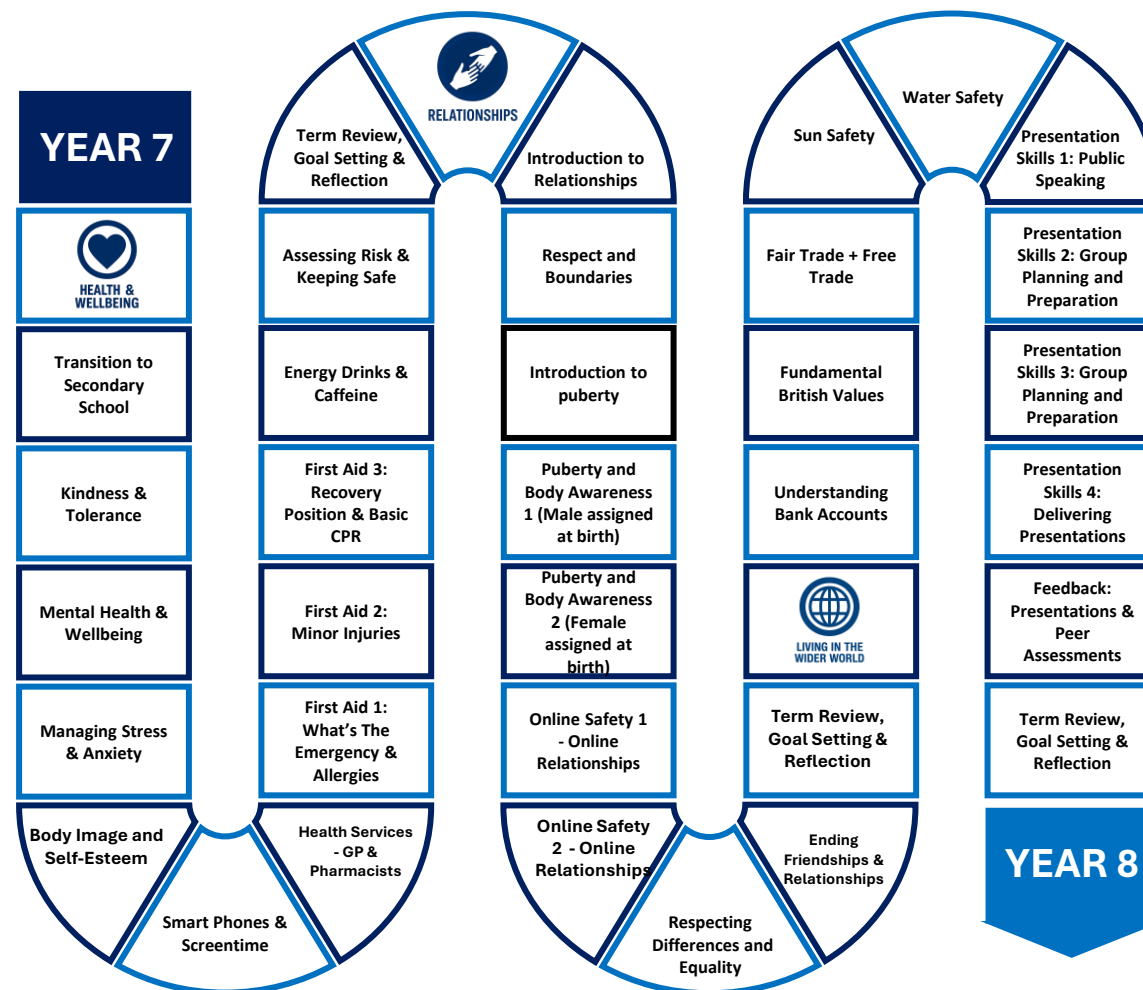
Our PSHE Policy explains how these requirements are implemented at Midhurst Rother College, including our curriculum content, delivery model, and commitment to providing an inclusive, supportive, and evidence-informed programme for all students.

