

New Woodlands School PSHE Sequencing

CRE8TIVE RESOURCES

YEAR 7 - Year 11

BY SPIRAL THEMATIC APPROACH

Rights, Responsibilities and British Values

Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Politics & Parliament - 01 - Why is Politics Important	Year 7	To understand the impact politics has on every day life To explore the History of the UK Parliament To evaluate the differences between living in a democracy and a dictatorship	Politics, Parliament, Dictatorship, Democracy, Government, Election, Ballot	I understand how politics impacts my life I can describe the role of parliament I can explain the differences between living in a democracy and a dictatorship
Politics & Parliament - 02 - How is our Country Run	Year 7	To describe the make up of parliament and the main roles it performs To understand the role of a local MP To evaluate whether MP's are doing a good job at running the country and representing our views in Parliament	House of Commons, House of Lords, Westminster, Constituency, Political Parties	I can explain the differences between the two house of Parliament I can describe the role of a Local MP I can identify characteristics of a democratic country
Politics & Parliament - 03 - The Role of the Prime Minister	Year 7	To understand the ways a Prime Minister can be chosen To know the role of the Prime Minister To consider what skills and qualities make a good Prime Minister	Conservative, Labour, SNP, Coalition, Cabinet, Appointed, Advocacy	I understand how someone could become the Prime Minister I can explain the job responsibilities of the Prime Minister I know the skills and qualities needed to be Prime Minister
Politics & Parliament - 04 - The Monarchy and King Charles III	Year 7	To can explain what the both the Monarchy and the Commonwealth are To understand the line of succession To describe the role King Charles III has and his duties to the crown	Monarchy, Duties, Succession, Abdication, Knighthoods, Damehoods	I can explain what the role of the British Monarchy is I understand why Charles has become King I understand King Charles III's duties and accomplishments

Politics & Parliament - 05 - Political Debates and Parliament	Year 7	To acknowledge different people may have many different views on any given topic To practice the art of debating To better understand why Parliament debates are important	Debate, Advocate, Devil's Advocate, Parliamentary, Opposing, Policy	I am confident that I could have a civilised debate on a topic I believe in I understand the importance of debates, both inside and outside of Parliament I can recognise a wide range of views on a single topic
Politics & Parliament - 06 - Elections and Campaigning	Year 7	To describe the different types of elections in the UK To explore how a new Government is formed after a general election To evaluate the importance of exercising your right to vote	First Past The Post, By Elections, General Elections, Proxy, Postal, Digital Democracy, Campaign	I can explain how a new Government is formed after a general election I understand the different types of elections held within the UK I can explain several reasons why voting is important
Politics & Parliament - 07 - Creating a Political Party	Year 7	To name the main parties that represent the UK in Parliament To explore what makes a good political party To create a new political party for the UK	Turnout, Party Ideology, Slogan, Political Office, Aims, Policies	I can name five political parties I understand the difference between Labour and Conservative I know the difference between issues, aims and policies
Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Law, Crime & Society - 01 - Desert Island - Living	Year 8	To consider what it would be like to live on a desert island To understand that rights come with responsibilities To evaluate the fairest way to make choices	Rite of Passage, Moral Dilemmas, Philosophies, Optimistic, Civilization	I can make difficult decisions I work well in a team understand the qualities needed to be a leader I know what moral dilemmas are and can give examples
Law, Crime & Society - 02 - Desert Island - Building a Community	Year 8	To understand the concept of community cohesion and what makes a community To be able to make decisions and understand their impact To understand the different forms of prejudice that exist	Community, Cohesion Diversity, Prejudice, Discrimination	I know what makes a good community I am aware of the dangers of stereotyping and prejudging people I can define prejudice and discrimination
Law, Crime & Society - 03 - Desert Island - Making Decisions	Year 8	Understanding how to make informed decisions To consider the impact my decision could have To develop skills of evaluation, prediction and self reflection	Informed Decisions, Procedures, Consequences, Ceremony, Celebration	I know how to make informed decisions I understand how my decisions can have good or bad consequences I can explain how I have been a good team player
Law, Crime & Society - 04 - Desert Island - Criminals, Law & Society	Year 8	To understand that the age of criminal responsibility varies in different countries To understand how the criminal justice system operates for young offenders To	Theft, Laws, Criminal Responsibility, Young Offenders,	I know the age of criminal responsibility in the UK and other countries I can explain how the criminal justice system treats

Law, Crime & Society - 05 - How are Laws Made	Year 8	<p>evaluate why young people may commit crimes</p> <p>To understand why laws are needed in society To understand the process of how a bill passes through Parliament To evaluate recent changes to the law in England and Wales</p>	<p>Conviction, Remorse</p> <p>Royal Assent, Bill, White & Green Paper, Consultation, Reciprocity, Ping-Pong of a Bill</p>	<p>young offenders I can define legal rights and the rule of law</p> <p>I can explain why society needs laws I understand how a bill becomes a law in the UK I know some recent law changes in the UK</p>
Law, Crime & Society - 06 - Prison, Reform and Punishment	Year 8	<p>To explain the types of punishments available in the UK To understand the different theories behind punishing offenders To evaluate whether prison is an effective form of punishment</p>	<p>Retribution, Rehabilitation, Reperation, Denunciation, Incapacitation , Deterrence</p>	<p>I can name a wide variety of punishments used in the UK Criminal Justice System I understand the theories behind punishment I understand the arguments for and against the use of prisons</p>
Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Combatting Extremism & Terrorism - 01 - Conspiracy Theories and Extremist Narratives	Year 9	<p>To understand what a conspiracy theory is To explore why conspiracy theories and extremist narratives are interlinked To evaluate why conspiracy theories can be damaging to society</p>	<p>Conspiracy Theories, Extremism, Extremist Narratives, Evidence, Scrutiny</p>	<p>I know what a conspiracy theory is I understand what an extremist narrative is I understand why conspiracy theories are damaging to society</p>
Combatting Extremism & Terrorism - 02 - Forms of Extremism	Year 9	<p>To define the terms extremism, terrorism and radicalisation To understand the different types of extremism To understand how extremist views can lead to acts of terrorism</p>	<p>Extremism, Terrorism, Counter Narrative, Radicalisation, Extreme Far Right, National Front</p>	<p>I can define extremism and terrorism I understand the different types of extremism that exist I understand the difference between extremism and terrorism</p>
Combatting Extremism & Terrorism - 03 - What is Terrorism	Year 9	<p>To understand the iceberg analogy of terrorism To explore why people may choose to commit an act of terrorism To evaluate the current terror threat to the UK and explore recent acts of terrorism</p>	<p>Recruitment, Radicalisation, Sourcing, Terrorism Act 2000, ISIS, ISIL, MI5</p>	<p>I understand what terrorism is and can give examples I can evaluate how terrorism makes me feel I know who to contact if I suspect someone is planning an act of terrorism</p>
Combatting Extremism & Terrorism - 04 - War and Conflict	Year 9	<p>To understand why there is a war in Ukraine To explore the response of international organisations to supporting Ukraine To evaluate what impact</p>	<p>NATO, EU, Soviet Union, Conflict, Vladimir Putin, Vladimir Zelenskiy,</p>	<p>I can define what being British means to me I understand a wide range of issues that impact young people in society I can explain</p>

Combatting Extremism & Terrorism - 05 - The Radicalisation Process	Year 9	economic sanctions will have against Russia know what radicalisation is and why it is harmful I can described how the radicalisation process works I understand what the signs of radicalisation look like and can help prevent myself and others from it	Sanctions, No Fly Zone Propaganda, Fanatical, Radicalisation, Ideologies, Pre-radical, Indoctrination, Cultural Diversity	why promoting British values helps to reduce extremism in the UK I can define radicalisation I understand the methods used by extremist groups to radicalise others I understand how to think critically in order to keep myself and others safe
Combatting Extremism & Terrorism - 06 - How Does Counter Terrorism Work	Year 9	I understand how counter terrorism works in the UK and the prevent duty I understand how to respond in a terrorist situation I can evaluate the best way to fight extremism and the ideologies spread by extremist groups	Prevent, Pursue, Pygmalion Effect, Counter Terrorism, Intervention	I know what counter terrorism is I know how to respond in a terrorist situation I can describe the Pygmalion effect
Combatting Extremism & Terrorism - 07 - Antisemitism	Year 9	To define the terms Zionism and antisemitism To explore why Jews have been persecuted in Europe over hundreds of years To understand what is happening today in the UK	Zionism, Antizionist, Antisemitic, Pogrom, Persecution, Shomrim	I can define Zionism and antisemitism I understand why antisemitism has been in the news recently I can describe what a cohesive community looks like
Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Exploring British Values - 01 - Critical Thinking & Fake News	Year 10	To understand how to spot fake news To explore the damaging consequences of Fake news To understand why critical thinking is important	Fake News, Critical Thinking, Misinformation, Disinformation, Propaganda, Press Freedom	I know some methods for spotting fake news I understand the importance of critical thinking I understand why fake news can be damaging
Exploring British Values - 02 - Hate Crime in the UK	Year 10	To understand the definition of a hate crime and the protected characteristics To know the difference between free speech and hate speech To evaluate recent police statistics for hate related crime	Hate Crime, Free Speech, Hate Speech, Prejudice, Xenophobia, Biphobia	I understand the law regarding hate crimes I can identify the causes of hate crime I know the differences between free speech and hate speech
Exploring British Values - 03 - British Values and Identity	Year 10	To define the different British values To understand the importance of Promoting British Values To understand where our sense of identity comes from and why it is important to have a sense of belonging	Tolerance, Values, Multicultural Society, Social Development, Culture, Sovereignty	I can describe what British values are I understand the different aspects that make up my identity I understand the importance of promoting British values in school

Exploring British Values - 04 - Mutual Respect & Tolerance	Year 10	To know the meaning of mutual respect and tolerance To can explain why mutual respect and tolerance is important between different groups of people To understand how multiculturalism and diversity play a big part in teaching us respect	Mutual Respect, Tolerance, Diversity, Multiculturalism, Stereotyping, Heritage	I can define mutual respect and tolerance I know what mutual respect and tolerance looks like in everyday life I can explain why multiculturalism and diversity is important in society
Exploring British Values - 05 - Individual Liberty	Year 10	To describe what is meant by individual liberty To know what individual liberty looks like in my everyday life To have the ability to advocate for individual liberty for myself and those around me	Individual Liberty, Advocate, Protection, Dignity, Principles, Individuality	I understand what is meant by individual liberty I can explain what individual liberty looks like in everyday life I know how to advocate for individual liberty
Exploring British Values - 06 - What are Human Rights	Year 10	To define what human rights are and be able to list several examples To explore the origins of human rights To evaluate how we can protect human rights in the modern world	Treaty, Declaration, Convention, Universal Declaration of Human Rights, Human Rights Act 1998	I can name several human rights I understand the origins of human rights I understand how human rights are protected
Exploring British Values - 07 - Democracy Explored	Year 10	I can explain what democracy is and what it is not I understand what democracy in UK looks like I know my rights in a democratic society	Totalitarianism, Anarchy, Oligarchy, Dictatorship, Constitutional Monarchy, Judiciary	I can explain what democracy is and what it is not I understand what democracy in UK looks like I know my rights in a democratic society

