

Key Skills Taught Throughout the Course in All Years	
<p>Aiming High – the ability to set clear, tangible goals and devise a robust route to achieving them</p> <p>Creativity – the use of imagination and the generation of new ideas</p> <p>Listening – receiving, retaining and processing information and ideas</p> <p>Leadership – supporting, exploring and developing others to achieve a shared goal</p> <p>Teamwork – working cooperatively with others towards achieving a shared goal</p> <p>Problem Solving – the ability to find a solution to a situation or challenge</p> <p>Risk management – identifying and negating risk, as well as the need for positive risk taking</p> <p>Staying Positive – the ability to use tactics and strategies to overcome setbacks and achieve goals with resilience</p> <p>Speaking – oral transmission of information and ideas</p> <p>Self-improvement – constructive self-criticism and goal setting</p> <p>Decision making – weighing up options in light of information, with consideration of the impact</p> <p>Self-regulation – being able to identify and manage our emotions and impulses, being mindful of our impact on others</p> <p>Interpersonal skills – respect, empathy, compassion and tolerance</p> <p>Critical thinking – discerning evaluation of sources and ideas, separating fact and reasoned argument from speculation, rumor and opinion</p> <p>Presentation skills – effectively communicate ideas to peers</p>	

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Whole School Events	Topic: Black History Celebration Week	Topic: Interfaith Diversity Week	Topic: Mental Health Awareness Week	Topic: International Women’s Week	Topic: Cultural Diversity Celebration Week	Topic: Pride Week
	Rationale: To raise awareness of the contribution of BAME figures both past and present and celebrate diversity in the school and wider society in a cross curricular way, as well as raising awareness of the ongoing issues for BAME people.	Rationale: To raise awareness of the contribution of different religious figures both past and present, and celebrate diversity in the school and wider society in a cross curricular way, as well as raising awareness of the ongoing discrimination against religious people.	Rationale: To encourage all members of the school community to be reflective and protective of their mental health, recognise ways of boosting mental health across the school, and remind of sources of support	Rationale: To raise awareness of the contribution of different female figures both past and present in a cross curricular way, as well as raising awareness of the ongoing issues for women.	Rationale: To raise awareness of the contribution of different cultural figures both past and present, and celebrate diversity in the school and wider society in a cross curricular way.	Rationale: To raise awareness of the contribution of different LGBTQ+ figures both past and present, and celebrate diversity in the school and wider society, as well as raising awareness of the ongoing discrimination against LGBTQ+ people.
Year 7	Topic: Building Positive Relationships Types of relationships Positive values Peer relationships Neurodiversity	Topic: Maintaining Relationships Bullying Peer relationship breakdowns Family relationships Family breakdowns Online relationships	Topic: Self-Awareness Identity LGBTQ+ Identity Managing Sadness Managing Anger Managing Anxiety Mindfulness	Topic: Being Healthy Puberty Healthy Lifestyles Hygiene Oral Health <i>Guest speaker during this term.</i>	Topic: Online Safety Body Image Staying Safe Online Benefits of Online Risks of Online	Topic: The Law and You UK Law Staying Safe in the Summer <i>Guest speaker during this term.</i>
	Rationale: As students start at the school, it is a good time to reflect on how to form positive, respectful and inclusive relationships.	Rationale: To continue to build upon the previous terms work, and ensure clear understanding of positive relationship values to underpin later learning.	Rationale: To build upon the previous terms learning, the focus now turns inwards to promote self-awareness.	Rationale: This is the most common age for puberty to begin, as well as encouraging students to become increasingly independent in their own care.	Rationale: To build upon the work throughout the year so far on staying healthy, but now expanded out into the digital world with a focus on conduct and contact.	Rationale: To prepare students for the upcoming holiday and any risks they may encounter, as well as ensuring a clear understanding of their legal rights and responsibilities.