Please use the links below to access:

[Relationships Education, Relationships and Sex Education and Health Education guidance PSHE & RSE Policy .pdf](#)



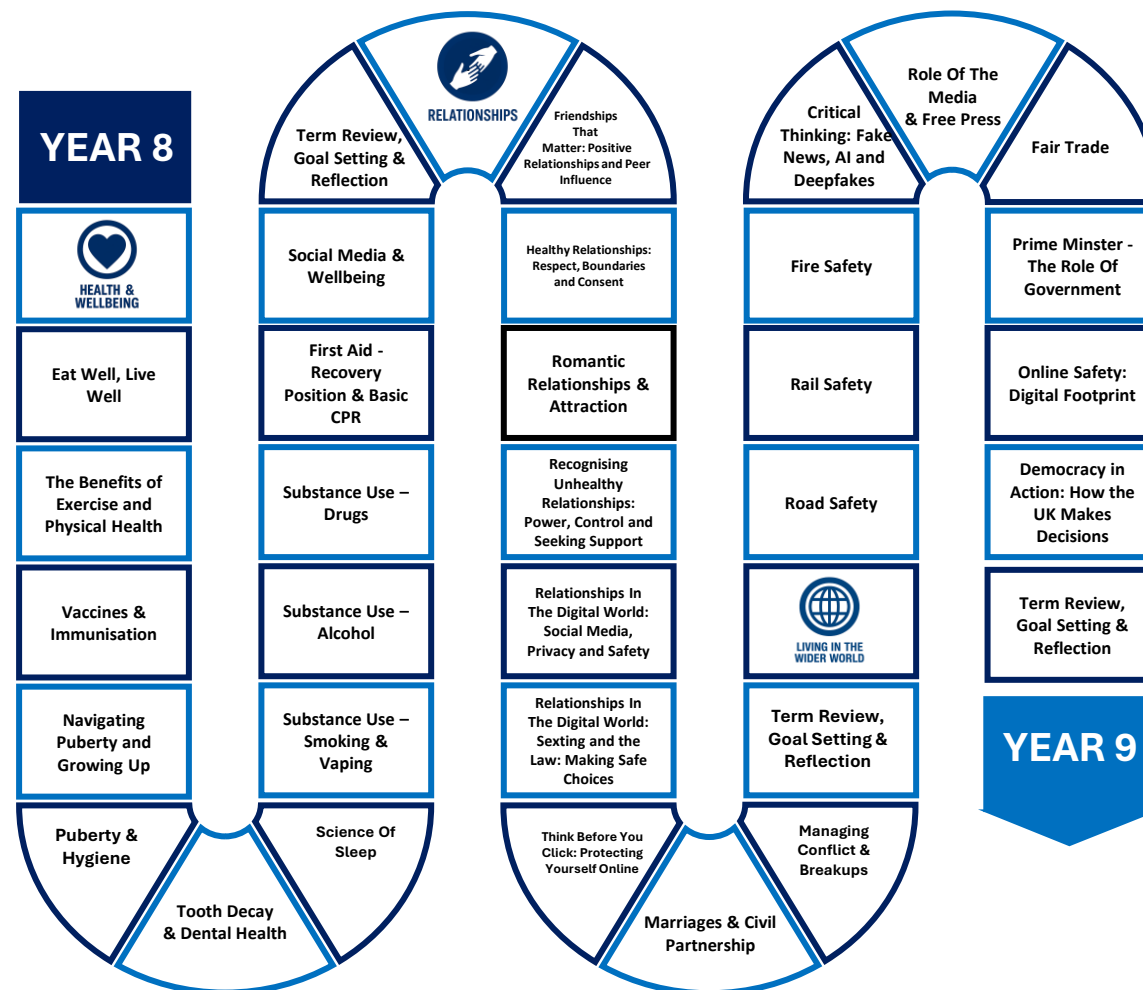
PSHE Curriculum Road Map – Year 7 2026/27



To meet safeguarding requirements, some PSHE lessons may be amended or rearranged during the academic year. Parents/carers will receive a letter prior to the delivery of RSE content outlining the lessons and topics that will be covered.

