

KS4

Year 9 Term 4: Health & Wellbeing

Diet, exercise, lifestyle balance and healthy choices and first aid

Year 9 Term 5: Relationships

Relationship and sex education including consent, contraception, the risks of STI's and attitudes to pornography

Year 8 Term 6: Living in the wider world

Employability and online presence

Year 9 Term 1: Health & Wellbeing

Healthy and unhealthy friendships, assertiveness, substance misuse and gang exploitation

Year 9 Term 2: Relationships

Families and parenting, healthy relationships, conflict resolution and relationship changes

Year 9 Term 3 : Living in the wider world

Learning strengths, career options and goal setting as part of the GCSE options process

Year 8 Term 4 Health and Wellbeing

Mental health and emotional wellbeing, including body image and coping strategies

Year 8 Term 5 Relationships

Gender identity, sexual orientation, consent, "sexting" and an introduction to contraception

Year 8 Term 6: Living in the wider world

Online safety, digital literacy. Media reliability and gambling hooks

Year 8 Term 1: Health and Wellbeing

Drugs and Alcohol misuse and pressures relating to drug use

Year 8 Term 2: Living in the wider world

Equality of opportunity in careers and life choices, and different types and patterns of work

Year 8 Term 3: Relationships

Discrimination in all its forms (racism, religious, disability, sexism, homophobia, biphobia and transphobia

Year 7 Term 4: Health and Wellbeing

Healthy routines, influences on health, puberty, unwanted contact, and FGM

Year 7 Term 5 Relationships

Building relationships Self-worth, romance and friendships (including online) and relationship boundaries

Year 7 Term 6: Living in the wider world

Financial decision making Saving, borrowing, budgeting and making financial choices

Year 7 Term 1: Health and Wellbeing

Transition to secondary school and personal safety in and outside school, including first aid

Year 7 Term 2 Living in the wider world

Careers, teamwork and enterprise skills, and raising aspirations

Year 7 Term 3: Relationships

Diversity, prejudice, and bullying

11

Year 11 Term 4: Developing empathy and compassion, clarifying values and support-seeking skills:

- Families and parenting
- Fertility, adoption, abortion
- Pregnancy and miscarriage
- Managing grief and loss

Year 11 Term 5: Developing confidence, self-worth, adaptability and decision making skills:

- Recognising and celebrating successes
- Transition and new opportunities
- Aligning actions with goals

Year 11 Term 6:

GCSEs

KS5

Year 11 Term 1: Developing resilience and risk management skills:

- Money management
- Fraud and cybercrime
- Preparing for adult life

Year 11 Term 2: Developing communication and negotiation skills, risk management and support-seeking skills:

- Relationship values
- Maintaining sexual health
- Sexual health services
- Managing relationship challenges and endings

Year 11 Term 3: Developing confidence, agency and support-seeking skills:

- Making safe and healthy lifestyle choices
- Health promotion and self-examination
- Blood, organ, stem cell donation

10

Year 10 Term 4: Developing goal setting, leadership and presentation skills:

- Skills for employment
- Applying for employment
- Online presence and reputation

Year 10 Term 5: Developing goal setting, leadership and presentation skills:

- Skills for employment
- Applying for employment
- Online presence and reputation

Year 7 Term 6: Developing motivation, organisation, leadership and presentation skills:

- Preparation for, and reflection on, work experience

Year 10 Term 1: Developing self-awareness, goal-setting, adaptability and organisation skills:

- Managing transition to key stage 4 including learning skills
- Managing mental health concerns

Year 10 Term 2: Developing empathy and compassion, strategies to manage influence and assertive communication:

- Relationship expectations
- Impact of pornography
- Identifying and responding to abuse and harassment

Year 10 Term 3: Developing agency and decision making, strategies to manage influence and access support:

- First aid and life-saving
- Personal safety
- Online relationships