

Mission Statement: to provide an outstanding all-round education that gives all students the knowledge and they need for fulfilment and wellbeing both now and in later life. This is done by ensuring they have access to current and relevant information, as well as providing opportunities for them to become curious, resilient and emphatic young adults who are confident to follow their own paths

Key Skills Taught Throughout the Course in All Years:

Aiming High – the ability to set clear, tangible goals and devise a robust route to achieving them

Creativity – the use of imagination and the generation of new ideas

Listening – receiving, retaining and processing information and ideas

Leadership – supporting, exploring and developing others to achieve a shared goal

Teamwork – working cooperatively with others towards achieving a shared goal

Problem Solving – the ability to find a solution to a situation or challenge

Risk management – identifying and negating risk, as well as the need for positive risk taking

Staying Positive – the ability to use tactics and strategies to overcome setbacks and achieve goals with resilience

Speaking – oral transmission of information and ideas

Self-improvement – constructive self-criticism and goal setting

Decision making – weighing up options in light of information, with consideration of the impact

Self-regulation – being able to identify and manage our emotions and impulses, being mindful of our impact on others

Interpersonal skills – respect, empathy, compassion and tolerance

Critical thinking – discerning evaluation of sources and ideas, separating fact and reasoned argument from speculation, rumour and opinion

Presentation skills – effectively communicate ideas to peers

In addition to lessons and weekly tutorials, years 7 and 8 have Personal Development afternoons which are complementary to, and extensions of, the PSHE content below.

All year groups will have at least one external speaker during the year.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Whole School Events	Topic: BAME Celebration Week	Topic: Neurodiversity Celebration Week	Topic: Mental Health Awareness Week	Topic: International Women's Week	Topic: Eco Week	Topic: Pride Week
	<p>Rationale:</p> <p>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.</p>	<p>Rationale:</p> <p>To raise awareness of the contribution of neurodiverse 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.</p>	<p>Rationale:</p> <p>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</p>	<p>Rationale:</p> <p>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.</p>	<p>Rationale:</p> <p>To raise awareness of environmental issues, and to focus on the whole school drive towards being more sustainable</p>	<p>Rationale:</p> <p>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.</p>

KS3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Topic: Building Positive Relationships Positive values Peer relationships Neurodiversity	Topic: Maintaining Relationships Bullying Peer relationship breakdowns Online relationships Identity		Topic: Being Healthy LGBTQ+ Identity Puberty Healthy Lifestyles Hygiene Oral Health Bpdy Image <i>Guest speaker during this term.</i>		Topic: Being Safe Family relationships Family breakdowns 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. 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 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.
	Tutorials: Building positive relationships Relationship breakdowns	Tutorials: Staying Healthy	Tutorials: Mental Health	Tutorials: Kindness Challenge	Tutorials: How to Prepare for Assessments	Tutorials: The Law
	Rationale: To extend discussions around ideas being covered in lessons at this time, and ensure ample opportunity for exploration and sharing of ideas.	Rationale: To introduce basic ideas of looking after yourself, in order to recognise and provide guidance for the increasing independence the students will be having at this time.	Rationale: To enable young people to reflect on their own emotions and triggers, and build upon the learning in the Personal Development afternoons about resilience and self-help techniques.	Rationale: To provide an opportunity to enhance the lives of those around us, and reflect on the impact we make on others.	Rationale: As students prepare for assessments, these sessions will help them to learn how they learn, thus identify the most effective ways of preparing.	Rationale: To extend discussions around ideas being covered in lessons at this time, and ensure ample opportunity for exploration and sharing of ideas.

KS3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
8	Topic: Online Safety Types of relationships	Topic: Equality Prejudice and Discrimination		Topic: Future Choices Aspirations and Goal Setting	Topic: Staying Safe First Aid	Topic: Curious Minds Project

	Positive values Social Influence Online Safety Benefits of being online Risks of being online Sharing Images	Sexism Racism Ableism LGBTQ+ Rights Bullying <i>Guest speaker during this term.</i>	Education Options Employment Options Careers		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: As students are maturing, the need to be able to keep themselves and others safe is key.
	Tutorials: Self-awareness Impact on Others	Tutorials: Privilege and Equality	Tutorials: Mental Health	Tutorials: Kindness Challenge	Tutorials: How to Prepare for Assessments
	Rationale: To extend discussions around positive relationships and explore ideas of privilege and duty to others by looking at homelessness and poverty.		Rationale: To enable young people to reflect on their own emotions and triggers and build upon the learning in the Personal Development afternoons about resilience and self-help techniques.	Rationale: To provide an opportunity to enhance the lives of those around us and reflect on the impact we make on others.	Rationale: As students prepare for assessments, these sessions will help them to learn how they learn, thus identify the most effective ways of preparing.
					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 before they reach the age when these issues are more prevalent.