Celebrating Diversity and Equality

Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Celebrating Differences - 01 - What is your Identity	Year 7	To appreciate the wide variety of aspects that make up my identity To understand the nature vs nurture debate To accept that it's okay to be different and to be proud of your identity	Identity, Characteristics, Nature vs Nurture, Values, Genetic Inheritance, Cultural Upbringing	I know how different aspect of my life can influence my identity I can define what the nature vs nurture debate is I understand ways I might lose my sense of identity and know what I can do about it

Celebrating Differences - 02 - Multicultural Britain	Year 7	To understand and describe how diverse modern Britain is To explore the facts and figures of immigration and pull factors To evaluate the concept of Britishness and whether multiculturalism works	Immigration, Emigration, Pull Factors Multicultural Society, Diversity, Census 2021	I can give examples of multicultural Britain I can explain why different groups have and continue to migrate to the UK I can explain the positive impact migration has and have an opinion on if multiculturalism works
Celebrating Differences - 03 - Importance of Being Kind	Year 7	To define kindness and give examples of kind acts To understand the impact an act of kindness can have To know what acts of kindness I can do formyself and those around me	Kindness, Love Languages, Thoughtfulness, Affirmation, Dopamine, Serotonin, Oxytocin	I can define kindness and can give examples of kind acts I understand the impact an act of kindness can have I know what acts of kindness I can do for myself and my friends and family
Celebrating Differences - 04 - Breaking Down Stereotypes	Year 7	To define stereotyping and prejudice To evaluate what can be done to challenge stereotypes To understand the impact both positive and negative stereotypes can have	Prejudice, Discrimination, Positive / Negative Stereotyping, Generalisations	I can explain where stereotypical views come from I don't judge people before I get to know them I understand why it's important not to stereotype
Celebrating Differences - 05- Learning Disabilities	Year 7	To have a base knowledge of learning disabilities To understand how important the right language is To know basic etiquette with disabled people	Etiquette, Ableism, Disability, Non-Disabled, Empathy	I can identify myths from facts linked to learning disabilities I understand how important the right language is I understand basic etiquette with disabled people
Celebrating Differences - 06 - Prejudice and Discrimination	Year 7	To identify different forms of prejudice and discrimination To consider how we can ensure equality for all in society To evaluate how cohesive Britain really is	Prejudice, Discrimination, Persecution, Injustice, Hate Crime, Marginalized	I know the difference between prejudice and discrimination I understand how I can help support equality for all I can identify a range of characteristics that people are sometimes prejudiced by
Celebrating Differences - 07 - Challenging Islamophobia	Year 7	To define islamophobia and give examples of it in UK society To explore where islamophobia comes from To consider how the government and legislation are attempting to combat different forms of discrimination	Islamophobia, Islam, Muslim, Allah, BME (Black and Minority Ethnic)	I understand what is Islam is and can define islamophobia I understand some of the causes of islamophobia in the UK
Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives

<p>Equality and Diversity Explored - 01 - Equality Act 2010</p>	<p>Year 8</p>	<p>To know what equality means and why it is important. To be able to explain some challenges the Equality Act has faced To understand the Equality Act 2010 and how it can be applied in different cases</p>	<p>Equality, Inequality, Harassment, Victimisation, Direct/Indirect Discrimination</p>	<p>I can describe in detail the Equality Act 2010 I can evaluate the successes and challenges of the Act I can evaluate if behaviour and conducts falls under the Equality Act 2010</p>
<p>Equality and Diversity Explored - 02 - LGBTQ+ What is it</p>	<p>Year 8</p>	<p>To define the acronym LGBTQ+ To explore a variety of LGBTQ+ Role Models in British society To understand the many different key terms and concepts that are used within this topic</p>	<p>Sexuality, Lesbian, Gay, Bisexual, Transgender, Intersex, Queer, Questioning, Asexual, Pansexual, Representation</p>	<p>I understand the meaning of LGBTQ+ I can explain the importance of celebrating LGBTQ+ History Month and Pride Month I can name a variety of LGBTQ+ role models and understand why they are important</p>
<p>Equality and Diversity Explored - 03 - LGBTQ+ Rights Across the World</p>	<p>Year 8</p>	<p>To identify some areas of the world where homosexuality is still illegal To evaluate the varying views and laws on homosexuality across the world To understand the responsibility of the international community to help combat homophobia</p>	<p>Decriminalisation, Homosexuality, Sexual Orientation, Homophobia</p>	<p>I can name some areas of the world where homosexuality is still illegal I understand a variety of laws relating to homosexuality I can assess the responsibility of Britain to help fight homophobia around the world</p>
<p>Equality and Diversity Explored - 04 - Gender Equality</p>	<p>Year 8</p>	<p>To understand what gender equality means To be able to evaluate gender equality in the workplace, families and in politics To evaluate how as a society, we can challenge gender stereotypes</p>	<p>Gender Equality, Sexual Stereotyping, Gender Prejudice, Gender Discrimination, Glass Ceiling, Non-Binary</p>	<p>I can explain what gender equality is I can identify common forms of gender inequality I understand how we can challenge gender inequality as a society</p>
<p>Equality and Diversity Explored - 05 - Ableism and Disability Discrimination</p>	<p>Year 8</p>	<p>To understand what ableism is and why it's a problem To identify language and behaviour that is ableist To know how to be anti-ableist and to be an ally for disabled people</p>	<p>Ableism, Disability Metaphors , Ally, Micro-aggressions, Equal Opportunities</p>	<p>I can explain what ableism is and why it is problem I can identify language and actions that are ableist I am able to challenge ableist perceptions and be an ally</p>
<p>Equality and Diversity Explored - 06 - Removing the Barriers Equality for all</p>	<p>Year 8</p>	<p>To understand what is meant by 'barriers to employment' To consider how these barriers impact people living with a disability To think about how we can move towards equality</p>	<p>Barriers, Inclusion, Adjustments, Recruitment Two Ticks Scheme</p>	<p>I know what barriers to employment are I can consider how this effects others, especially those with a disability I</p>

<p>Equality and Diversity Explored - 07 - Racism & Discrimination in Society</p>	<p>Year 8</p>	<p>To define the word 'colonisation' and understand what the British Empire was To be able to explain the link between statues and racism To form an opinion on what the future of statues in Britain could be</p>	<p>Colonisation, Settlement, Indigenous, British Empire, Exploitation</p>	<p>understand why we are striving for equality I understand a brief history of colonisation and the British Empire I can explain the link between statues and racism I have an well-reasoned opinion on what the future of statues in Britain could be</p>
Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
<p>Exploring World Issues - 01 - International Organisations</p>	<p>Year 10</p>	<p>To understand the role international organisations play in the world To explore the history of the UN, NATO and the Commonwealth To evaluate the importance of being a member to these organisations</p>	<p>Sanctions, Democracy, UN, NATO, EU, WTO, Commonwealth, International Humanitarian Law</p>	<p>I can identify several international organisations I understand the work and role of various international organisations I know the benefits international organisations provide to the world</p>
<p>Exploring World Issues - 02 - Peace, War & Conflict</p>	<p>Year 10</p>	<p>To explore a variety of people who have campaigned for peace over the years To understand different symbols for peace used across the world To evaluate why some world conflicts are difficult to solve</p>	<p>Global Advocate, International Day of Peace, Syrian Civil War</p>	<p>I can identify a variety of peace symbols I can explain a range of factors that cause conflict I can name a variety of peaceful activists and the causes they fought for</p>
<p>Exploring World Issues - 03 - Human Rights During War</p>	<p>Year 10</p>	<p>To know the principles behind human rights & international humanitarian law Describe some examples of human rights abuses in Ukraine and how international organisations are trying to help Evaluate the protection of human rights given by institutions and organisations</p>	<p>Civil Unrest, Oppression, Corruption, Non-Violent Resistance, Civil Liberties, Prisoners of Conscience</p>	<p>I can explain international humanitarian law I can evaluate which human rights abuses have occurred in Ukraine I understand how organisations and countries try to protect human rights</p>
<p>Exploring World Issues - 04 - Aid & Supporting Other Countries</p>	<p>Year 10</p>	<p>To describe a variety of ways the countries can help support each other To understand the different issues impacting countries across the world To evaluate what support networks are available to help support those in need</p>	<p>NGO,, Globalisation, Debt Relief, Free Trade, Fair Trade, MEDC, LEDC</p>	<p>I understand how one country can help another I know the differences between developing countries and developed countries To know some support networks that are available to help those in need</p>
<p>Exploring World Issues - 05 - Striking and Trade Unionism</p>	<p>Year 10</p>	<p>To understand what a trade union is and can explain why they exist I can provide various reasons why people might go on strike I know about current UK strikes</p>	<p>Trade Unionism, Negotiating, Employee Rights,</p>	<p>I understand what a trade union is and know why they exist I can explain the reasons why people might feel the need to strike I can</p>

Exploring World Issues - 06 - Women's Rights and Equality	Year 10	To explore the changing role of women in society over the 20th century To understand the key events that led up to women gaining equal rights with men To evaluate what support networks are available to help support those in need	Industrial Action, Regulations Equality, Suffrage, Suffragettes, Representation Act, Gender Pay Gap	explain the effect striking can have on different groups I can explain how the role of women has changed in society I understand key events that have led to equal rights for women I can identify a variety of positive female role models
Exploring World Issues - 07 - Fair Trade and Free Trade	Year 10	To define fair trade and free trade To understand the 10 principles of fair trade and benefits of free trade To evaluate and argue the pros and cons of both fair trade and free trade	Fair Trade, Free Trade, Ethical Production, World Trade Organisation	I can define fair trade and free trade I understand some of the principles of fair trade and free trade I know some of the possible negatives of both fair trade and free trade

Relationship and Sex Education

Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Friends, Respect & Relationships - 01 - Consent and Boundaries	Year 7	To understand what constitutes consent and why consent should always be respected To evaluate why personal space and boundaries are important when growing up To understand how to deal with situations in an assertive way	Consent, Boundaries, Peer Pressure, Individual Choice, Capacity to Consent, Assertive	I understand what consent is and when it is given I can explain why boundaries including personal space are important I can respond to people and situations in an assertive manner
Friends, Respect & Relationships - 02 - Respect and Relationships	Year 7	To understand the wide range of relationships young people have To understand that different types of relationships will work in different ways To consider the differences between people and learn how to respect those differences	Respect, Relationships, Differences, Understanding, Behaviour	To identify a wide arrange of different relationships I understand the differences between a friendship and a relationship I know how to respect the rights of people and can help others to do the same
Friends, Respect & Relationships - 03 - What Makes a Good Friend	Year 7	To understand the importance of friendship and the qualities that make a good friend To know what is needed to form positive relationships with friends To evaluate why some friendships can be more beneficial than others	Friendship, Loyalty, Acquaintances, Toxic, Jealousy, Betrayal, Isolation	I know the benefits of having friends and the stages of friendship I understand what I'm looking for in a friend and how to make new friends I understand how to identify toxic friendships and the risks of them