Key Stage 3

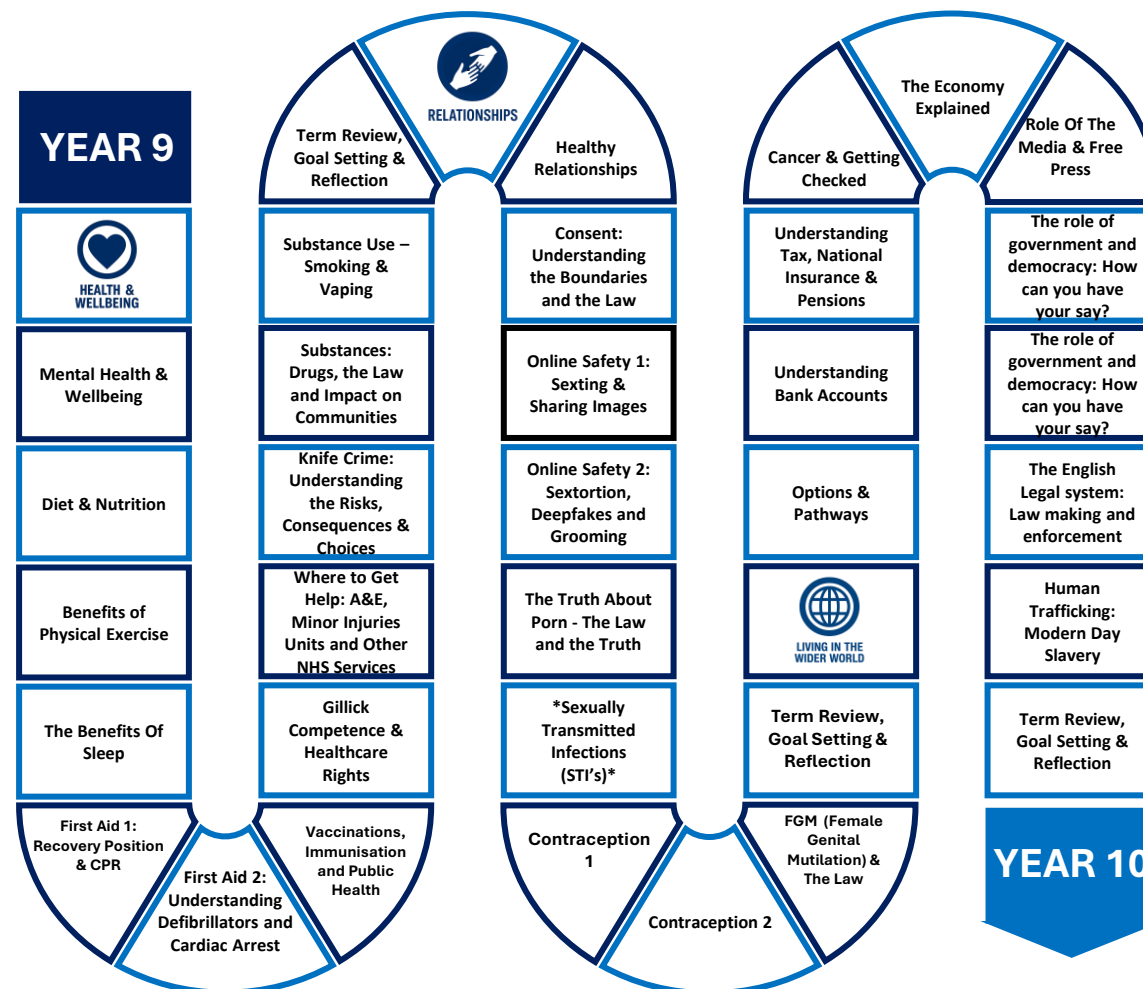
PSHE Curriculum Road Map – Year 8 2026/27



To meet safeguarding requirements, some PSHE lessons may be amended or rearranged during the academic year. Parents/carers will receive a letter prior to the delivery of RSE content outlining the lessons and topics that will be covered.

Key Stage 3

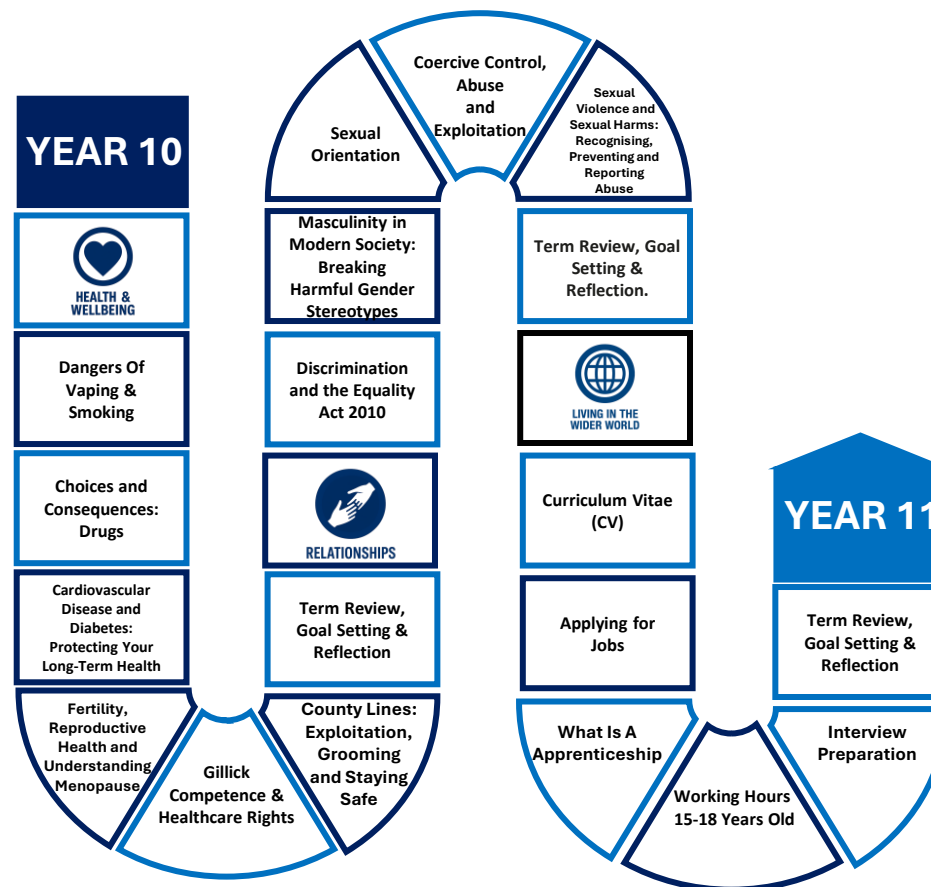
PSHE Curriculum Road Map – Year 9 2026/27