KS3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
9	Topic: Online Safety Positive Relationships Social Influence Online Safety Benefits of being online Risks of being online	Topic: Staying Mentally Healthy Mental Health Issues Resilience Self-help Techniques Toolkits	Topic: Staying Physically Healthy Puberty recap Healthy Lifestyles recap Health examinations Vaccines	Topic: Romantic Relationships Romantic Relationships Consent Marriage and Civil Partnerships	Topic: Sex Education Sexual Health Contraception Domestic abuse Peer on Peer abuse Grooming	

	Sharing Images	Mindfulness	Legal and Prescription drugs Alcohol Illegal Drugs Addiction		Forced Marriage Female Genital Mutilation <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.
	Tutorials: Recognising Extreme Views Source Reliability Fake News Online Gaming	Tutorials: Mental Health Positive Thinking	Tutorials: Goal Setting Personal Skills GCSE Options and Choices	Tutorials: Drugs Smoking and Vaping Addiction	Tutorials: How to Prepare for Assessments
	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: A reminder of the dangers and law surrounding these, as well as how to get support, as students may begin to be more curious about substances at this age.	Rationale: As students prepare for assessments, these sessions will help them to learn how they learn, thus identify the most effective ways of preparing.

KS4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
10	Topic: Positive Relationships Positive Relationships Types of Relationships Relationship Breakdowns Online Relationships Bullying		Topic: Staying Mental Healthy Resilience Mental Health Issues Self-care	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	

KS4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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:	Rationale:	Rationale:	Rationale:	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.	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.	A reminder of prior learning, which is now more pertinent as many students will have reached the age of consent.	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.	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.	
	Tutorials: Identifying Strengths Setting Goals and Career Aspirations Future Options Job Contract Types Interview Skills CVs			Tutorials: 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: 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.		

KS5	Autumn 1	Autumn 2	Spring 2	Spring 2	Summer 1	Summer 2
12	Topic: Personal Safety Car and Road Safety Healthy Relationships Exit Strategies	Topic: Unhealthy Relationships Forced Marriage FGM Sex, Consent and Pleasure	Topic: Sexual Health Contraception Fertility and Pregnancy Miscarriage and Abortion	Topic: Personal Health Self-care and examinations Body Image Cosmetic and Aesthetic Procedures	Topic: Mental Health Emotional Awareness and Triggers Resilience Managing Self-Harm and Depression Managing Anxiety and OCD Managing Eating Issues	
	Rationale: As many of the students will begin to learn to drive early on this term, and with others therefore more likely to be passengers to young drivers, this is an opportunity to educate on the dangers and how to stay safe.	Rationale: To build upon previous learning about healthy and unhealthy relationships, abuse and how to access support.	Rationale: Continuing on the focus from last half term on consent and sexual relationships, this is an opportunity to talk in more depth than previously about experiences that many will experience either directly or indirectly.	Rationale: As students will be increasingly independent at this age, this is a reminder of previous learning that will provide the basis for the focus of next terms work.	Rationale: A reminder of previous learning, but with a deeper focus on the triggers, symptoms and support for our most common mental health issues.	
	Tutorials: Source Reliability	Tutorials: How to Prepare for	Tutorials: Budgeting		Tutorials: Drugs	

	Online Safety Sharing Images Digital Footprints Social Media Recognising Extremism	Assessments	Deductions Savings Debt Financial Contracts Financial Risks Consumer Rights	Alcohol Smoking Addiction
	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 prepare for assessments, these sessions will help them to learn how they learn, thus identify the most effective ways of preparing.	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.

KS5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
13	Topic: Substances Legal and Illegal Drugs Alcohol Addiction Substance misuse focused First Aid	Topic: Relationships Healthy Relationships Abuse, Harassment and Stalking Sex, Consent and Pleasure	Topic: Staying Healthy Sexual Health Mental Health Physical Health	Topic: Preparing to leave Practical Life Skills Sexual Health Mental Health Physical Health Budgeting Rights and Responsibilities Safe Travel		
	Rationale: As students will be preparing for unprecedented levels of independence, this is a reminder of previous learning.		Rationale: This is a reminder of previous learning but with a focus on accessing adult services.	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.		
	Tutorials: UCAS Preparation	Tutorials: How to Prepare for Assessments	Tutorial Topic: Employment Rights and Responsibilities Preparing to leave Hopes for Next Steps Identifying Strengths Future Options CV's recap			
	Rationale: These sessions allow time	Rationale:	Rationale: An opportunity to develop further the discussions from lessons, and allow for more individual			

	for students to have individual support and advice for UCAS applications.	As students prepare for assessments, these sessions will help them to learn how they learn, thus identify the most effective ways of preparing.	support to be offered.	
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