Friends, Respect & Relationships - 04 - Friendships & Online Relationships	Year 7	To understand the different types of friendships that exist To understand what an unhealthy relationship might look like To explore what being a true friend to someone really entails	Online Friends, Self-Disclosure, Phubbing, Online Friends, Malicious, Exploited	I can recognise if I have unhealthy friendships I understand the importance of not giving too much information to online friends I can give good advice to others on what a friendship should and shouldn't be
Friends, Respect & Relationships - 05 - Being Positive	Year 7	To understand that most people feel the same range of emotions, but do not always respond in the same way to similar situations To celebrate personal strengths and achievements and promote awareness of what can affect us To see the good that can come from the bad	Positivity Thinking , Negativity, Balance, Resilience, Optimism, Physical Health	I regularly give other people compliments and try to be kind to others I can explain my strengths and why it is important to be aware of my emotions I can turn a problem into an opportunity
Friends, Respect & Relationships - 06 - Pressure, Influence and Friends	Year 7	To explain why it is important to be confident and assertive To know how to deal with peer pressure To understand when peer pressure can go wrong and how it can make someone else feel	Pressure, Influence, Confidence, Assertive, Peer Pressure, Self-Esteem, Manipulative	I know what peer pressure is and can explain how it impacts people I understand the best way to deal with peer pressure I understand how I'm influenced and how my actions influence others
Friends, Respect & Relationships - 07 - What Does it Mean to be a Man in Today	Year 7	To understand what it means to be a man in modern society To explore rigid gender stereotypes of masculine men To evaluate the characteristics of a 'good man' and a 'real man'	Masculinity, Man Box, Real Man, Rigid Gender Roles, Self-Sufficiency	I understand unhealthy male stereotypes and what it really means to be a man I know the difference between a 'real man' and a 'good man I am confident in showing my emotions
Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Identity, Relationships & Sex Education - 01 - Relationships and Sex Education	Year 8	To understand the core aims of RSE in secondary schools To understand how physical touch may be different in a sexual relationship to any other relationship To explore what rights in relationships look like	Consent, Respect, Conflict Resolution, Inclusivity, Puberty	I know what good relationships and sex education is I am able understand possible relationship issues and give advice to others I can identify a range of rights that should be respected in a relationship
Identity, Relationships & Sex Education - 02 - Being Yourself & Self-Love	Year 8	To know what self-love really is To be able to explain why self-love is so important, and good for us To see how society has evolved to minimise self-love	Self-Love, Self-Acceptance, Inner Voice, Self-Discovery,	I know what self-love looks like I can explain why self-love is so important, and good for us I understand how society has evolved to minimise self-love

<p>Identity, Relationships & Sex Education - 03 - Healthy Respectful Relationships</p>	<p>Year 8</p>	<p>Compare and contrast the characteristics of healthy and unhealthy relationships To know what respect in a healthy relationship looks like To explain various aspects of a healthy relationship and understand how they are connected</p>	<p>Emotional Resilience Consent, Support, Honesty, Relationships, Love, Sex, Communication</p>	<p>I can identify what a healthy relationship looks and feels like I am able to identify characteristics of an unhealthy relationship I can evaluate how healthy the relationships that I have with others are</p>
<p>Identity, Relationships & Sex Education - 04 - What is Love</p>	<p>Year 8</p>	<p>To define the term love and understand that it comes in many forms To identify how you might like give and receive love yourself To understand different types of love and love languages</p>	<p>Affection, Tenderness, Passion, Unconditional, Altruistic, Appreciation, Compassion</p>	<p>I can explain what love is I can explain the characteristics of a positive romantic relationship I understand the different types of love and different ways love can shown</p>
<p>Identity, Relationships & Sex Education - 05 - Dealing with Conflict</p>	<p>Year 8</p>	<p>To know the different areas of life where conflict may occur To understand the cause of conflict and learn a range of conflict resolution methods To acknowledge that feelings may vary between people in the same situation</p>	<p>Conflict Resolution, Argument, Assertive, Divorce, Cool Off Period, Win-win, Humility</p>	<p>I know a range of conflict management strategies I understand the different causes of conflict I would be confident in diffusing future conflicts I may have in my relationships</p>
<p>Identity, Relationships & Sex Education - 06 - Periods and Menstrual Cycle</p>	<p>Year 8</p>	<p>To understand the menstrual cycle and its role in human reproduction To understand how and why feminine protection is so absorbent and effective To evaluate the role of hormones in the regulation of the body's functions</p>	<p>Oestrogen, Luteal, Cervix, Uterus, Follicular, Ovulation, Menstruation, Tampon, TSS</p>	<p>I understand the menstrual cycle and its role in human reproduction I am aware of a range of feminine hygiene products and their different advantages I can explain common menstrual issue for women and how it may affect them</p>
<p>Identity, Relationships & Sex Education - 07 - Introduction to Contraception</p>	<p>Year 8</p>	<p>To describe the concept of abstinence To understand the main other ways of reducing the risk of pregnancy To be able to identify a wide range of contraceptive methods</p>	<p>Contraception, Abstinence, Barrier, Suppress, Coil, IUS, IUD, Vasectomy, Condom, Femidom</p>	<p>I understand what contraception is and the importance of using it I can explain the three contraceptive methods for reducing the chance of pregnancy I know a range of contraceptives that are available and understand how they work</p>
<p>Identity, Relationships & Sex Education - 08 - Sexual Orientation</p>	<p>Year 8</p>	<p>To understand the many different key terms and concepts that are used To explore and challenge LGBTQ+ prejudices and stereotypes To understand the</p>	<p>Asexual, Pansexual, Bisexual, Queer, Heterosexual, Homosexual,</p>	<p>I understand and can describe the range of sexual orientations that exist I know the difference between sex, sexuality and gender I understand what homophobic</p>

Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Sex, the Law & Consent - 01 - Sexual Consent and the Law	Year 9	damaging impact homophobic language has on people To know the legal definition of consent and the law surrounding it To understand the purpose and the importance of consent To understand the consequences of sexual activity with no consent	Demisexual, Homophobic	language is, why it is harmful and, what I can do to help stop it I can explain what consent is and the need for consent I know the law in relation to consent, sexual assault and rape I can describe the consequences of sexual activity without consent
Sex, the Law & Consent - 02 - FGM and the Law	Year 9	To revise the different parts of the female reproductive organs To understand what FGM is and its impact To know that FGM is illegal and where you can go for help and support	Uterus, Vulva, Genitals, Mutilation, Infertility, Tahor, Sunna, Violation	I can identify and label all the external parts of the female sexual anatomy I understand the law regarding FGM in the UK I know the dangers associated with FGM and know where to seek help and support
Sex, the Law & Consent - 03 - Relationships and Partners	Year 9	To understand the meaning of a healthy relationship between a couple and the expectations that form a positive relationship To understand the non-physical characteristics someone might look for in a future partner To look at relationships and understand the factors necessary to develop a healthy relationship	Relationships, Affection, Bonding, Attraction, Independence, Expectations	I understand the main features that help to build a healthy relationship I know a range of non physical characteristics to look for in a partner I am able to evaluate if a relationship is positive and healthy or not
Sex, the Law & Consent - 04 - Domestic Abuse and Domestic Violence	Year 9	To describe what an unhealthy relationship looks like To understand the different types of abuse that exist To identify how and where to get help with abusive relationships	Domestic Abuse, Domestic Violence, Controlling, Negativism, Scapegoating, Dishonesty	I can describe what domestic abuse and domestic violence are I understand a range of things that can lead to abuse in a relationship I understand the barriers and coping strategies for leaving an abusive relationship
Sex, the Law & Consent - 05 - Why have Sex	Year 9	To know the various things to consider when thinking about making a relationship sexual To understand the positive and negative reasons to have sex To explore the benefits and consequences of making a relationship sexual	Love, Sex, Virginity, Consensual, Pleasure, Relief, Pregnancy, Contraception	I know a range of things to consider before engaging in sexual relations I can explain positive and negative reasons to have sex I understand the benefits and consequences of making a relationship sexual

Sex, the Law & Consent - 06 - Delaying Sexual Activity	Year 9	To understand the benefits of delaying sexual activity To know how to be assertive and deal with undue pressure To know why consent and respect for each other should be the priority in any relationship	Consent, Sexual Activity, Intimacy, Celibacy, Abstaining, Pressure, Influence	I understand the benefits of delaying sexual activity I understand the importance of being assertive with others I will stick up for myself in any future relationships
Sex, the Law & Consent - 07 - Sexual Harassment and Stalking	Year 9	To define the terms stalking and harassment To explore the differences between flirting and sexual harassment To understand the laws surrounding Stalking and Harassment (PHA 1997, EA 2010 & PFA 2012)	Stalking, Harassment, Flirting, Criminal, Protection from Harassment Act 1997	I can define stalking and sexual harassment I know how the law responds to stalking and harassment I know the differences between flirting and sexual harassment
Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Contraception & STIs - 01 - What are STIs	Year 9	To be able to name at least five common STIs and explain how they are transmitted To understand the different groups that STIs are categorized by To identify the facts, dangers and symptoms of some common STIs	STI, STD, Bacterial, Viral, Parasitic, Gonorrhoea, Chlamydia, Syphilis, HIV, HPV	I can name at least 5 sexually transmitted infections I understand the 3 main groups of STIs that exist I am able to describe some of the facts and symptoms for different STIs
Contraception & STIs - 02 - Treating STIs and the Clinic	Year 9	To describe the key symptoms and risks associated with a variety of different STIs To understand the importance of Sexual Health Clinics (GUM) To explain why people should always get themselves checked out after unprotected sex	GUM, Sexual Health Clinic, GP, Contraception, Unprotected Sex, Promiscuous	I understand the key symptoms and risks associated with different STIs I know several places I can go to access help and support I understand the important role GUM clinics perform and what to expect from one
Contraception & STIs - 03 - Contraception Explored	Year 9	To understand how a variety of different forms of contraception work To be able to identify which types of contraception would be best used by different types of people To explore which forms of contraception protect against pregnancy, STIs or both	IUD, IUS, Diaphragm, Patch, Injection, Vasectomy, Contraception Ring, Abstinence, Condom, Pill, Femidom, Withdrawal	I can name a wide range of contraceptive methods I understand how at least five different types of contraceptives work I know where I can access further reliable information on this topic
Contraception & STIs - 04 - Contraception - Condoms	Year 9	To understand the correct steps for using an external or male condom To describe obstacles to condom use and explain how they can be overcome To know what a C-Card scheme is and how it works	Condom, Condom Demonstrator, C-Card Scheme, Contraception	I understand how to overcome obstacles to condom use I am able to explain all the steps to using a male condom I can explain the different intended uses for

