

### Y7 Learning for Life

| <u>Week beginning</u>                                                                                       | <u>Topic</u>                                                  |
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| <b>Half Term 1: Mental Wellbeing &amp; Health (Statutory PSHCE)</b>                                         |                                                               |
| 1st September                                                                                               | Routines & Expectations (delivered via registration)          |
| 7th September (B Tuesday 1)                                                                                 | What is PSHCE & British Values?                               |
| 14th September (A Tuesday 1)                                                                                | Friendships, Transition & Relationships                       |
| 21st September (B Tuesday 2)                                                                                | Risk Taking Behaviours                                        |
| 28th September (A Tuesday 2)                                                                                | Mental Health & Wellbeing                                     |
| 5th October (B Tuesday 3)                                                                                   | Mental Health & Wellbeing                                     |
| 12th October (A Tuesday 3)                                                                                  | Mental Health Stigmas                                         |
| 19th October (B Tuesday 4)                                                                                  | Understanding & Managing emotions                             |
| <b>Half Term 2: Mental Wellbeing &amp; Health (Statutory PSHCE)</b>                                         |                                                               |
| 2nd November (A Tuesday 4)                                                                                  | Young carers                                                  |
| 9th November (B Tuesday 5)                                                                                  | Childhood Adversity                                           |
| 16th November (A Tuesday 5)                                                                                 | Reliable support services                                     |
| 23rd November (B Wednesday 1)                                                                               | Coping with loss                                              |
| 30th November (A Wednesday 1)                                                                               | Guided Relaxation, stretch & relax & a meditation & body scan |
| 7th December (B Wednesday 2)                                                                                | Emotional Wellbeing & Anxiety                                 |
| 14th December (A Wednesday 2)                                                                               | Screen time                                                   |
| <b>Half Term 3: Discover Skills, Aspirations &amp; Careers Unit 2 (Living in the wider world / Careers)</b> |                                                               |
| 4th January (B Wednesday 3)                                                                                 | Enterprising                                                  |
| 11th January (A Wednesday 3)                                                                                | Introduction to careers                                       |
| 18th January (B Wednesday 4)                                                                                | Equal Opportunities                                           |
| 25th January (A Wednesday 4)                                                                                | Personal Values & Links to Careers                            |
| 1st February (B Wednesday 5)                                                                                | Types of job                                                  |

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| 8th February (A Wednesday 5)                                                                              | Future Aspirations                                                                 |
| <b>Half Term 4: Democracy, Government &amp; the Rights and Responsibilities of Citizens (Citizenship)</b> |                                                                                    |
| 22nd February (B Thursday 1)                                                                              | British Values- What is Citizenship?                                               |
| 1st March (A Thursday 1)                                                                                  | British Values- Precious Liberties of Citizens                                     |
| 8th March (B Thursday 2)                                                                                  | Political Systems (House of Commons, House of Parliament)                          |
| 15th March (A Thursday 2)                                                                                 | Operation of Parliament (Voting, elections, rolls of parties)                      |
| 22nd March (B Thursday 3)                                                                                 | Monarchy & Patriotism                                                              |
| <b>Half Term 5: Health &amp; Personal Awareness (Statutory PSHCE)</b>                                     |                                                                                    |
| 12th April (A Thursday 3)                                                                                 | Personal Hygiene                                                                   |
| 19th April (B Thursday 4)                                                                                 | Physical Wellbeing - managing minor medical conditions, assessing medical services |
| 26th April (A Thursday 4)                                                                                 | Physical Wellbeing - Serious medical conditions                                    |
| 3rd May (B Thursday 5)                                                                                    | Healthy sleeping habits                                                            |
| 10th May (A Thursday 5)                                                                                   | Physical Wellbeing-self-awareness, checking lumps & moles, skin care, SPF          |
| 17th May (B Friday 1)                                                                                     | Cosmetics & aesthetics                                                             |
| 24th May (A Friday 1)                                                                                     | Dental Hygiene & Purpose of Vaccinations                                           |
| <b>Half Term 6: PSHCE Living in the Wider World</b>                                                       |                                                                                    |
| 7th June (B Friday 2)                                                                                     | Financial Risk Taking (Loot Boxes / Gambling / Scratch Cards)                      |
| 14th June (A Friday 2)                                                                                    | Wage Slips                                                                         |
| 21st June (B Monday 1)                                                                                    | Wage Slips                                                                         |
| 28th June (A Friday 3)                                                                                    | Budgeting & Savings                                                                |
| 5th July (B Friday 4)                                                                                     | Budgeting & Saving                                                                 |
| 12th July (A Monday 1)                                                                                    | Re-Cap of Unit                                                                     |

