

Autumn 1

Autumn 2

Spring 1

Spring 2

Summer 1

Summer 2

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HEALTH AND WELLBEING Transition Developing goal setting, organisational skills and self-awareness HEALTH AND WELLBEING Changing adolescent body, puberty and menstrual wellbeing	RESPECTFUL RELATIONSHIPS, INCL. FRIENDSHIPS Healthy and respectful relationships and conflict resolution, including online.	HEALTH AND WELLBEING Healthy lifestyles including balanced diets, exercise, screen time, sleep and dental hygiene	FINANCIAL EDUCATION Attitudes and ideas about spending, saving and giving money, wants and needs and keeping money safe	HEALTH AND PREVENTION Risks and effects of alcohol and smoking	MENTAL AND EMOTIONAL WELLBEING Managing loss, grief and bereavement
FAMILIES Different types of stable relationships which can contribute to human happiness.	ONLINE AND MEDIA How information and data is collected and shared online. Rights, responsibilities and opportunities online including equality, diversity and bullying online.	MENTAL AND EMOTIONAL WELLBEING Tackling Homelessness	CAREERS Teamwork and enterprise skills and raising aspirations	FAITH, RESPECT AND TOLERANCE Visit to a faith place	CAREERS Developing skills and aspirations
RESPECTFUL RELATIONSHIPS, INCL. FRIENDSHIPS Managing social influence, peer pressure and peer approval; strategies to manage peer pressure	CAREERS Equality of opportunity in careers and life choices. Different types and patterns of work	FAITH, RESPECT AND TOLERANCE Diversity, prejudice and bullying.			
HEALTH AND WELLBEING Transition Developing goal setting, organisational skills and self-awareness HEALTH AND PREVENTION Immunisations, vaccinations, and allergies	ONLINE AND MEDIA Online risks including consent and sharing material. Misinformation, disinformation, and cybercrime	HEALTH AND WELLBEING Maintaining a healthy lifestyle and links between an inactive lifestyle and ill health.	RESPECTFUL RELATIONSHIPS, INCL. FRIENDSHIPS Characteristics and positive aspects of healthy one-to-one relationships	FAITH, RESPECT AND TOLERANCE Stereotypes, prejudice and discrimination, promoting diversity and equality.	FINANCIAL EDUCATION Saving, borrowing, budgeting and making financial choices
HEALTH AND WELLBEING Facts about reproductive health and fertility	CAREERS Teamwork and enterprise skills and raising aspirations	HEALTH AND PREVENTION Concepts of basic first aid and emergency services incl. CPR and defibrillator use	FAMILIES Marriage, legal status, rights and protections CAREERS Teamwork and enterprise skills and raising aspirations	FAITH, RESPECT AND TOLERANCE Visit to a faith place	CAREERS Equality of opportunity in careers and life choices. Different types and patterns of work

<p>MENTAL WELLBEING Developing goal-setting, analytical skills, resilience and decision-making skills</p>	<p>FAMILIES Determining whether people are trustworthy and safe Influence and impact of drugs, gangs, role models and the media</p>	<p>ONLINE AND MEDIA How to manage peer pressure about films and online viewing. Impact of viewing sexually explicit material including pornography</p>	<p>ONLINE AND MEDIA Online safety, digital literacy, media reliability, influences related to gambling.</p>	<p>INTIMATE RELATIONSHIPS Characteristics of healthy intimate relationships and how the choices we make in relationships can impact our health.</p>	<p>INTIMATE RELATIONSHIPS Relationship boundaries and consent in intimate situations</p>
<p>HEALTH AND PREVENTION Maintaining a healthy lifestyle, weight loss, fad diets</p>	<p>RESPECTFUL RELATIONSHIPS, INCL. FRIENDSHIPS Rights and responsibilities regarding equality, diversity and tackling prejudice.</p>		<p>HEALTH AND PREVENTION Consequences of vaping, including on health, environment, and legal impact.</p>	<p>HEALTH AND PREVENTION Concepts and laws regarding FGM.</p>	<p>FINANCIAL EDUCATION Evaluating value for money; debt, loans, interest;</p>
<p>CAREERS Developing knowledge and understanding of apprenticeships, BTECS and T levels</p>	<p>CAREERS Developing skills and aspirations in making correct option choices from a careers perspective</p>	<p>MENTAL AND EMOTIONAL WELLBEING Managing social influence and emotional wellbeing including body image and healthy coping strategies</p>	<p>CAREERS Different types and patterns of work</p>	<p>FAITH, RESPECT AND TOLERANCE Visit to a faith place</p>	<p>CAREERS Teamwork and enterprise skills and raising aspirations</p>
					<p>FAITH, RESPECT AND TOLERANCE Discrimination in all its forms, including racism, religious discrimination, disability, sexism, homophobia, biphobia and transphobia.</p>