

	Autumn 1 - SEMH	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Drop-Down Day
Year 7	<p>Introduction to PSHE and Transition Students will learn about PSHE and will discuss issues relating to transition.</p> <p>SEMH: My Superpowers Students will learn about the power of introspection and optimism</p> <p>SEMH: My Superpowers Students will learn about the power of interoception</p>	<p>SEMH: My Superpowers Students will learn about the power of mindset</p> <p>SEMH: My Superpowers Students will learn about the power of failure and resilience</p> <p>SEMH: My Superpowers Student will learn about the power of creativity and mindfulness</p>	<p>Healthy Friendships and Bullying Students will learn about what makes a healthy friendship, how to be a good friend and what to look out for in an unhealthy friendship.</p> <p>Families, Relationships and Parents Students will learn about family structures and other forms of partnerships. They will also think about their relationship with their parents and stresses of being a teenager.</p> <p>Internet safety and Digital Footprint Students will learn about the law and social media and about how to stay safe online and the dangers/benefits of the internet.</p>	<p>Healthy Lifestyle and Personal Hygiene Students will learn about how to stay healthy physically and look after their own personal hygiene.</p> <p>Hormones, Puberty and Menstruation (Relationships) Student will learn about changes during puberty and about common menstruation products.</p> <p>SEMH: Feelings and Emotions Students will learn how to label their emotions and feelings and about self-regulation and self-soothing.</p>	<p>Study Skills Students will be taught about revision timetables and some revision techniques.</p> <p>What is Racism? Students will learn about what racism and discrimination is and what microaggressions are and the difference between non-racist and anti-racist.</p> <p>Gender and Identity Students will learn about the vocab used in society around gender and identity eg. Cisgender, non-binary and transgender</p>	<p>Disability and The Equality Act Students will learn about different disabilities and protected characteristics and how the Equality Act protects people with disabilities</p> <p>Fake News Students will look at news stories and learn about misinformation and disinformation and how to spot them and reliable sources of information.</p> <p>Digital Footprint, Online Life and Consent Students will learn about their own digital footprint and discuss their online life. Consent in relation to online life will be discussed through various scenarios</p> <p>Overspill/ Personal Safety Students will learn about staying safe over the summer holidays to include sun safety and water safety.</p>	<p>SB Changes Workshop A session on physical and emotional changes during puberty.</p> <p>SB Body image Workshop Thinking through our relationships with our body to include considerations of body positivity and body neutrality.</p> <p>ACTivate Team Building and Problem solving A session to strengthen cohesion and group morale, designed to dissolve inhibitions and unlock imagination, boost confidence.</p> <p>SB Consent A session on consent and how consent is an important part of healthy relationships.</p> <p>ACTivate Resilience How do we cope when we fail? What can we learn from it? How can we accept and find opportunities in failure?</p>

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Year 8	<p>SEMH: Mental Fitness and Psychological flexibility (ACT) An introduction to Acceptance and Commitment and psychological flexibility.</p> <p>SEMH: Understanding Anxiety An introduction to uncomfortable feelings and anxiety.</p> <p>SEMH: Healthy Coping Strategies An introduction to how we can help ourselves and stay mentally fit and an introduction to some coping strategies if students are struggling.</p>	<p>Healthy Relationships Students will revisit themes and discussions from Year 7 and build on knowledge and experience. Students will consider characteristics of a good friend and talk about how to approach friends when it all goes a bit wrong.</p> <p>Peer pressure and Conflict Resolution Students will talk about and interrogate peer pressure and its effects as well as build knowledge on managing conflict.</p> <p>Social Media and Screentime Students will be taught about some of the dangers of social media in relation to self-esteem, online safety as well as the dangers of too much screentime.</p>	<p>Smoking and Vaping Students are taught about tobacco and cigarettes and about vaping with reference to the law and potential long-term dangers of vaping.