## Y8 Learning for Life

| <u>Week beginning</u>                                                                                     | <u>Topic</u>                                         |
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| <b>Half Term 1: Health (Statutory PSHCE)</b>                                                              |                                                      |
| 1st September                                                                                             | Routines & Expectations (delivered via registration) |
| 7th September (B Tuesday 1)                                                                               | British Values & Personal Characteristics            |
| 14th September (A Tuesday 1)                                                                              | Legal & Illegal Substances                           |
| 21st September (B Tuesday 2)                                                                              | Habit & Dependence                                   |
| 28th September (A Tuesday 2)                                                                              | Alcohol Education                                    |
| 5th October (B Tuesday 3)                                                                                 | Smoking/Vaping Education                             |
| 12th October (A Tuesday 3)                                                                                | Peer Pressure & Social Norms                         |
| 19th October (B Tuesday 4)                                                                                | Re-Cap of Unit                                       |
| <b>Half Term 2: Mental Wellbeing &amp; Health (Statutory PSHCE)</b>                                       |                                                      |
| 2nd November (A Tuesday 4)                                                                                | Resilience                                           |
| 9th November (B Tuesday 5)                                                                                | Coping with Change                                   |
| 16th November (A Tuesday 5)                                                                               | Kindness & Supporting Others                         |
| 23rd November (B Wednesday 1)                                                                             | Building Positive Relationships (Bullying)           |
| 30th November (A Wednesday 1)                                                                             | Media Portrayal of Body Image                        |
| 7th December (B Wednesday 2)                                                                              | The Importance of Physical Wellbeing (Exercise)      |
| 14th December (A Wednesday 2)                                                                             | Nutrition & Physical Wellbeing                       |
| <b>Half Term 3: Experiencing Post 16 (Careers) Unit 2 - Next Steps</b>                                    |                                                      |
| 4th January (B Wednesday 3)                                                                               | Medicine & the NHS                                   |
| 11th January (A Wednesday 3)                                                                              | STEM                                                 |
| 18th January (B Wednesday 4)                                                                              | Construction & Agricultural                          |
| 25th January (A Wednesday 4)                                                                              | Tourism & Hospitality                                |
| 1st February (B Wednesday 5)                                                                              | Emergency & Uniformed Services                       |
| 8th February (A Wednesday 5)                                                                              | What is Post-16 Education?                           |
| <b>Half Term 4: Democracy, Government &amp; the Rights and Responsibilities of Citizens (Citizenship)</b> |                                                      |
| 22nd February (B Thursday 1)                                                                              | British Values- Precious Liberties of Citizens       |
| 1st March (A Thursday 1)                                                                                  | British Values- Precious Liberties of Citizens       |
| 8th March (B Thursday 2)                                                                                  | The Nature of Rule & Law & the Justice System        |
| 15th March (A Thursday 2)                                                                                 | The Nature of Rule & Law & the Justice System        |
| 22nd March (B Thursday 3)                                                                                 | Operations of Courts and Tribunals                   |
| <b>Half Term 5: Digital Literacy Unit 2 (Statutory PSHCE)</b>                                             |                                                      |
| 12th April (A Thursday 3)                                                                                 | Fake News, Social Media & Misleading Information     |

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| 19th April (B Thursday 4)                     | Recognising Online Grooming                     |
| 26th April (A Thursday 4)                     | Age Restrictions & Making Responsible Decisions |
| 3rd May (B Thursday 5)                        | Risks of In Game Currency & Loot Boxes          |
| 10th May (A Thursday 5)                       | Personal Data                                   |
| 17th May (B Friday 1)                         | Staying Safe Online                             |
| 24th May (A Friday 1)                         | Recap of Unit                                   |
| <b>Half Term 6: Preparing for Future Life</b> |                                                 |
| 7th June (B Friday 2)                         | Transferable Skills, Abilities & Interests      |
| 14th June (A Friday 2)                        | Career Pathways                                 |
| 21st June (B Monday 1)                        | Finding Careers                                 |
| 28th June (A Friday 3)                        | Exploring Careers                               |
| 5th July (B Friday 4)                         | Employment Rights & Responsibilities            |
| 12th July (A Monday 1)                        | Work Experience                                 |