Contraception & STIs - 05 - Contraception Explored Further	Year 9	To understand the block, suppress and disable methods to reducing the risk of pregnancy To explore which forms of contraception protect against pregnancy, STI's or both To know what thrush is and the common symptoms of it in men and women	Block, Suppress, Disable, Thrush, Diaphragm, Vasectomy, Hysterectomy	flavoured and non-flavoured condoms I understand the differences between the methods of contraception I can explain the symptoms and causes of thrush in men and women I can evaluate the effectiveness of different types of contraception
Contraception & STIs - 06 - HIV and AIDS	Year 9	I know what HIV and AIDS are and explain the difference I understand the main ways HIV is transmitted from person to person I can explain the vital importance of World AIDS Day	HIV, AIDS,, Anti-Viral, Immunodeficiency, Immune System, CD4, White Blood Cells	To define the terms HIV and AIDS and understand the difference To explore the different ways HIV can be transmitted and how to reduce the risk of transmission To evaluate the importance of support World AIDS Day
Contraception & STIs - 07 - HIV and AIDS Prejudice and Discrimination	Year 9	To understand the history of HIV and AIDS and the recent advances in HIV treatment and prevention To explain what the stigma is surround HIV and AIDS and why it exists To explore how the cycle of prejudice and discrimination towards HIV and AIDS sufferers can be broken	HIV, AIDS, PrEP, PEP, Anti Viral, Infection, Immune system, CD4	I know the history of HIV and AIDS I understand the prejudice and discrimination HIV and AIDS sufferers face I understand the medical advances in HIV treatment and methods of prevention
Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Risk, Relationships & Sex Education - 01 - Pleasure and Delaying Sexual Activity	Year 10	To define the terms pleasure, masturbation and sexual activities To explore the benefits and risks associated with masturbation To evaluate risks associated with different sexual activities and identify high and low risk activities and ways to mitigate the high risk activities	Masturbation, Pleasure, Sensation, Orgasm, Private, Addiction	I can define the terms pleasure and masturbation I understand the benefits and risks associated with masturbation I understand and can evaluate the risks associated with different sexual activities
Risk, Relationships & Sex Education - 02 - Campaigning Against FGM	Year 10	To understand what FGM is and to know that FGM is illegal and where you can go for help and support To explore the social and economic excuses used by people to encourage FGM To evaluate the best way to campaign against FGM practices here in the UK and abroad	Female Genital Mutilation Illegality, Circumcise, PTSD Infertility, Preventable	I understand the dangers associated with FGM I can explain the economic and social excuses made for committing FGM I know which human rights are being abused by FGM

Risk, Relationships & Sex Education - 03 - Sexting, Nudes and Dick Pics	Year 10	To understand the legal, emotional and social consequences of sending sexts To explore the reasons why some young people send sexts, nudes and dick pics To be able to deal effectively assertively with requests and pressure to send sexts	Sexting, Sexts, Nudes, Dick Pics, Peer Pressure, Consent, Revenge Porn, Take Down Policy	I can explain possible consequences linked to sending and receiving sexts I know a good range of responses to a request for a sext message I know where to get help with sexting issues and explicit images ending up online
Risk, Relationships & Sex Education - 04 - Online Pornography (Myths vs Reality)	Year 10	To outline what is and is not legal in terms of pornography To identify the differences between what is seen in porn and what happens in real life To look at the impact of porn on society and relationships	Revenge Porn, Extreme Porn, Child Pornography, Illegal, Sexual Excitement, Stimulation	I understand which types of pornography are illegal I understand the differences between real life sex and porn life sex I can explain the impact porn has on society and relationships
Risk, Relationships & Sex Education - 05 - Porn and its Impact on Society	Year 10	To understand how porn may negatively influence a person's behaviour in society To explore how common access to pornographic material can affect attitudes and beliefs towards sex, relationships and self-esteem To know what revenge porn is and the law surrounding it	Pornography, Negative Influence, Revenge Porn, Intercourse, Indecent Images	I know how porn can negatively influence a person's behaviour in society I can identify a range of aspects that are under represented in porn I know what revenge porn is and the law surrounding it
Risk, Relationships & Sex Education - 06 - Unhealthy Relationships, Sexual Assault and Rape	Year 10	To explore the laws regarding rape and sexual assault To understand how unhealthy behaviours and an imbalance of power in a relationship could lead to violence and sexual assault To explore what qualities to look for in a healthy loving relationship	Sexual Assault, Rape, Stealthing, Unlawful Intercourse, Non-consensual Penetration	I can recognise what behaviours are unacceptable in a relationship I can explain the law in regard to sexual assault and rape I know the important qualities to look for in a partner that will keep me safe
Risk, Relationships & Sex Education - 07 - Sexualisation of the Media	Year 10	To explore the impact sexualisation of the media is having on teenagers To identify the links between body image and the medias influence on it To evaluate whether shows like Love Island teach viewers about morals and ethics	Social Media Influencers, Sexualisation, Expectations, Mental Health, Body Image	I understand the impact sexualisation of the media has on society I can explain what positive and healthy body image is I know how comparing myself to those I see in media could damage my mental health and self-esteem
Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Sexual Health - 01 - Peer on Peer Abuse	Year 11	To define the phrase 'peer on peer abuse' and understand what constitutes abuse To explore circumstances when peer pressure becomes peer abuse To	Peer Abuse, Domestic Violence, Honour,	I can describe what abuse is I understand the different forms peer abuse can come in I know

Sexual Health - 02 - Fertility and What Impacts it	Year 11	<p>evaluate what support networks are available to help support those in need To define and describe the human fertilisation process at a cellular level To explore what makes women and men fertile and understand ways to improve fertility To understand the various ways women can become pregnant including IVF treatment</p>	<p>Equality, Respect, CSE IVF, Gut Flora, Fertility, Fertilisation, Artificial Insemination, Surrogate, Trimester, Embryo</p>	<p>where to seek support and help for someone suffering abuse I can explain what impacts fertility for men and women I understand how certain lifestyle changes can improve fertility I can describe the process of IVF treatment</p>
Sexual Health - 03 - Alcohol, Parties and Bad Choices	Year 11	<p>To describe the risks associated with house parties and alcohol To explore alcohol abuse, drink spiking and the associated risks To evaluate what and who impacts our decisions about our own health and the choices we make</p>	<p>Anti-Social Behaviour, Binge Drinking, Drink Spiking, Date Rape, Sedatives, Tranquilisers</p>	<p>I know the risks associated with house parties I can explain how drinking alcohol impacts sensible decision making I always make good decisions in relation to my own health and safety</p>
Sexual Health - 04 - Importance of Sexual Health	Year 11	<p>To increase awareness of the importance of a young person's sexual health To explore various consequences of neglecting sexual health To understand what emergency contraception is available and when it is appropriate to use it</p>	<p>Sexual Health, STI, Reproductive Health, Sexual Rights, Chlamydia, Emergency Contraception</p>	<p>I can define sexual health and reflect on my own I can explain the consequences of neglecting my sexual health I know what to do I make a mistake or something happens accidentally</p>
Sexual Health - 05 - Revisiting STIs	Year 11	<p>To understand the way STIs spread and the groups at higher risk To increase awareness of the process of a young person's sexual health consultation at a clinic To understand the differences between viral, bacterial, fungal and parasitic STIs</p>	<p>Sexual Health Clinic, Promiscuous, Gonorrhoea, Syphilis, Chlamydia, Chancroid, Candidiasis</p>	<p>I understand what happens at a sexual health clinic I can explain some differences between bacterial, viral, parasitic and fungal STIs I understand the risk of catching an STI with regards to various activities couples might engage in</p>
Sexual Health - 06 - Revisiting Contraception	Year 11	<p>To revisit how a variety of different forms of contraception work To further understand the advantages and disadvantages of different contraceptive methods To explore which forms of contraception protect against pregnancy, STIs or both</p>	<p>IUD, Diaphragm, Patch, Injection, Contraception Ring, Abstinence, Condom, Pill, Femidom, Thrush, Douche</p>	<p>I understand the difference between methods of contraception I can explain the common mistakes when using a condom I can evaluate the effectiveness of different methods of contraception</p>
Sexual Health - 07 - Respect, Love and Relationships	Year 11	<p>To understand the importance of respecting others, especially those we are in a relationship with To be able to describe what love is and what love is not</p>	<p>Infatuation, Longing, Desire, Affection, Attraction,</p>	<p>I can describe what love is and what love is not I can identify unhealthy features of a relationship I understand the wide</p>

		To evaluate what support is available for someone in an abusive relationship	Authenticity, Tenderness	range of risks associated with online relationships
Staying Safe, Online & Offline				
Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Staying Safe Online & Offline - 01 - Avoiding Gangs & Criminal Behaviour	Year 7	To understand the reasons why young people might want to join a gang To understand the consequences of breaking the law and engaging in criminal behaviour To think of solutions to prevent young people from joining gangs	Criminal Behaviour, County Lines, Discharge, Youth Rehabilitation Order, Custodial Sentence	I can recognise gang member behaviour and know how to avoid it I understand why some young people join gangs I understand the range of punishments for breaking the law
Staying Safe Online & Offline - 02 - Staying Safe Online	Year 7	I can explain what a gut feeling is and how it links to my intuition I can identify a range of risks associated with being online I know how to reduce the potential risks when I am online and where to go to seek further help and support	Intuition, Instincts, Grooming, Online Predators, Identity Theft, Cyberbullying	I am confident listening to my gut feeling about online situations and choices I understand a wide range of risks associated with internet use I know how to reduce the risks associated with being online
Staying Safe Online & Offline - 03 - Online Gaming, Grooming and Addiction	Year 7	To define what a gaming addiction is and recognise symptoms of it To explore the benefits and risks associated with online gaming including grooming of players To evaluate what support networks are available to help support those in need	Grooming, Addiction, Fake Profiles, Noob, Frag, Respawn, Sunk Cost Fallacy, Gaming Disorder	I understand a range of risks associated with online gaming I understand the importance of reporting anything suspicious I see or hear online I can define what a gaming addiction
Staying Safe Online & Offline - 04 - Alcohol and Risk	Year 7	To understand how alcohol impacts the body To explore the consequences of alcohol misuse To evaluate the negative impact alcohol use is having on wider society	Alcohol, Ethanol, Underage Drinking, Excess, Alcohol Poisoning, Units, ABV	I know what alcohol is and the different forms it comes in I can explain the short and long term impacts of alcohol use I can explain the impact alcohol misuse is having on society
Staying Safe Online & Offline - 05 - Nicotine and Smoking	Year 7	To explain the harmful chemicals that are contained within a cigarette To understand the impacts smoking has on the body To evaluate how effective the government has been in helping people to quit smoking	Nicotine, Carbon Monoxide,, Cigarette, Vaping, Tar, Ammonia, Cyanide	I can explain the health consequences of smoking I know why it is hard to quit and what the Government is doing to help I will never become a smoker when I'm older
Staying Safe Online & Offline - 06 - E-Cigs, Vaping and Shisha	Year 7	To understand what vaping is and the science behind it To describe the risks to a persons health when vaping or using	E-Cigarettes, Vaping, Vaporiser, Vape Shops,	I know the difference between smoking, vaping and shisha I understand the risks associated

