



Year	Autumn 1 Health & wellbeing	Autumn 2 Living in the wider world	Spring 1 Relationships	Spring 2 Health & wellbeing	Summer 1 Relationships	Summer 2 Living in the wider world
7	<p>Transition to secondary school</p> <p>Overcoming anxieties</p> <p>Diet, exercise and how to make healthy choices</p>	<p>Career Aspirations</p> <p>Skills, qualities and transferability</p>	<p>Personality strengths.</p> <p>Diversity, prejudices and bullying including cyber bullying & Homophobia</p> <p>On and off line friends</p>	<p>Counter terrorism</p> <p>Current affairs</p> <p>Unifrog – Career Platform</p>	<p>First aid, CPR, road safety, risk assessment</p> <p>Self-esteem, romance and friendship</p>	<p>Our Environment</p> <p>Our responsibilities</p> <p>Climate Change</p> <p>Vandalism</p>
8	<p>Managing behaviour & peer influence</p> <p>Role models</p> <p>Alcohol and drug misuse</p>	<p>National Identity</p> <p>Rights & Responsibilities</p> <p>Discrimination</p>	<p>Digital literacy, online safety.</p> <p>Peer pressure online</p> <p>Promoting human rights, protected within our democracy, society & Government</p>	<p>Counter terrorism</p> <p>Unifrog – Career Platform</p>	<p>First aid, personal safety</p> <p>CPR</p> <p>Heathy Lifestyles</p>	<p>Evaluating value for money</p> <p>Money Skills</p> <p>Good finical habits</p>
9	<p>Managing Emotions</p> <p>Wellbeing</p> <p>lifestyle balance and unhealthy coping strategies</p>	<p>Career Options</p> <p>Stereotyping and discrimination in the workplace</p> <p>Work related Education</p>	<p>Managing Conflict. Bullying.</p> <p>Tackling sexism, homophobia & transphobia</p> <p>Different families</p> <p>Healthy Relationships</p> <p>“Expect Respect”</p>	<p>Counter terrorism</p> <p>Unifrog - – Career Platform</p>	<p>First aid, basic rules</p> <p>CPR</p> <p>Road safety</p>	<p>Money Skills</p>



10	<p>Transition to key stage 4 and developing study habits</p> <p>Mental health and ill health, stress</p>	<p>Money Matter Cost of living Fraud Debt & Gambling</p>	<p>Relationship myths Tackling domestic abuse, rights and wrongs in relationships</p>	<p>Counter terrorism Unifrog - – Career Platform</p>	<p>Social and emotional risks of drug use</p>	<p>UK Politics Diversity in UK Multiculturalism, racism, Power dynamics of prejudice</p>
11	<p>Learning and revision skills to maximise potential</p> <p>Promoting self-esteem and coping with stress</p>	<p>Careers. Applying for further education. CV's, application forms, covering letters Interview techniques Unifrog</p>	<p>Personal Values Assertive communication Domestic abuse, forced marriage</p>	<p>British Values. Challenging extremism and radicalisation Counter terrorism</p>	<p>Healthy choices Dealing with stress and workload Revision skills Unifrog</p>	<p>N/A</p>
12	<p>Transition to key stage 5 and independent study</p> <p>Coping with Stress</p>	<p>Healthy Mind "Time to Change"</p>	<p>Careers work shadowing</p>	<p>MOOCs First aid, driving</p>	<p>Health & Relationships COMMON ROOM</p>	<p>N/A</p>
13	<p>Futures Planning</p>	<p>Revision Skills</p>	<p>Health & Relationships Sexual Encounters Abuse of power, sexting</p>	<p>Mental Health First aid, driving and traveling</p>	<p>N/A</p>	<p>N/A</p>