## Y9 Learning for Life

| <u>Week beginning</u>                                               | <u>Topic</u>                                                          |
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| <b>Half Term 1: Peer Influence Unit 1 (Statutory PSHCE)</b>         |                                                                       |
| 1st September                                                       | Routines & Expectations (delivered via registration)                  |
| 7th September (B Tuesday 1)                                         | British Values & Personal Characteristics                             |
| 14th September (A Tuesday 1)                                        | Healthy & Unhealthy Friendships                                       |
| 21st September (B Tuesday 2)                                        | Assessing Risk & Managing Influences (Gangs)                          |
| 28th September (A Tuesday 2)                                        | Passive, Aggressive & Assertive Behaviours                            |
| 5th October (B Tuesday 3)                                           | Legal & Physical risks of carrying a Knife                            |
| 12th October (A Tuesday 3)                                          | Knife Crime & the impact on others/ Seeking support                   |
| 19th October (B Tuesday 4)                                          | Social Norms & Risks (Alcohol & Drugs)                                |
| <b>Half Term 2: Mental Wellbeing &amp; Health (Statutory PSHCE)</b> |                                                                       |
| 2nd November (A Tuesday 4)                                          | Coping with Stress & Anxiety                                          |
| 9th November (B Tuesday 5)                                          | Positive Mental Attitude                                              |
| 16th November (A Tuesday 5)                                         | Sleep                                                                 |
| 23rd November (B Wednesday 1)                                       | Fatigue & Vitamin Deficiency                                          |
| 30th November (A Wednesday 1)                                       | Dealing with Minor Illnesses (Attendance & Resilience)                |
| 7th December (B Wednesday 2)                                        | Accessing basic necessities (period poverty, bed poverty, food banks) |
| 14th December (A Wednesday 2)                                       | Taking Responsibility for personal hygiene                            |
| <b>Half Term 3: Exploring Future Pathways (Careers)</b>             |                                                                       |
| 4th January (B Wednesday 3)                                         | What are A Levels / T Levels?                                         |
| 11th January (A Wednesday 3)                                        | What are NVQs?                                                        |
| 18th January (B Wednesday 4)                                        | What are Apprenticeships?                                             |
| 25th January (A Wednesday 4)                                        | What are BTECs?                                                       |
| 1st February (B Wednesday 5)                                        | What are Degrees?                                                     |

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| 8th February (A Wednesday 5)                                                                              | What is Post-16 Education? (Potential title?)                                                       |
| <b>Half Term 4: Democracy, Government &amp; the Rights and Responsibilities of Citizens (Citizenship)</b> |                                                                                                     |
| 22nd February (B Thursday 1)                                                                              | Public Institutions (NHS, DfE, Transport & Housing)                                                 |
| 1st March (A Thursday 1)                                                                                  | Public Institutions (Health & Social Care, Work & Pensions, Food Standards, Treasury, Commonwealth) |
| 8th March (B Thursday 2)                                                                                  | Voluntary Groups (Charity)                                                                          |
| 15th March (A Thursday 2)                                                                                 | Local Community Improvement                                                                         |
| 22nd March (B Thursday 3)                                                                                 | Charity in School                                                                                   |
| <b>Half Term 5: Setting Goals Unit 2 (Statutory PSHCE)</b>                                                |                                                                                                     |
| 12th April (A Thursday 3)                                                                                 | Employment Rights & Responsibilities                                                                |
| 19th April (B Thursday 4)                                                                                 | Gender Discrimination in the Workplace                                                              |
| 26th April (A Thursday 4)                                                                                 | Overcoming Challenge & Adversity in the Workplace                                                   |
| 3rd May (B Thursday 5)                                                                                    | Strengths & Interests in Relation to Career Development                                             |
| 10th May (A Thursday 5)                                                                                   | Strategies to Support Progress                                                                      |
| 17th May (B Friday 1)                                                                                     | Maintaining A Positive Online Presence                                                              |
| 24th May (A Friday 1)                                                                                     |                                                                                                     |
| <b>Half Term 6: Preparing for Future Life</b>                                                             |                                                                                                     |
| 7th June (B Friday 2)                                                                                     | How to budget & Savings Options / Preventing & Managing Debt (SF)                                   |
| 14th June (A Friday 2)                                                                                    | How to budget & Savings Options / Preventing & Managing Debt (SF)                                   |
| 21st June (B Monday 1)                                                                                    | Understanding Credit scores & Managing debt                                                         |
| 28th June (A Friday 3)                                                                                    | Online Gambling                                                                                     |
| 5th July (B Friday 4)                                                                                     | Fraud & Cybercrime                                                                                  |
| 12th July (A Monday 1)                                                                                    | Online Fraud & Money Laundering                                                                     |