Staying Safe Online & Offline - 07 - Energy Drinks and Caffeine	Year 7	<p>shisha To understand some of the reasons why people might choose to vape or smoke</p> <p>To understand how much sugar and caffeine are in certain drinks To explore the health risks associated with energy drinks To understand the importance of making healthy life choices</p>	<p>Shisha, Hookha, Tobacco</p> <p>Caffeine, Taurine, Guarana, Consumption, Coffee, Nausea, Jitters, Sugar Crash</p>	<p>with vaping and shisha I will never take up vaping or shisha when I'm older</p> <p>I know which drinks are high in sugar content I am able to make healthy choices with regards to what I drink I understand the risks associated with energy drinks and caffeine</p>
Staying Safe Online & Offline - 08 - Knife Crime and Safety	Year 7	<p>To know basic knife safety and what to do if threatened To explain the legal, emotional and physical consequences of carrying a knife To understand how knife crime impacts families and communities</p>	<p>Threat, Fear, 999, Distress, Criminal Record, Senseless Violence, Offensive Weapons Act 2019</p>	<p>I know basic knife safety and what to do in a threatening situation I understand the risks and impact carrying a knife has on family and friends I would never resort to carrying a knife under any circumstance</p>
Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Dangerous Society Online & Offline - 01 - County Lines - What is it	Year 8	<p>I understand what the term 'county lines' means I can explain how county lines gangs recruit and exploit young people I understand the importance of getting immediate help for myself or a friend if I suspect a problem</p>	<p>County Lines, Trap House, Modern Slavery, Elders, Soldiers, Teenies, Drug Mule, Exploitation</p>	<p>I know what county lines is and some of the terminology used I understand where I can go for help if I feel threatened by county lines gangs I understand how county line gangs operate and the dangers of getting involved</p>
Dangerous Society Online & Offline - 02 - County Lines - Who is at Risk	Year 8	<p>To understand who county lines gangs target and why To identify the signs that someone is being exploited To understand how county lines gangs use psychological, financial and physical methods to make people feel trapped</p>	<p>Physical, Psychological, Financial, Trap House, Criminal Responsibility</p>	<p>I can explain how gangs make people feel trapped I could recognise if a friend is involved with county lines I understand the groups of people county line gangs target and why</p>
Dangerous Society Online & Offline - 03 - Substance Misuse	Year 8	<p>To define the term substance misuse and understand the way drugs effect users To explore why people misuse substances To evaluate what support networks are available to help support those in need</p>	<p>Substance Abuse, Dependence, Intoxication, Withdrawal, Impairment, Anxiety, Psychosis</p>	<p>I can define substance misuse and substance dependency I know how drugs impact the body I can identify a range of factors that may lead to someone abusing drugs</p>
Dangerous Society Online & Offline - 04 - Cyberbullying	Year 8	<p>Describe the meaning of bullying and cyberbullying and the impact they can have on an individual Explore appropriate</p>	<p>Cyberbullying, Trolling, Abuse, Blocking,</p>	<p>I can define trolling, cyberbullying and harassment I understand how online behaviour can impact my</p>

		ways of responding to discriminating, hurtful or intimidating behaviour To know how to manage oneself appropriately online	Anonymous, Harassment, Digital Footprints	mental health and wellbeing I know how to prevent and respond to cyberbullies
Dangerous Society Online & Offline - 05 - Online Grooming	Year 8	To understand how to stay safe online from grooming To explain how to spot a fake profile and catfishers To know where to seek specialist support and advice to help anyone who is at risk	Grooming, Catfishing, Persona, Fake Profiles, Coercion, Gas-Lighting, Banter	I can spot a fake profile online I understand what online grooming and catfishing are and how they are used to abuse trust I know where to report online issues and to seek further advice and support
Dangerous Society Online & Offline - 06 - Alcohol Safety	Year 8	To explain how alcohol is measured and what the limits are for adults To explore the consequences of alcohol consumption To evaluate when introducing alcohol to a situation can lead to very dangerous consequences	Units, Spirits, Alcoholic, Impaired Judgment, Addiction, Liver Damage	I understand how alcohol strength is measured I can recognise binge drinking when I see it I understand the consequences of consuming alcohol
Dangerous Society Online & Offline - 07 - Child Exploitation & Online Protection	Year 8	exploitation and be able to give examples To explore a variety of risks and dangers related to being online To evaluate how to reduce the risks associated with being online	Child Sexual Exploitation, Coerce, Manipulate, Blackmail, Predators, Safeguarding	I understand what child sexual exploitation is I can explain a range of ways to reduce the risks associated with being online I can offer good advice to a friend having trouble online
Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Legal and Illegal Drugs - 01 - What is a Drug	Year 9	To define the term drug and understand the different forms it can take To explore some of the reasons why people use drugs To evaluate the impact drug use has on society	Addiction, Experimental, Recreational, Dependent, Problem User, Class A,B & C	I know what different types of drugs are I understand a range of things people can become addicted to I understand how experimenting with drugs can impact me and my family
Legal and Illegal Drugs - 02 - Different Types of Addictions	Year 9	To define what an addiction is To understand the different types of addictions that people can have To evaluate whether sugar is more addictive than cocaine	Gambling, Nicotine, Prescription Drugs, Compulsive Disorder, Excessive Consumption	I know what addiction is and who is at risk I can name a wide range of things people can become addicted to I understand a variety of problems linked to an addiction
Legal and Illegal Drugs - 03 - Cannabis Products	Year 9	To understand the different forms and street names given to cannabis To	Cannabis, Marijuana, THC,	I understand the different forms cannabis comes in I know the

Legal and Illegal Drugs - 04 - Drugs Classifications	Year 9	explore why some people take cannabis To evaluate whether cannabis should be legalised in the UK	CBD, Cannabis Oil, Intoxicating, Class B	legal status of cannabis I can evaluate the arguments for and against legalisation of cannabis
		To consider the differences classification of drugs To explore the legal classifications of 36 drugs To understand key aspects of the UK's drug policy	Class A, Class B, Class C, Supply, Possession, Psychoactive Substances, Misuse of Drugs Act 1971	I can explain the different legal classifications of drugs I can define and identify psychoactive substances I can identify different ways drugs can cause harm to society
		To explore the way 'party' drugs effect users and can put them in very dangerous situations To learn about a range of illegal drugs To explore the link between gangs, users and illegal drugs	Psychoactive, Hallucinogenic, LSD, MDMA, Cocaine, Crystal Meth, Amphetamines, Ketamine	I know the ways 'party' drugs have dangerous affect the users I can explain various key factors about a range of illegal drugs I know the link between illegal drugs, suppliers and their users
		To describe how drugs are manufactured and trafficked globally To explore how different countries are dealing with the drugs trade To evaluate how governments can tackle the illicit drugs trade	Trafficking, Drug Mules, Products, End Users, Manufacturers, Producers, Farmers	I understand how drugs are trafficked globally I can explain the international war on drugs I can suggest solutions to reduce the damage of drug trafficking and drug cartels on society
Legal and Illegal Drugs - 05 - Party Drugs & Illegal Drugs	Year 9	To define the term 'volatile substance abuse' To explore the short term, long term and chronic effects of VSA To understand what can be done to help those who abuse	Volatile Substance Abuse, Psychoactive Substances, Addiction, Chronic Effects	I can define the term 'volatile substance abuse' (VSA) I can explain the short term, long term and chronic effects of VSA I can identify various support networks available for those who abuse
Legal and Illegal Drugs - 06 - The War on Drugs	Year 9			
Legal and Illegal Drugs - 07 - Volatile Substance Abuse	Year 9			
Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Violence, Crimes & Seeking Safety - 01 - Honour Based Violence	Year 10	To define the terms honour and dishonour To explore honour-based violence and the different forms it can take To evaluate the best way to tackle honour-based violence and promote the equality of women in society	Honour, Respect, Dignity, Equality, Dishonour, HBV, Domestic Abuse, Shari'ah Law	I can define honour, equality, respect and dishonour I understand the law relating to honour-based violence I can evaluate the best way to tackle honour-based violence in communities
Violence, Crimes & Seeking Safety - 02 - Forced Marriage and Breast Ironing	Year 10	To understand the terms; forced marriage and breast ironing To explore statistics related to forced marriages in the UK and	Forced Marriage, Breast Ironing, FMPO (Forced	I can define forced marriage and breast ironing I understand the role of the Forced Marriage Unit I

		other Commonwealth countries To understand who the forced marriage unit (FMU) are and to evaluate their effectiveness	Marriage Protection Order) Forced Marriage Unit (FMU)	could advise someone of where to seek help if they are being forced into a marriage
Violence, Crimes & Seeking Safety - 03 - Online Gaming & Gambling	Year 10	To understand the age-appropriate classifications of games To explore how online gaming can lead to gambling and skin betting To evaluate the risks associated with online gaming and online gambling	PEGI, Age-Appropriate Content, Gambling, In-App Purchases, Skin Betting, Loot Boxes	I can explain age-appropriate content and the role of PEGI I understand the risks associated with online gambling I know a range of methods gaming companies use to entice players to spend money
Violence, Crimes & Seeking Safety - 04 - Social Media Validation	Year 10	I can explain the role of social media influencers I understand the risks associated with social media validation and how to get rid of it I can evaluate how social media can impact my self-esteem and mental health	Validation, Perfectionism, Addiction, Mental Health, Influences, YouTubers, FOMO	I will not become addicted to social media I can explain the link between social media and negative self-esteem I understand how to combat social media validation
Violence, Crimes & Seeking Safety - 05 - Modern-Day Slavery	Year 10	To define the term Modern Day Slavery To examine human trafficking in the UK and evaluate the government's response To evaluate the best way to tackle modern-day slavery in the UK and abroad	Slavery, Human Trafficking, Exploitation, Abduction, Illegal Immigration, Criminal Gangs	I know how to recognise modern-day slavery I can explain how human trafficking links to modern-day slavery I understand which human rights modern-day slavery abuses
Violence, Crimes & Seeking Safety - 06 - Keeping Your Data Safe	Year 10	To understand the importance of keeping personal data safe To learn about online fraud and be aware of different types of online scams and tricks To identify what the dark web is and why it can be dangerous	Phishing, Fraud, Ransomware, Spam, Scams, Pop-Ups, ID Theft, Dark Web, Open Web	My personal online data is safe and protected I can recognise an online scam email or message when I see one I know how to protect myself and my family from being a victim of online fraud
Violence, Crimes & Seeking Safety - 07 - Causes of Knife Crime	Year 10	To understand the causes behind the rise in knife crime in the UK To explore how to prevent young people from picking up and carrying a knife To evaluate the real risks to those that carry knives and their families and friends	Socioeconomic, Gang Culture, UK Drill Music, Glamorisation, Alienation	I understand the impact of carrying a knife on myself and others I understand some of the causes behind knife crime in the UK I can explain how to tackle the causes behind people carrying knives
Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Staying Safe - 01 - Virtual Reality and Live Streaming	Year 11	To define the term augmented reality, virtual reality and live streaming To explore the benefits and risks associated with virtual reality To explore the	Live Streaming, Augmented Reality, Virtual Reality, Immersive	I know the differences between AR and VR I can explain the benefits and risks associated with virtual reality I understand various