To meet safeguarding requirements, some PSHE lessons may be amended or rearranged during the academic year. Parents/carers will receive a letter prior to the delivery of RSE content outlining the lessons and topics that will be covered.

Key Stage 3

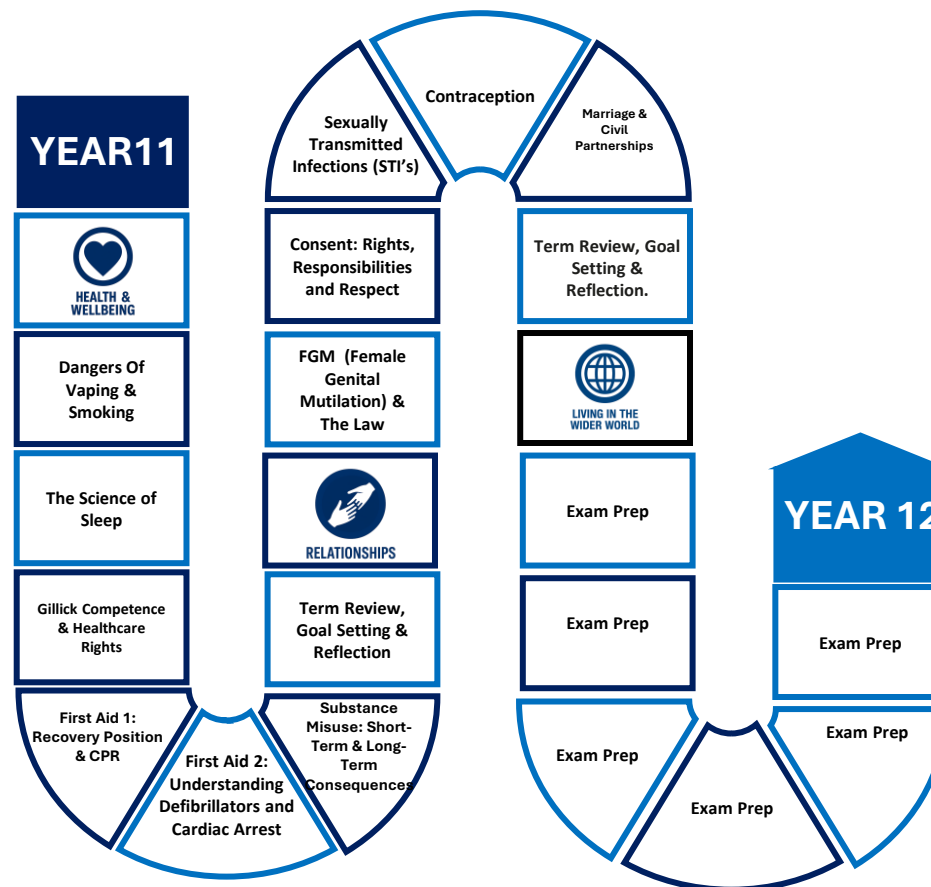
PSHE Curriculum Road Map – Year 10 2026/27



To meet safeguarding requirements, some PSHE lessons may be amended or rearranged during the academic year. Parents/carers will receive a letter prior to the delivery of RSE content outlining the lessons and topics that will be covered.

Key Stage 4

PSHE Curriculum Road Map – Year 11 2026/27



To meet safeguarding requirements, some PSHE lessons may be amended or rearranged during the academic year. Parents/carers will receive a letter prior to the delivery of RSE content outlining the lessons and topics that will be covered.

Key Stage 4