## Y10 Learning for Life

| <b><u>Week beginning</u></b>                                           | <b><u>Topic</u></b>                                     |
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| <b>Half Term 1: Careers</b>                                            |                                                         |
| 1st September                                                          | Routines & Expectations (delivered via registration)    |
| 7th September (B Tuesday 1)                                            | What will the next few years look like?                 |
| 14th September (A Tuesday 1)                                           | Thinking about your future                              |
| 21st September (B Tuesday 2)                                           | How to navigate a college website / Applying to college |
| 28th September (A Tuesday 2)                                           | Technical College                                       |
| 5th October (B Tuesday 3)                                              | A Levels                                                |
| 12th October (A Tuesday 3)                                             | BTEC / NVQ / T Levels                                   |
| 19th October (B Tuesday 4)                                             | Apprenticeships                                         |
| <b>Half Term 2: Mental Wellbeing &amp; Health (Statutory PSHCE)</b>    |                                                         |
| 2nd November (A Tuesday 4)                                             | Body Image, Industry & Advertising                      |
| 9th November (B Tuesday 5)                                             | Self Esteem, Strengths & Areas for Development          |
| 16th November (A Tuesday 5)                                            | Mental and Emotional Health                             |
| 23rd November (B Wednesday 1)                                          | Peer Influence & Resilience- Managing Risk              |
| 30th November (A Wednesday 1)                                          | Influencing Behaviours                                  |
| 7th December (B Wednesday 2)                                           | Exit Strategies                                         |
| 14th December (A Wednesday 2)                                          | Cancer Prevention, Blood, Organ & Stem Cell Donation    |
| <b>Half Term 3: Experiencing Post 16 (Careers) Unit 2 - Next Steps</b> |                                                         |
| 4th January (B Wednesday 3)                                            | Careers case studies                                    |
| 11th January (A Wednesday 3)                                           | Careers case studies                                    |
| 18th January (B Wednesday 4)                                           | Work conduct                                            |
| 25th January (A Wednesday 4)                                           | Perfecting personal statements and CVs                  |
| 1st February (B Wednesday 5)                                           | Perfecting personal statements and CVs                  |

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| 8th February (A Wednesday 5)                                                                              | Interviews                                                                               |
| <b>Half Term 4: Democracy, Government &amp; the Rights and Responsibilities of Citizens (Citizenship)</b> |                                                                                          |
| 22nd February (B Thursday 1)                                                                              | Roles of executive parliamentary members                                                 |
| 1st March (A Thursday 1)                                                                                  | Holding those in Power to account (Legislature, Judiciary & Free Press)                  |
| 8th March (B Thursday 2)                                                                                  | Electoral Systems (UK & Other Countries)                                                 |
| 15th March (A Thursday 2)                                                                                 | International Governance (Commonwealth, United Nations)                                  |
| 22nd March (B Thursday 3)                                                                                 | Human Rights & International Law                                                         |
| <b>Half Term 5: Relationships &amp; Influence (Statutory PSHCE)</b>                                       |                                                                                          |
| 12th April (A Thursday 3)                                                                                 | Relationships: Separation, divorce & bereavement                                         |
| 19th April (B Thursday 4)                                                                                 | Assessing the reliability of a relationship                                              |
| 26th April (A Thursday 4)                                                                                 | Vulnerability to gang crime (money, clothing)                                            |
| 3rd May (B Thursday 5)                                                                                    | Impact of gang crime (individual, Family, Community, Society)                            |
| 10th May (A Thursday 5)                                                                                   | Challenging Prejudice (bias, reliability, extremism)                                     |
| 17th May (B Friday 1)                                                                                     | Stereotypes, Prejudice and Discrimination                                                |
| 24th May (A Friday 1)                                                                                     | Applying for Post-16 Options - NEW BOOKLETS.                                             |
| <b>Half Term 6: Careers</b>                                                                               |                                                                                          |
| 7th June (B Friday 2)                                                                                     | Post-16 Providers - Local Area                                                           |
| 14th June (A Friday 2)                                                                                    | Post-16 Options - Qualifications                                                         |
| 21st June (B Monday 1)                                                                                    | Post-16 Options - Qualifications (Apprenticeships)                                       |
| 28th June (A Friday 3)                                                                                    | Appropriate Workplace behaviour (Social media, conduct, communication, dress, attitudes) |
| 5th July (B Friday 4)                                                                                     | Students on Work Experience                                                              |
| 12th July (A Monday 1)                                                                                    | Review of Work Experience                                                                |