		consequences associated with live streaming on the internet	Technology, Online Etiquette, Audience Engagement	considerations and risks with live streaming
Staying Safe - 02 - Online Reputation and Digital Footprints	Year 11	To define the terms digital footprints and online reputation To understand how to complete an online audit of yourself and know why it is important To understand why and how to build an online personal brand	Online Reputation, Digital Footprint, Cookies, Cached Data, Personal Branding	I know what my online reputation and digital footprint are I can create good online personal branding and know why it is important I know how to conduct an online audit of myself
Staying Safe - 03 - Group Chats & Anti-Bullying	Year 11	To identify other terms surrounding cyberbullying To analyse the effects of bullying in group chats To explain how and where someone can ask for help if they are being bullied	Cyberstalking, Denigration, Exclusion, Exposure, Social Rejection, Perpetrator, Mob Mentality	I know some of the terms surrounding cyberbullying I understand the social pressures group chats can inflict I can explain how someone can get help if they are being bullied
Staying Safe - 04 - Cosmetic and Aesthetic Procedures	Year 11	To understand the differences between aesthetic and cosmetic procedures To explore the negative and positive effects of undertaking these procedures To evaluate what influences people to feel the need to change their appearance for themselves or society	Aesthetic, Botox, Fillers, Cosmetic Procedures, Breast Augmentation, Breast Reduction	I can explain the difference between cosmetic and aesthetic procedures I understand the impact certain procedures can have on the body and mind I can explain some ways people are influenced to change how they look
Staying Safe - 05 - New Psychoactive Substances	Year 11	To define the term New Psychoactive Substances and give examples To explore why NPS drugs are so dangerous to society To understand how to protect yourself from peer pressure to experiment with NPS drugs	Synthetic Cannabinoids, NPS, Legal Highs, Designer Drugs, Hallucinogenic, Stimulants, Depressants	I can define the term new psychoactive substances I understand the dangers associated with NPS drugs I know how to handle peer pressure to experiment with drugs
Staying Safe - 06 - Festivals and Nitrous Oxide	Year 11	To understand the risks associated with parties and festivals and experimenting with drugs To understand how to stay safe at a festival or a party To evaluate whether drug testing tents will reduce drug-related deaths at festivals	Glastonbury, Laughing Gas, Euphoria, Nausea, Disassociation, Nitrous Oxide, Drug Tents	I know the risks associated with attending parties and festivals I know how to keep myself and my friends safe I can explain the dangers of taking nitrous oxide and other party drugs
Staying Safe - 07 - Substance Addiction	Year 11	To define the term substance addiction and understand the way drugs affect users To understand the different levels of drug	Experimental, Recreational, Dependent,	I understand what a substance addiction is and why someone may turn to it I can explain how a

use and realise the consequences of drug use on wider society To evaluate what support networks are available to help support those in need

Nicotine, Opioids, Inhalants, Rehabilitation

substance addiction impacts wider society I know how to help and support someone with an addiction

Health and Wellbeing

Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Puberty & Body Development - 01 - Introduction to Puberty	Year 7	To describe the emotional, social and physical changes that happen during puberty To understand that girls and boys develop differently during puberty To empathise with those that are starting puberty and understand how to support them	Puberty, Hormones, Adolescence, Testosterone, Oestrogen, Progesterone, Social, Emotional, Physical	I understand the challenges that puberty brings I am able to empathise with others who are about to go through puberty I know the emotional, social and physical changes that happen during puberty
Puberty & Body Development - 02 - Girls Puberty & Periods (Double Lesson)	Year 7	To understand the physical and emotional changes that happen to girls during puberty To know the basics of the menstrual cycle and a range of feminine protection products available To describe the main things that happen to girls during their menstrual cycle	Menstrual Cycle, Hormones, Growth Spurt, Pubic Hair, Ovulation, Tampon, Panty Liner, Pad	I understand the physical changes that happen to girls bodies, inside and out I can describe what happens to a girl during hr menstrual cycle I know various feminine protection products available and how they work
Puberty & Body Development - 03 - Boys Puberty	Year 7	To know all parts of the male reproductive system To describe the physical and emotional changes that happen to boys through puberty To understand the challenges that boys face during puberty including erections, wet dreams and body image.	Urethra, Prostate, Testicle, Erektion, Penis Wet Dreams, Ejaculation	I can identify all parts of the male reproductive system I am able to empathise with boys who are going through puberty I know the physical and emotional changes that happen to boys during puberty
Puberty & Body Development - 04 - Personal Hygiene	Year 7	To know the causes of body odour and how to prevent it To understand the ways in which diet, exercise, hygiene and sleep contribute to being healthy To understand how important personal hygiene is and how to achieve it	Deodorant, Anti-perspirant, Hygiene, Bacteria, Body Odour, Positive Wellbeing	I understand the causes of body odour and how to prevent it I can explain how personal hygiene links to a healthy body I understand how to achieve good standards of personal hygiene
Puberty & Body Development - 05 - Growing Up	Year 7	To know what to expect as you grow up To understand a range of issues that may impact you as you grow up To understand there are some cultural	Adolescence, Self-Identity, Social Dynamics, Self-Awareness,	I know what to challenges to expect as I grow up I know how to look after my best interests in the future I understand the my body

		practices in the world that do not respect 'your body your rules', principles	Pressure, Bodily Autonomy, Consent	my rules philosophy and why it is important
Puberty & Body Development - 06 - Self-Esteem	Year 7	To describe self-esteem and recognise behaviours linked to low and high self-esteem To evaluate my own level of self-esteem To develop strategies to help improve self-esteem and understand the wide range of influences on it	Low Self-Esteem, High Self-Esteem, Criticism, Rejection, Failure, Confidence	I can define high and low self-esteem and give examples I understand a range of issues that may impact my own self-esteem I know a wide range of ways to boost my own self-esteem
Puberty & Body Development - 07 - Tooth Decay and Dental Health	Year 7	To describe the importance of dental hygiene and the impact sugar can have on tooth decay To understand the responsibility of looking after your own body To explain how a poor diet can lead to many health risks	Tooth Decay, Dental Health, Hygiene, Oral Care, Enamel, Cavities	I know how to look after my teeth I can explain the importance of oral hygiene I know the associated risks of a poor diet on my own physical and mental health
Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Physical Health & Mental Wellbeing - 01 - Health and Wellbeing	Year 8	To understand what positive wellbeing might look like in someone's life To recognise a range of healthy and unhealthy habits we might have To know a range of methods to improve my own and others health & wellbeing	Holistic, Resilience, Heart Health, Longevity, Detoxification, Immunity	I understand why good health and positive wellbeing are important I can identify healthy and unhealthy habits people have I know a range of suggestions to improve my own wellbeing
Physical Health & Mental Wellbeing - 02 - What is Mental Health?	Year 8	To define the term mental health To explore why we might say we are okay when we are not To know a variety of mental illnesses and symptoms and know some strategies to maintain positive mental wellbeing	PTSD, Anxiety, Depression, Physical, Mental, Wellbeing, Stress, Mental Illness, Schizophrenia	I can explain what mental health is I can identify a range of symptoms of poor mental health I know how to look after my own mental health and wellbeing
Physical Health & Mental Wellbeing - 03 - Positive Body Image	Year 8	To understand what body image is and who can be affected To explore what influences body image for boys and girls To know various ways someone can improve their own or a friends self-esteem	Body Image, Confidence, Validation, Perfectionism, Perceived Imperfections, Plastic Surgery	I can define the term 'body image' I understand the pressures social media and society place on body image I know ways to raise my own and others self-esteem
Physical Health & Mental Wellbeing - 04 - Child Abuse	Year 8	To understand the different forms of child abuse To explore various warning signs that someone might need help To know who to talk to and where to access support and help for any form of abuse	Neglect, Safeguarding, Exploitation, Abandonment,	I know the different types of child abuse that exist I can identify various warning signs that someone might need help I know

Physical Health & Mental Wellbeing - 05 - Types of Bullying	Year 8	To define bullying and cyberbullying and explain the impact they can have To explore appropriate ways of responding to discriminating, hurtful or intimidating behaviour To know where to seek support and advice on bullying and cyberbullying	Maltreatment, The Children Act 1989 Banter, Teasing, Bullying, Cyberbullying, Assertive Responsibility, Empathetic Cholesterol, Minerals, Vitamins, Dietary Fiber, Proteins, Monounsaturated Fats, Polyunsaturated Fats	where to access support and help regarding abuse I can describe the impact bullying and banter has on people I can define and explain different types of bullying I can evaluate the way I treat other people I know what a balanced diet consists of I can explain the difference between good and bad cholesterol I know ways to replace unhealthy snacks with healthy alternatives I can identify where stress comes from I know a range of ideas I could do to try and relieve stress I can explain the symptoms and long term impact of stress on the body and mind
Physical Health & Mental Wellbeing - 06 - Healthy Eating and Cholesterol	Year 8	To identify the components of a healthy diet To understand the difference between good cholesterol and bad cholesterol To understand how to replace unhealthy snacks and foods with healthier alternatives	Physiological, Psychological, Stress, Anxious, Mindfulness, Relaxation	
Physical Health & Mental Wellbeing - 07 - Stress Management	Year 8	To gain an understanding into what causes stress To know some strategies on how to deal with stress To understand the long term impact of stress on the body and mind		
Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Body Confidence - 01 - How Self-Esteem Changes	Year 9	To define the term self-esteem and explain how it impacts us To explore why people do not necessarily respond in the same way to similar situations To understand that different people may express their feelings in many different ways	Self-Esteem, Butterfly Effect, Validation, Criticism, Resilience, Personal Development	I can identify the difference between high and low self-esteem I understand what can change self-esteem in the short-term and long-term I know a range of ways to manage my own self-esteem
Body Confidence - 02 - What is a Penis	Year 9	To know what a penis is and the makeup of a sperm cell To understand the male reproductive system To understand the role testosterone plays in the body	Penis, Urethra, Scrotum, Testicle, Bladder, Prostate Gland, Vas Deferens, Testosterone, Movember	I am confident at labelling the male reproductive system I know the make up of a sperm cell I understand how testosterone impacts the body
Body Confidence - 03 - What is a Vulva	Year 9	To understand what a vulva is and the makeup of the vagina To understand the female reproductive systems To	Vulva, Vagina, Labia, Mons Pubis, Cervix,	I know the difference between a vulva and a vagina I can label correctly all parts of the female