Year 8	Topic: Online Safety Types of relationships Positive values Social Influence Online Safety Benefits of being online Risks of being online Sharing Images	Topic: Discrimination Identity LGBTQ+ Identity Prejudice and Discrimination Sexism Racism Ableism LGBTQ+ Rights Bullying <i>Guest speaker during this term.</i>	Topic: Future Choices Aspirations and Goal Setting Education Options Employment Options Careers	Topic: Staying Mentally Healthy Positive Mental Health Resilience Self-help Techniques	Topic: Staying Safe Gangs Weapons The Law	Topic: Curious Minds Project Independent critical research and presentation on a topic of individual choice <i>Guest speaker during this term.</i>
	Rationale: As students approach the age of average social media use, this is designed to ensure they have the skills and knowledge to promote safe use.	Rationale: Builds upon learning from last year, but with added depth by focusing on specific issues.	Rationale: As some students may begin considering future options and begin seeking employment, this is designed to ensure they understand their choices and rights.	Rationale: To provide students with practical coping skills to promote resilience and positive mental health, as well as being able to recognise when they might need support.	Rationale: As students are approaching the age when they are most likely to start getting involved in gangs and anti-social behaviour, this topic is designed to address those risks.	Rationale: To allow students the freedom to choose their own area of interest, and develop presentation and critical research skills.
	Tutorial Topic: Self-Awareness and Impact on Others Self-reflection and target setting Self-awareness Impact on others Homelessness Poverty Disabilities		Tutorial Topic: Sustainability Challenge Tutor group competition to research, design and create a way of making the school and local community more sustainable.		Tutorial Topic: Learning Styles Learning Styles How to prepare of assessments Self-reflection	
	Rationale: To extend discussions around positive relationships and explore ideas of privilege and duty to others.		Rationale: To further develop the idea of being part of the school and local community and promote presentation and creativity skills.		Rationale: As students prepare for assessments, these sessions will help them to recognized their preferred learning style and thus identify the most effective ways of preparing.	
Year 9	Topic: Online Safety Positive Relationships Social Influence Online Safety Benefits of being online Risks of being online Sharing Images	Topic: Staying Mentally Healthy Mental Health Issues Resilience Self-help Techniques Toolkits Mindfulness	Topic: Staying Physically Healthy Puberty recap Healthy Lifestyles recap Health examinations Vaccines Legal and Prescription drugs Alcohol Illegal Drugs Addiction	Topic: Romantic Relationships Romantic Relationships Consent Marriage and Civil Partnerships	Topic: Sex Education Sexual Health Contraception Domestic abuse Peer on Peer abuse Grooming Forced Marriage Female Genital Mutilation <i>Guest speaker during this term.</i>	Topic: Staying Safe First Aid Summer Safety <i>Guest speaker during this term.</i>
	Rationale: To reflect and build upon prior learning on online safety, as most students will now be regular social media users. Previous learning on conduct and contact now expanded with more specific detail on content.	Rationale: As most students are now at an age where mental health issues become more prevalent, this is a reminder of what they have been previously taught but with added details on negative mental health. Also ensures all new joiners have practiced a variety of self-help techniques.	Rationale: A recap of basic information from previous years to ensure all students understand physical health, as well as more detailed focus on how students can be more responsible for their health both now and in the future.	Rationale: Building on learning from the start of year 7 onwards, ideas about respectful and positive relationships are expanded to include romantic and sexual relationships.	Rationale: To ensure students have a factual understanding of sexual health and how to stay safe, as well as significant risks that exist in a variety of relationships, and how to access support.	Rationale: To give students practical skills in basic first aid and emergency care.

	Tutorial Topic: Online Safety Recognising Extreme Views Source Reliability Fake News Online Gaming	Tutorial Topic: Mental Health Positive Thinking Personal Reflection Learning Styles Recap	Tutorial Topic: Future Options Goal Setting Personal Skills GCSE Options and Choices	Tutorial Topic: Staying Healthy Drugs Healthy Relationships Recap Positive Values Recap	Tutorial Topic: Kindness Challenge A set of weekly challenges aimed to promoting kindness in the school and local community.		
	Rationale: As students increase their online use, these tutor discussions will build upon the work in the lessons on how to be a critical and safe consumer of information.	Rationale: These tutorials will allow for further discussion of the lesson content, as well as opportunity for personal reflection.	Rationale: Students will be considering their GCSE options around this time, so these discussions will allow students to identify their own strengths and goals.	Rationale: These sessions allow for more open discussion and reflection of the lessons.	Rationale: A way of encouraging students to put their learning about positive relationships and the impact we can have on others into practice, and boost their own and community wellbeing.		
Year 10	Topic: Positive Relationships Positive Relationships Types of Relationships Relationship Breakdowns Online Relationships Bullying Discrimination First Aid		Topic: Staying Mental Healthy Resilience Mental Health Issues Self-care <i>Guest speaker during this term.</i>	Topic: Addiction Alcohol and Smoking Drugs Gambling	Topic: Sexual Health Sex and Consent Contraception STI's, STD's and Sexual Health Fertility Pregnancy (including pregnancy loss) Pornography <i>Guest speaker during this term.</i>		
	Rationale: To recap prior learning, and build upon existing ideas about respectful relationships, before expanding to reflect more on our impact as individuals on others, and what we can all to improve the lives of others.		Rationale: As students begin to experience increasing levels of pressure with the start of GCSE's, this is a timely reminder of how to look after their mental health.	Rationale: A reminder of the dangers and law surrounding these, as well as how to get support, as students may be tempted to turn to these to handle the increased academic pressures.	Rationale: To recap and further reinforce prior learning from year 9, as students near the age of consent and possible experimentation. In addition, focus is added on issues surrounding fertility and pregnancy, as well as discussion on the impact of viewing pornography on attitudes towards sexual norms.		
	Tutorial Topic: Financial Choices Budgeting Savings Debt Influences on Financial Decisions Financial Risks Consumer Rights		Tutorial Topic: Online Safety Staying Safe Online Sharing of Images Digital Footprints Social Media Pros and Cons Recognising Extreme Views	Tutorial Topic: Learning Styles Learning Styles How to prepare of assessments Self-reflection	Tutorial Topic: Addiction Drugs Alcohol Smoking	Tutorial Topic: Crime Recognising Exploitation Gangs Organized Crime Weapons	
	Rationale: To introduce students to key information about finances, as this is age that parents and students have requested this information.		Rationale: A reminder of learning from year 9, with a focus on the 3 C's and how to be a critical consumer.	Rationale: As students prepare for assessments, these sessions will help them to recall their preferred learning style and thus identify the most effective ways of preparing.	Rationale: As well as linking back to lesson content from the previous term, these discussions allow for reflection on the impact of substances on relationship and sexual health decisions.	Rationale: Linking back to year 9 learning, these tutorials will also provide opportunity for more explicit discussion of sexual and criminal exploitation.	
Year 11	Topic: Respectful Relationships Positive Relationships Harassment Abuse Gangs and Knife Crime	Topic: Self-Care Body Image Self-care Health Screenings Cosmetic Procedures Mental Health recap <i>Guest speaker during this term.</i>	Topic: Sexual Health Sexual Health Consent recap Pornography recap	Topic: Addiction Smoking Drugs Alcohol Gambling Gaming <i>Guest speaker during this term.</i>	Topic: Festival Safety Personal safety First Aid recap		