## Y11 Learning for Life

| <b><u>Week beginning</u></b>                                           | <b><u>Topic</u></b>                                                                      |
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| <b>Half Term 1: Careers</b>                                            |                                                                                          |
| 1st September                                                          | Routines & Expectations (delivered via registration)                                     |
| 7th September (B Tuesday 1)                                            | What is the role of a Personal Statement                                                 |
| 14th September (A Tuesday 1)                                           | Perfecting the Personal Statement                                                        |
| 21st September (B Tuesday 2)                                           | What makes a good CV / Planning a CV                                                     |
| 28th September (A Tuesday 2)                                           | Perfecting the CVs                                                                       |
| 5th October (B Tuesday 3)                                              | Apprenticeships (How to Apply etc)                                                       |
| 12th October (A Tuesday 3)                                             | Interview Skills                                                                         |
| 19th October (B Tuesday 4)                                             | Appropriate Workplace behaviour (Social media, conduct, communication, dress, attitudes) |
| <b>Half Term 2: Preparing for Future Life</b>                          |                                                                                          |
| 2nd November (A Tuesday 4)                                             | Learning to drive                                                                        |
| 9th November (B Tuesday 5)                                             | Risky behaviour- drugs & alcohol                                                         |
| 16th November (A Tuesday 5)                                            | Personal Safety                                                                          |
| 23rd November (B Wednesday 1)                                          | Consent                                                                                  |
| 30th November (A Wednesday 1)                                          | Household budgeting                                                                      |
| 7th December (B Wednesday 2)                                           | Bank accounts, savings & wage slips                                                      |
| 14th December (A Wednesday 2)                                          | Re-Cap of Unit                                                                           |
| <b>Half Term 3: Experiencing Post 16 (Careers) Unit 2 - Next Steps</b> |                                                                                          |
| 4th January (B Wednesday 3)                                            | Professional Careers (Hospitality, Health & Social Care)                                 |
| 11th January (A Wednesday 3)                                           | Professional Careers (Accountant, Law, Teaching)                                         |
| 18th January (B Wednesday 4)                                           | Future Careers in Construction, Engineering & Motor Vehicle                              |
| 25th January (A Wednesday 4)                                           | Future Careers in Armed Forces, Uniformed & Emergency Services                           |
| 1st February (B Wednesday 5)                                           | Interview Preparation for future careers                                                 |

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| 8th February (A Wednesday 5)                                         | Labour Market Information                 |
| <b>Half Term 4: Living in the Wider World (Exam Practice)</b>        |                                           |
| 22nd February (B Thursday 1)                                         | Revision Timetables                       |
| 1st March (A Thursday 1)                                             | Exam Technique                            |
| 8th March (B Thursday 2)                                             | Stress Management                         |
| 15th March (A Thursday 2)                                            | Revision Skills                           |
| 22nd March (B Thursday 3)                                            | Revision Skills                           |
| <b>Half Term 5: Healthy Relationships in a Digital World (PSHCE)</b> |                                           |
| 12th April (A Thursday 3)                                            | Introduction to Explicit Content          |
| 19th April (B Thursday 4)                                            | Dangers of Porn and Nude Imagery          |
| 26th April (A Thursday 4)                                            | Preparing for Life with Modern Technology |