		understand the importance of cervical screening	Uterus, Clitoris, Cervical Screening	reproductive system I can explain what cervical screening is
Body Confidence - 04 - Bullying in all its forms	Year 9	To understand the different forms of bullying and why people bully others To know what HBT bullying is and the impact it can have on the victim To evaluate what support schools and students can give to those impacted by the effects of HBT bullying	Social Bullying, Prejudice, Homophobia, Biphobia, Transphobia, Resilience, Assertiveness	I can define the different forms of bullying I know what HBT bullying is and understand the impact it can have I can explain how schools and charities are helping to tackle HBT bullying
Body Confidence - 05 - Dealing with Grief and Loss	Year 9	To explore what grief is and how it affects people To understand how grief can impact people in a variety of different ways and how you can support a friend or family member To evaluate what support networks are available to help those grieving	Grief, Loss, Bereavement Denial, Bargaining, Acceptance, Trauma, Depression	I can explain what grief and loss are I understand the range of emotions people may feel when grieving I know what I could do to try and help support someone who is grieving
Body Confidence - 06 - Media and Airbrushing	Year 9	To describe how photo editing and air brushing are contributing to a false sense of beauty To explore what it means to be body positive and body neutral To evaluate the impact advertisements are having on our self esteem	Airbrushing, Digital Media, Photoshop, Body Positivity, Insecurity, Foundation, Body Neutrality	I know how unrealistic some of the images I see in the media are I can describe what it means to be body positive and body neutral I can explain the link between airbrushing and photo editing and self-esteem
Body Confidence - 07 - Cancer Prevention and Healthy Lifestyles	Year 9	To explore the health benefits of living a healthy lifestyle To explore how diet, stress and life situations can impact on health To evaluate the latest research on cancer prevention and healthy lifestyle choices	Cancer Prevention, Cultured Meat, Industrial Farming, Vegans, Immunity, Malnutrition, Tumours	I make healthy choices in my lifestyle I can explain how diet, stress and life situations impact on physical health I understand some of the latest research on cancer prevention
Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Mental Health and Wellbeing - 01 - Child Sexual Abuse	Year 10	To define the term sexual abuse and understand the law relating to it To understand the importance of speaking out against any form of abuse To evaluate what support networks are available to those suffering sexual abuse	Sexual Abuse, Physical Abuse, Emotional Abuse, Neglect, Childline, NSPCC	I can define the term child sexual abuse I know why it's important to speak out against sexual abusers I know where to seek help if someone is being sexually abused

Mental Health and Wellbeing - 02 - Screen Time	Year 10	To explore how technology and social media can negatively impact your mental health To understand the impact screen addiction is having on society To evaluate how technology and smartphones can both be rewarding and damaging in our lives	Technology, Addiction, Mental Health, Blue Light, FOMO, Echo Chambers, Filter Bubbles	I can evaluate my own screen addiction I recognise the impact screen addiction is having on society I can define the terms filter bubble and echo chambers
Mental Health and Wellbeing - 03 - Mental Health Illnesses	Year 10	To describe what mental health and mental illness is To explore different types of mental illnesses To understand what you can do to help someone with their mental health	Spectrum, Stigma, Tolerance, Anxiety, Depression, Schizophrenia, Trauma, Mental Health Discrimination Act	I can explain the difference between mental health and mental illness I understand the different ways mental illnesses can be categorised I know how to support someone with their mental health
Mental Health and Wellbeing - 04 - Self-Harm	Year 10	To understand that self-harm is a behaviour and not an illness To understand that some people who self-harm are trying to communicate that they are distressed To evaluate what support networks are available to help those that are self-harming	Self-Harm, Self-Poisoning, Self-Injury, Sensitivity, Samaritans, Coping Strategies	I know the definition of self-harm I can explain some of the triggers for self-harm I know a range of ways to deal with stress, anger and trauma
Mental Health and Wellbeing - 05 - Suicide (Thoughts and Feelings)	Year 10	To be able to identify warning signs that you or a loved one are thinking about or contemplating suicide To understand how music can be used to help support people through difficult times To evaluate what support networks are available to help those in need	Self-Harm, Suicide, Suicidal Thoughts, Tragedy, Distress, Illness, Symptoms, Isolation, Depression	I know how to look out for a friend in need I understand the differences between self-harm and suicidal thoughts I have playlists of songs that make me happy
Mental Health and Wellbeing - 06 - Promoting Emotional Wellbeing	Year 10	To understand what wellbeing might look like in someone's life To understand the meaning of mental health and emotional wellbeing To learn strategies to improve mine and others' emotional wellbeing	Emotional Wellbeing, Cognitive Behavioural Therapy, Healthy Boundaries, Responsibility	I can explain what emotional wellbeing is and what affects it I know ways to improve my emotional wellbeing I can reflect on different areas of my life and how I feel about them
Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives

<p>Adult Health and Looking After Yourself - 01 - Organ and Blood Donation</p>	<p>Year 11</p>	<p>To understand various types of organ donation To know the law surrounding organ donation To evaluate the impact organ and blood donation can have on the recipient and others</p>	<p>Organ Donation, Donor, Transplant, 'Opt Out' System, Transfusions</p>	<p>I am aware of different forms of organ donation and the NHS waiting lists I can explain the importance of giving blood I know the law in relation to organ donation</p>
<p>Adult Health and Looking After Yourself - 02 - Teenage Pregnancy Choices</p>	<p>Year 11</p>	<p>To understand the impact of an unplanned pregnancy To know what to do if you think you or a friend is pregnant To understand the options available for unplanned pregnancies</p>	<p>Abortion, Pregnancy Test, Adoption, Morning Sickness, Fatigue, Nausea</p>	<p>I understand the signs that someone may be pregnant I know the range of options available to someone who is pregnant I can identify methods that do and do not protect against pregnancy</p>
<p>Adult Health and Looking After Yourself - 03 - Abortion Laws, Morals and Ethics</p>	<p>Year 11</p>	<p>Examine what is meant by abortion and the law regarding abortion. Consider different reasons why women have abortions. To be able to explain the religious and legal perspectives on abortion in the UK and Northern Ireland</p>	<p>Conception, abortion, Conceive, Contraception, Moral, Rights, Pro-life, Pro-choice</p>	<p>I can explain what the legal position is on abortion in the UK I understand a range of views that are pro-life and pro-choice I can explain why abortion is such a controversial topic around the world</p>
<p>Adult Health and Looking After Yourself - 04 - Parenthood for Teenagers</p>	<p>Year 11</p>	<p>To understand the challenges that raising a child presents for a couple To evaluate the impact parenthood has on teenagers To understand the many ways people can become parents</p>	<p>Parenthood, Abortion, Adoption, Surrogacy, Artificial Insemination, Support Network</p>	<p>I can explain a range of ways people can become parents I understand the costs involved in raising a child I understand the challenges and opportunities of a new born baby</p>
<p>Adult Health and Looking After Yourself - 05 - Testicular and Prostate Cancer</p>	<p>Year 11</p>	<p>I know the risk factors and common symptoms of testicular cancer I understand how to perform a testicular self-examination I understand how difficult prostate cancer can be to detect</p>	<p>Prostate Cancer, Testicular Cancer, Self-Examination, Tumours, Abnormal Growth</p>	<p>I can explain the signs and symptoms of testicular cancer I know how to conduct a self-examination of my own or my boyfriend's testicles I understand what prostate cancer is</p>
<p>Adult Health and Looking After Yourself - 06 - Breast Cancer, Cervical Cancer & Screening</p>	<p>Year 11</p>	<p>I know the risk factors and common symptoms of breast and cervical cancer I understand how to perform a breast self-examination I understand the importance of a smear test and cervical screening</p>	<p>Breast Cancer, Self-Examination, Tumours, Cervical, Smear Test, Screening, HPV</p>	<p>I can explain the signs and symptoms of breast and cervical cancer I know how to conduct a self-examination of my own or my girlfriend's breasts I understand the significance of a smear test and cervical screening</p>

Adult Health and Looking After Yourself - 07 - Love and Abuse	Year 11	To describe a positive and healthy relationship To understand the different types of abuse that exist To identify where to go for help and support with abusive relationships	Domestic Abuse, Domestic Violence, Manipulation, Scapegoating, Negativism	I can explain how abuse can be mistaken for love at first I can list a range of things that can cause conflicts in a relationship I understand the barriers and coping strategies for leaving an abusive relationship
Life Beyond School				
Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Managing Change - 01 - What is PSHE?	Year 7	Describe how people's feelings change during stages of transition Describe your feelings during times you have experienced transitions Identify ways of coping with transition points and how you would apply them to future times of change in your life	Transition Points, Career, Change, Risk, Reflection	I understand the term transition I can explain the different career transition points in secondary school and beyond I am able to reflect on the feelings experienced during transition
Managing Change - 02 - Getting to Know People	Year 7	I understand the concept of trust I can explain what I have in common with others across my class. To evaluate what it would take for society to truly flourish	Trust, Honesty, Integrity, Self Esteem, Society, Character Traits	I can identify a range of people I trust in my life I know a lot about other people in my class I can identify positive character traits
Managing Change - 03 - What is a Community	Year 7	To understand the concept of community and what makes a cohesive community To explore how British communities have changed over the past 60 years To evaluate how welcoming your local community is	Tolerance, Community, International, local, national, Community Cohesion	I can define community cohesion I understand the benefits of a multicultural society I know how to be an active member of my community
Managing Change - 04 - Careers and Your Future	Year 7	To understand the meaning of the word career To be aware of how careers education can help you plan for the future and recognise limitations of making career choices based on 'dream' ideas To be aware of what considerations are involved in making realistic choices	Careers, Skills, Qualities, Future, Aspirations, Opportunities	I am aware of how important careers education is I'm aware of how not to limit my future career options I'm aware of future opportunities in learning and work
Managing Change - 05 - Sleep and Relaxation	Year 7	To describe what actually happens when we sleep To explore the benefits of good quality sleep To explain how to improve sleep quality and where to source extra help and support from	Routine, Regeneration, Growth, Memory, Environment,	I understand what happens to me when I sleep I can explain the benefits of good quality sleep I know a range of strategies to improve my sleep