</p> <p>Types of Drugs Students are introduced to different types of drugs and investigate the effects of several types of drugs and the dangers of drug use.</p> <p>Alcohol Awareness Students learn about units of alcohol and the dangers of alcohol in relation to health and personal safety.</p>	<p>Protected Characteristics Students will learn about protected characteristics in the UK and interrogate scenarios.</p> <p>Equity and Allyship Following on from Year 7 students will revisit racism and protected characteristics and learn about equality, equity, fairness, allyship and microaggressions.</p> <p>Happiness Students will learn about research into 'happiness' and consider their own ingredients for a happy life.</p>	<p>Study Skills Following on from Year 7 we will revisit revision timetables, study techniques and start thinking about how to manage exam stress.</p> <p>Families and Long-Term Relationships Students will learn about the importance of families and consider different types of families and learn about marriage to include forced marriage.</p> <p>Familial breakdown and break-ups Students will learn about the law in relation to divorce and the causes and effects on families and young people. Discussion will lead to teenage break-ups whether romantic or plutonic.</p>	<p>Your Money Matters: Saving (x3 lessons) Students will learn about what saving is and reasons for saving. How do we save? What are interest rate and AER? What are the various types of savings accounts?</p> <p>Overspill: Refugee Awareness Students will learn about refugee status and interrogate data on refugees in the UK. They will think about how it feels to leave everything you know and arrive somewhere unfamiliar to develop empathy.</p>	<p>SB Staying Safe Online incl grooming Reflect on what makes a space feel safe (online and offline). Understand how consent relates to images and information. Understand things which might make us feel unsafe online. Understand what harmful content is, and what to do if you see it. Know how to build healthy relationships online.</p> <p>SB Relationships workshop Understand that there are different types of relationships. Understand that relationships come in all shapes and sizes. Understand what unhealthy and healthy behaviours in a relationship are. Identify ways to maintain a healthy friendship and ways to stand up against bullying.</p> <p>ACTivate: Using your Voice (public speaking and presenting). Explore the fundamental principles of effective presentation and communication; Confidence, Clarity and Body Language.</p>

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Year 9	<p>SEMH: Year 9 change, emotions and resilience Students will talk about their feelings on change and how it makes them feel. They will revisit their emotions wheel and think through labelling their emotions and think about resilience to change.</p> <p>SEMH: Healthy Coping Strategies Review and healthy lifestyles Students will revisit healthy coping strategies to maintain mental fitness and consider how healthy lifestyle choices impact mental health.</p> <p>Tattoos and Body Piercings Students learn about safe/protective measures to try to ensure healthy tattoos and piercings. Students also think through pros and cons of choosing piercings and visible tattoos.</p>	<p>Anti-bullying and Online Behaviours (Cyberbullying) Students will learn about different types of cyberbullying and use information from BHS survey to think about our own online behaviours.</p> <p>Online Safety and Social Media Stress Students will learn about how groomers are predatory and clever. Students will revisit how to stay safe online. Students will consider the benefits and drawbacks of social media. They will think about how to recognise and manage the stress of social media.</p> <p>Safe Sex, Contraception and Pregnancy Options Students learn about different methods of contraception and what constitutes 'safe sex'. Students learn about sexually transmitted infections and the options available if they get pregnant.</p>	<p>Safe Sex, Contraception, Pregnancy Options and STIs</p> <p>Sexual Health Students will learn about the prevalence and dangers of STIs and signs and symptoms and what to do if they suspect they have an STI.</p> <p>Vaping: The Truth About Vaping</p>	<p>County Lines and Crime x2 lessons Students will learn about the operation of County Lines and what makes children susceptible. They will learn about signs to look out for and how to report.</p> <p>Gender and Power Students will think through common personality characteristics and their relationship with 'power'. Students consider gender stereotypes and are encouraged to challenge them. Students consider the power.