Rationale: Recaps prior learning about respectful relationships, as well as expanding on issues of gang crime, which students are more vulnerable to at this age.	Rationale: As students become more focused on self-image, and more independent, the aim is to remind them of the laws and safety surrounding these issues.	Rationale: A reminder of prior learning, which is now more pertinent as many students will have reached the age of consent.	Rationale: A reminder of prior learning, which is now more pertinent as many students will have reached the age where they may be consuming these in more uncontrolled and unsupervised ways.	Rationale: As many students attend festivals at the end of year 11, this is a timely reminder of how they can keep themselves, and others, safe.	
Tutorial Topic: Preparing for Work Identifying Strengths Setting Goals and Aspirations Future Options Contract Types Interview Skills CVs		Tutorial Topic: Online Safety Sharing of Images Digital Footprints Social Media	Tutorial Topic: Preparing for Work Experience Employment Rights and Responsibilities Health and Safety at Work Workplace Discrimination and Harassment Work Experience Target Setting		
Rationale: As students approach the age where many may begin working, these tutorials will equip them with the practical skills to apply for jobs both now and in the future.		Rationale: A reminder of previous learning, but now focused on the impact these things can have on their employability.	Rationale: As students will complete work experience at the end of this term, these tutorials will allow for practical advice about the process and expectations, as well as ways of keeping safe in future employments.		

Year 12	Topic: Personal Safety Driving and Car Safety First Aid Recap Healthy Lifestyles and Self-Care Abuse and Harassment <i>Guest speaker during the year.</i>				
	Rationale: As students become increasingly independent, these sessions focus on staying safe when experiencing new events like driving, nightclubs and employment, as well as recapping previous ideas about self-care.				
	Tutorial Topic: Online Safety Source Reliability Online Safety Sharing Images Digital Footprints Social Media Recognising Extremism		Tutorial Topic: Financial Choices Budgeting Deductions Savings Debt Financial Contracts Financial Risks Consumer Rights		Tutorial Topic: Staying Safe Drugs Alcohol Smoking Addiction Recognising Exploitation Gangs Weapons
	Rationale: Building on prior learning, these tutorial discussions will remind students of their responsibilities to others, as well as how to be critical consumers – in general, and for coursework and EPQ research, which many will be starting in this term.		Rationale: As students become increasingly independent, these sessions will run alongside an external program of study and provide opportunities to discuss ideas and issues.		Rationale: Following a talk from an external speaker, these sessions will allow further discussion of previous learning.

Year 13	Topic: Next Steps Staying Mentally Healthy Sexual Health Healthy Relationships Personal Safety <i>Guest speaker during the year.</i>				
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<p>Rationale: As student prepare to leave the school, these sessions are designed to recap everything that has been previously taught, but with a more significant focus on preparing for adult life and independence.</p>			
<p>Tutorial Topic: Prejudice and Discrimination</p> <p>Recognising Discrimination Ableism</p>	<p>Tutorial Topic: Addiction</p> <p>Smoking Drugs Alcohol Addiction</p>	<p>Tutorial Topic: Employment Rights and Responsibilities</p> <p>Hopes for Next Steps Identifying Strengths Future Options Interview Skills CV's Rights and Responsibilities</p>	<p>Tutorial Topic: Preparing for Next Steps</p> <p>Budgeting Forming New Relationships Sexual Health Self-Care Healthy Lifestyles Safe Travel</p>
<p>Rationale: These sessions remind students of previous learning, as well as setting the foundation for the year of respect and equality in all we do.</p>	<p>Rationale: As many students will be legally old enough to consume these by this point, this is a reminder of the law and how to stay safe, as well as how to access support.</p>	<p>Rationale: For the final terms at school, the focus is helping students prepare for this major transition. The focus is on preparing them for entering the world of work as an adult, as well as the new challenges of leaving home.</p>	