Managing Change - 06 - Financial Education	Year 7	To describe the concept of money To explore positive and negative uses for money To discuss how the government spends money to help the country	Immunity, Sleep hygiene Bartering, Currency, Wealth, Transaction, Debt, Exchange, Austerity, HM Treasury	I can explain the three purposes of money I understand how money can influence the world in positive and negative ways I can identify key areas of government expenditure
Managing Change - 07 - Transition Points in Your Life	Year 7	Describe how people's feelings change during stages of transition Describe your feelings during times you have experienced transitions Identify ways of coping with transition points and how you would apply them to future times of change in your life	Transition points, Career, Change, Risk, Reflection	I understand the term transition I can explain the different career transition points in secondary school and beyond I am able to reflect on the feelings experienced during transition
Lesson	YEAR GROUP	Learning Outcomes	Key Terms	Assessment Objectives
Proud to be me - 01 - Employability & Enterprise Skills	Year 8	Be able to effectively work as part of a team and research the issues and come up with solutions Apply this understanding by redesigning an area of _____. School Evaluate what makes an effective and persuasive presentation. Have Fun!!!	Life Skills, Enterprise, Entrepreneur, Teamwork, Leadership, Numeracy, Budget, Economy	I can work effectively as part of a team. I Know what makes good team work and leadership I can confidently pitch my ideas to an audience
Proud to be me - 02 - Proud to be me	Year 8	To identify what is important for you and what you expect from yourself, taking into account the beliefs and expectations that others have of you I can describe my self esteem and understand ways to improve it To evaluate what self self love is	Emotion, Feelings, Thoughts, Past Behaviours, Understanding, Ambition, Ideal Self, Actual Self, Values	I can describe my own self esteem I have aspirations and am looking forward to the future I can describe what self love is
Proud to be me - 03 - Careers and Aspirations	Year 8	To help me think carefully about potential careers and focus on my interests and preferences To be aware that understanding myself and my interests will help shape my choices about KS4 Options and future career ideas	Aspiration, Pharmacist, Jeweller, Optometrist, Barista, Maître d', Forensics	I can identify a wide range of jobs I recognise that each sector in society contains many career opportunities I know how to plan for my future career
Proud to be me - 04 - Self Esteem and the Media	Year 8	To describe self esteem and how it impacts someone life To explore ways to boost self esteem To evaluate the impact negative self talk can have on self esteem	Self Esteem, Self Talk, Body Image, Influencers, Positivity	I understand ways to boost my self esteem I can explain how the media and my peers may impact my self esteem I can explain the

Proud to be me - 05 - The Importance of Happiness	Year 8	To explore what happiness might mean to different people To explore why its OK for us to explore our own feelings and emotions To evaluate whether happiness truly exists	Belief, needs, wants, Inspiration, Future, dreams, ability	importance of being body confident I can explain what happiness looks like for different people I can recognise my own emotions and how I'm feeling I have an opinion about whether true happiness exists or not
	Year 8	To understand the science behind why someone gets angry To explore how our thoughts and feelings can impact what we do and say To understand how to deal with and manager anger	Angers, Triggers, Conflict Management, Emotions, Language, self awareness	I understand the science behind being angry I can recognise when I'm getting angry and what my triggers are I am able to deal with my anger in a positive way
	Year 8	To identify the 10 main UK Job sectors To explore a wide variety of jobs To evaluate the different qualifications, starting salaries and duties of a wide range of jobs	Job Description, Salary, Duties, Progression, Qualifications, GCSE, A-levels, University, Skills	I can identify a range of different UK Job sectors I know the starting salaries of a range of jobs I can explain my dream job or career
Essential Life Skills - 01 - From Failure to Success	Year 9	To understand how success and failure are often linked To explore what motivates people to achieve incredible things To evaluate the importance of resilience and learning from mistakes and failures	Success, Failure, Motivation, Resilience, Empathy, Mistakes, Kinaesthetic, Auditory	I can explain how success comes from failure I understand how to turn problems into opportunities I am a resilient person at school, home and in the community
Essential Life Skills - 02 - Assertiveness	Year 9	Know the difference between passive, assertive and aggressive Recognise assertive behaviour in dealing with peer pressure to drink Demonstrate strategies to manage risk and explain why they are useful	Evaluate, Submissive, Aggressive, Assertive, Insistent, Adamant	I know the difference between passive, assertive & aggressive. I understand how to be assertive with peer pressure. I can evaluate different strategies to manage risk
Essential Life Skills - 03 - First Aid	Year 9	To understand the vital importance of First Aid as a life saving skill Know how to perform first aid, including CPR, the use of defibrillators, choking and basic treatment for common injuries To understand how to put someone in the recovery position and when to contact emergency services	Defibrillator, CPR, Choking, Recovery Position, St John Ambulance, BHF, Circulation, Airways	I am confident in giving someone basic first aid I know how to perform CPR and put someone in the recovery position I understand how and when to use a defibrillator to save someone's life

Essential Life Skills - 04 - Saving and Managing Your Money	Year 9	To define a variety of banking and financial key terms To understand the importance of saving money and the different methods of storing it To be able to identify the difference between essential and non- essential expenditure	Investment, Branch, Debit Card, Bank Account, Expenditure, Needs & Wants, Budget, Debt	I understand the meaning of a wide range of financial key terms I can evaluate different ways of storing money I can explain the many advantages to having a bank account
Essential Life Skills - 05 - Labour Market Information	Year 9	To be aware of what labour market information (LMI) is and how it can be useful to you To be able to start using LMI to get a realistic picture of the labour market To use LMI to help me make decisions about future careers	Labour Market, Authority, Demography, globalisation, manufacturing, education, training	I understand what labour market information is I can explain what may impact local labour markets in the UK I can identify the main factors that impact labour market information
Essential Life Skills - 06 - Finance, Budgeting and Employment	Year 9	To define terms such as financial capability and financial competence. To understand the importance of budgeting throughout a person life To know how to calculate your personal income tax liability	Budget, Forecast, Savings, Investments,, Financial Competence, Financial Capability	I understand how debt and borrowing money can impact personal finance I am able to budget now and for the future I understand how income tax is calculated
Essential Life Skills - 07 - Social Media and Online Stress	Year 9	To explore the link between mental health and social media usage To identify coping strategies to manage online stress Recognise that social media sometimes does not reflect real life	Platforms, Social Media, Stressors, Social Currency, Online Harassment , Confidential, Privacy, Cyber Bullying	I can explain what online stress is I understand the link between mental health and social media usage I know how to keep my online data safe
Rights and Responsibilities - 01 - Insta and TikTok Generation	Year 10	To explore the link between body image and social media To understand how highly edited social media can distort our views on the real world To explore what makes social media sites so popular/addictive	Filtered, Body Image, Self-Esteem, Vloggers, Streaming, Childline, Selfie	I understand the concepts of highly edited and filtered media I know why social media is so popular with young people I understand the negative impact social media has on body image and self-esteem
Rights and Responsibilities - 02 - Targeted Advertising and Your Data	Year 10	To describe the three main types of targeted advertisements and explain how they work To explore the role of the advertising standards agency (ASA) To	Contextual, Geotargeted, Retargeted , Targeted ,	I can explain how geotargeted, contextual and retargeted advertisements work I can explain the role of the Advertisement Standards Agency I know when I

		evaluate the role targeted advertising plays in elections	Advertisements, Pop-Ups, ASA	am being subjected to targeted advertisements online
Rights and Responsibilities - 03 - What is Marriage	Year 10	I can describe what marriage is and what marriage is not I understand the legal position of gay marriage across different countries in Europe Evaluate a range of views on sex before marriage	Marriage, Divorce, Companionship, Commitment, Co-habitation, Civil Partnership, Prenuptial Agreement	I can explain what marriage is and what it is not I understand gay marriage laws in the UK and Europe I know a range of different views on the topic of sex before marriage
Rights and Responsibilities - 04 - Rights and Responsibilities	Year 10	To define the terms rights, responsibilities and moral duties To understand the different types of rights and responsibilities that exist To study the differences between civil law and criminal law	Civil law, Criminal Law, Rights, Responsibilities, Moral, Political, Legal	I understand the duties of a citizen in the UK I can identify many different rights and responsibilities I have I can explain the difference between civil and criminal law
Rights and Responsibilities - 05 - Consumer Rights	Year 10	To understand what ethical business practices are To understand the rights and responsibilities of consumers To evaluate the impact the Consumer Rights Act 2015 has had on society	Sustainability, Ethical, Integrity Consumer Rights Act, C.A.B, Office of Fair Trading	I can identify unethical business practices I know my consumer rights and responsibilities I can explain how consumers and businesses can work toward better working practices
Rights and Responsibilities - 06 - Employment Rights	Year 10	To identify a variety of employment rights and responsibilities in the UK To understand different issues related to employee rights To explore the gender pay gap in society	Employers, Employment Tribunal, Equality Act 2010, Equal Opportunities, Trade Union, Unfair Dismissal	I know a range of employment rights and responsibilities I know the minimum amounts per hour employees must be paid I understand the term 'gender pay gap'
Rights and Responsibilities - 07 - Exploring a Pay Check	Year 10	To understand what the common features of a payslip are To be able to work out using calculations gross pay and net pay on a payslip To evaluate the importance of paying tax and NI contributions	BACS, Deductions, Payslip, Net Pay, Gross Pay, National Insurance, Salary, Tax, Tax Code, PAYE	I understand how to read a payslip I know how to work out gross pay and net pay on a payslip I am aware of the deductions that are likely to come out of my salary when I'm older
Your Future and Beyond - 01 - Screen Addiction and Studying	Year 11	Explore how technology and social media can negatively impact on your mental health To evaluate how technology and smart phones can be both rewarding and damaging in our lives	Addiction, Dependence, Blue Light, Echo Chambers, Filter Bubbles	I am aware of the dangers associated with smart phone and screen addiction I understand what makes a good environment to sleep and study in I can explain

Your Future and Beyond - 02 - Post 16 Options	Year 11	To understand the options available to me at the end of Year 11 To consider how I can make the best choice for me To understand the application process for post 16 options	A Level, T Level, Btec, Apprenticeship	the benefits and drawbacks of an increasing dependance on technology in my life I understand my options for the end of Year 11 I know what to consider to make the best choice for me I understand the application process for post 16 options
Your Future and Beyond - 03 - Exam Stress and Anxiety (2 Hours)	Year 11	To understand the science behind fight, fright and freeze responses to stress To recognise that stress is only beneficial in the short term and that long term it can affect you physically and emotionally To understand how to manage stress and relaxation	Relaxation, Stress,, Cortisol, Hormones, Meditation, Yoga, Para-sympathetic	I can identify the symptoms of stress I know range of methods to help me overcome any exam stress I have I understand how different amounts of stress can impact my performance and ability to think clearly
Your Future and Beyond - 04 - Social Media Vs Real Life	Year 11	To describe the differences between real life and social media life To explore the impact social media influencers have on society To identify coping strategies for social media wellness and improving self-esteem	Online Identity, Body Confidence, Addiction, Influencer, Perfectionism, Validation	I am aware that what I see on social media may not be reflective of real life I can explain the positive and negative impact that following social media influencers has on me I know the four main ways social media can cause stress
Your Future and Beyond - 05 - CV Writing	Year 11	To understand the purpose of a CV To understand how to create a clear and concise CV To have some ideas I could use to help make my CV stand out	Curriculum Vitae, Qualifications, Interests, Hobbies, Referees, Work Experience	I understand why a CV is important I am confident in creating my own CV I understand how to layout a CV and what I should avoid to make it look professional
Your Future and Beyond - 06 - Writing a Personal Statement	Year 11	To understand what a personal statement is To explore when a personal statement may be needed To be confident in writing a personal statement that reflects your abilities and ambitions	Personal Statement, CV, Successes, Qualities, University, Achievements, Applications	I know why a personal statement is important I am able to write my own personal statement I understand when a personal statement would be required