</p>	<p>Study Skills Following on from Year 8 students will revisit revision timetables, study techniques and start thinking about how to manage exam stress.</p> <p>Government and Politics: Political Parties in the UK x2 lessons Students will learn about our democratic system. Students will work in groups to research a political party and write their own manifesto for the political party. Students will deliver a speech (husting) to garner support and then the class will have a 'free vote'.</p>	<p>Your Money Matters: Making the most of your money x2 lessons We all make choices with money nearly every day – whether to spend it or not, what to spend it on, and searching for the best deals. Students will look at some of the things that can influence these choices, how we can manage those choices more effectively and what our consumer rights are for the things we do spend money on.</p> <p>Overspill: Teenage Poverty in the UK Students will learn through real life stories about what it is like to grow up in poverty.</p>	<p>Inspirational Learning Group (all day) Supported by NatWest's Dream Bigger Programme, students will 'Enter the Dragon's Den' to pitch their own idea for a brand-new business that would appeal to the teenage market. Students will examine emerging trends to identify a gap in the market that their new product or service could fill! They will then consider the necessary steps that must be taken when establishing a business start-up before considering how they could use the power of social media, influencers and viral marketing to promote their new business idea.</p>

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Year 10	<p>SEMH: Mental Health Disorders, Exam Stress, and Anxiety incl healthy coping strategies and healthy lifestyles x2 lessons</p> <p>Sleep, Screens and Procrastination Students learn about 'Eat the Frog' and discuss what motivates them to keep going through periods of revision. How to avoid being a master procrastinator. The importance of sleep and the dangers of screens.</p>	<p>Sexting and Consent Students revisit consent (FRIES). Students learn what sexting is and the dangers of sexting along with the law.</p> <p>Toxic Relationships and Relationship Abuse Students revisit signs of healthy relationships and develop understanding of what constitutes relationship abuse. Clare's Law is discussed. This lesson considers the laws around FGM.</p> <p>TVP VAWG: Looking out for each other Students will learn about strategies to support personal safety, especially when out socialising with peers. They will identify safe/ unsafe situations and how to look out for themselves and others.</p>	<p>Drugs and the Impact of Drugs Students revisit some of their learning from Year 8 and develop a deeper understanding of the impacts that drugs can have on lives as well as investigating the effects of certain drugs.</p> <p>Alcohol Misuse and Binge Drinking Students learn about the dangers of drinking through clips and scenarios. The concept and dangers of binge drinking are investigated and discussed.</p> <p>Healthy and Unhealthy Lifestyles: Heart Disease Students learn about lifestyles and risks and about the leading cause of death in the UK.</p>	<p>Grief and Bereavement: Emotional and Practical Students will be taught about the different stages of grief and ways we can support people who are grieving. Discussions around what happens to a person's mind during the grieving process and why particular activities may be helpful.</p> <p>Study Skills Students will consider their preparations for their Year 10 exams and how their revision needs to be planned and scheduled and how they need to be active in their revision.</p> <p>Vaping: Risks and Unknowns Students revisit and consider the risks of vaping on physical health.</p>	<p>Online Scams Students will learn how to identify scams, where to report cyber security incidents and what happens when reporting.</p> <p>Extremism in the UK. Students will learn about what extremism, radicalisation and terrorism are and investigate how it happens, it's impact and how education is playing an important part in tackling extremism in the UK.</p> <p>How are laws made: Upskirting Students learn about the basic process for making laws in the UK and how this process applied to the laws on upskirting.</p>	<p>Personal Finance Your Money Matters: Borrowing: borrowing choices and products.</p> <p>Personal Finance Your Money Matters: Moving on. Consider the big financial decisions that people make after school.</p> <p>Personal Finance Your Money Matters: Borrowing: borrowing choices and products.</p> <p>An intro to NCS and Transferable Skills Students will explore the National Careers Service website and undertake quizzes and investigate the portal.</p> <p>Overspill: The Murder that changed a country BBC Teach introduces students to the murder of Stephen Lawrence and the ongoing impacts and ramifications of his murder.</p>	<p>Split Banana Harmful Online Content Students will learn about how pornography can be damaging when ingested with an uncritical eye. We take a shame-free approach when discussing it, and highlight how it can affect relationships, expectations and intimacy. We signpost to further advice and resources that students may need.</p> <p>Split Banana Intimate Relationships Students will learn about consent, pleasure and where we receive our ideas about sex from. We'll discuss different types of sex, intimacy and relationships. We also advocate for respecting others' choices.</p> <p>Split Banana Assembly Sexual Health Students will learn about STIs, contraception and how to keep themselves and others safe and healthy during sex. We'll talk about responsibility and where young people can</p>

							<p>access further information and services.</p> <p>The Money charity Learn and understand about credit and saving</p> <p>Self-Esteem Team Body Image Understand how our world view can distort how we see ourselves. Recognise how and why we compartmentalise our bodies. Explore what we really value in people rather than aesthetics. Create strategies for improving personal body image</p>
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Year 11	<p>SEMH: Thinking and Talking about Year 11 Students think and talk about the year ahead including the challenges and pressures and what their year looks like.</p> <p>Post-16 Options Students about possible paths after their GCSEs including different qualifications and different institutions for post-16 study in our local area. Statutory lesson to be Baker Clause compliant.</p> <p>SEMH: Healthy Coping Strategies A recap and refresh on how we can help ourselves stay mentally fit to include some coping strategies if students are struggling.</p>	<p>Fertility, Pregnancy and miscarriage x2 lessons Students will learn about fertility and routes to parenthood. They will be able to identify the range of options available in the event of an unplanned pregnancy and describe emotions of an unplanned pregnancy. Student will learn that miscarriage can occur and where to access support.</p> <p>Healthy Lifestyles: Dementia and Cancer A look at and discussion about dementia and breast cancer to include causes, symptoms, prevention and screening</p>	<p>Mock Exams</p> <p>Domestic Violence Students will watch documentary with Stacy Dooley who talks to women and girls who have experienced domestic violence.</p> <p>Honour-based violence, forced marriage and tackling FGM What is honour-based violence and who is at risk? What is forced marriage and what does the law say? How can we tackle FGM and HBV? Where can people go for support?</p>	<p>Healthy Lifestyles: The risks of spiking</p> <p>Your Money Matters: Moving On 1 An introduction to Student finance, Earnings, Payslips, Tax and National Insurance, Self-employed, Methods of payment, why do we pay Income Tax? Saving for a Pension.</p> <p>Your Money Matters: Moving On 2 An introduction to Student finance, Earnings, Payslips, Tax and National Insurance, Self-employed, Methods of payment, why do we pay Income Tax? Saving for a Pension.</p>	<p>Your Money Matters: Moving On 3 An introduction to Student finance, Earnings, Payslips, Tax and National Insurance, Self-employed, Methods of payment, why do we pay Income Tax? Saving for a Pension.</p> <p>Overspill: Organ donation and Max and Kiera's Law A look at the importance of organ donation with case studies and the decision-making involved and the change in the law.</p> <p>Healthy Lifestyle: Energy Drinks and Caffeine A look at the pros and cons and dangers and laws surrounding caffeine and energy drinks.</p>		<p>Split Banana Consent and Rape Culture This session covers a wide range of topics. Students will learn about different types of relationships and how they affect our lives. We also cover different ways of building physical intimacy, give a definition as to what sex is and give the foundation of consent.</p> <p>ACTivate Creative Leadership Students will explore the fundamental principles of effective Creative Leadership; Self-Reflection, Presentation & Body Language and Collaboration and Communication.</p> <p>Elevate Education Study Skills Utilising the syllabus to frame study. Structuring and reviewing organised notes. Conceptual learning to develop deep</p>

							understanding. Utilising practice exam papers. Standing out through independent learning
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