

Half term	Topic	In this unit of work students learn	Lesson overviews
<p>Term 1 Resilience</p>	<p>Building for the future Self-efficacy, stress management and future opportunities</p> <p>PoS refs: H5, H6, H7, H8, H11, H12, H13, H14, H17, H18</p>	<ul style="list-style-type: none"> • how to develop self-efficacy, including motivation, perseverance and resilience • how to maintain a healthy self-concept • about the nature, causes and effects of stress • stress management strategies, including maintaining healthy sleep habits • how to balance time online 	<p>Lesson 1 (11/9)</p> <ul style="list-style-type: none"> - to make informed lifestyle choices regarding sleep, diet and exercise - how to balance time online - characteristics of mental and emotional health - develop empathy and understanding about how daily actions can affect people’s mental health - change and its impact on mental health and wellbeing, recognise need for emotional support during life changes. <p>Lesson 2 (25/9) and Lesson 3 9/10</p> <ul style="list-style-type: none"> - a broad range of strategies for promoting own emotional health and wellbeing, avoiding negative thinking and managing mental health concerns - identify, evaluate and independently access reliable sources of information, advice and support for all aspects of mental and physical health <p>Lesson 4 (23/10)</p> <ul style="list-style-type: none"> - assess and manage risks associated with cosmetic and aesthetic procedures, including tattooing, piercings and use of sunbeds. - Ways in which industries and advertising can influence health and harmful behaviours.
<p>Drop down days/Guest speakers</p>			
<p>Assessment</p>			
<p>Term 2 Reflection</p>	<p>Families</p>	<ul style="list-style-type: none"> • about different types of families and changing family structures 	<p>Lesson 1 (13/11)</p> <ul style="list-style-type: none"> • about different types of families and

	<p>Different families and parental responsibilities, pregnancy, marriage and forced marriage and changing relationships</p> <p>PoS refs: H30, H31, H32, H33, R4, R11, R12, R13, R24, R25, R26, R27, R33</p>	<ul style="list-style-type: none"> • how to evaluate readiness for parenthood and positive parenting qualities • about fertility, including how it varies and changes • about pregnancy, birth and miscarriage • about unplanned pregnancy options, including abortion • about adoption and fostering • how to manage change, loss, grief and bereavement • about 'honour based' violence and forced marriage and how to safely access support 	<p>changing family structures</p> <ul style="list-style-type: none"> • how to evaluate readiness for parenthood and positive parenting qualities <p>Lesson 2 (27/11)</p> <ul style="list-style-type: none"> • about fertility, including how it varies and changes • about pregnancy, birth and miscarriage • about unplanned pregnancy options, including abortion • about adoption and fostering <p>Lesson 3 (11/12)</p> <ul style="list-style-type: none"> • how to manage change, loss, grief and bereavement • about 'honour based' violence and forced marriage and how to safely access support
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Drop down days/Guest speakers

Assessment

<p>Term 3 Respect</p>	<p>Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse</p> <p>PoS refs: H26, H27, H28, H29, R16, R17, R21, R23, R32</p>	<ul style="list-style-type: none"> • about core values and emotions • about gender identity, gender expression and sexual orientation • how to communicate assertively • how to communicate wants and needs • how to handle unwanted attention, including online • about various forms of relationship abuse • about unhealthy, exploitative and abusive relationships • how to access support in abusive relationships and how to overcome challenges in seeking support 	<p>Lesson 1 (8/1)</p> <ul style="list-style-type: none"> • about core values and emotions • about gender identity, gender expression and sexual orientation • how to communicate assertively • how to communicate wants and needs <p>Lesson 2 (22/1)</p> <ul style="list-style-type: none"> • how to handle unwanted attention, including online • about various forms of relationship abuse <p>Lesson 3 (5/2)</p> <ul style="list-style-type: none"> • about unhealthy, exploitative and abusive relationships • how to access support in abusive relationships and how to overcome challenges in seeking support
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Drop down days/Guest speakers

Assessment

<p>Term 4 Resourceful</p>	<p>Independence Responsible health choices, and safety in independent contexts</p> <p>PoS refs: H3, H4, H11, H13, H14, H15, H16, H17, H18, H22, H23, H24</p>	<ul style="list-style-type: none"> • how to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads) • emergency first aid skills • how to assess emergency and non-emergency situations and contact appropriate services • about the links between lifestyle and some cancers • about the importance of screening and how to perform self examination • about vaccinations and immunisations • about registering with and accessing doctors, sexual health clinics, opticians and other health services • how to manage influences and risks relating to cosmetic and aesthetic body alterations • about blood, organ and stem cell donation 	<p>Lesson 1 (26/02)</p> <ul style="list-style-type: none"> • how to assess and manage risk and safety in new independent situations (e.g. personal safety in social situations and on the roads) • emergency first aid skills • how to assess emergency and non-emergency situations and contact appropriate services <p>Lesson 2 (11/3)</p> <ul style="list-style-type: none"> • about the links between lifestyle and some cancers • about the importance of screening and how to perform self examination • about vaccinations and immunisations <p>Lesson 3 (25/3)</p> <ul style="list-style-type: none"> • about registering with and accessing doctors, sexual health clinics, opticians and other health services • how to manage influences and risks relating to cosmetic and aesthetic body alterations • about blood, organ and stem cell donation
<p>Drop down days/Guest speakers</p>			
<p>Assessment</p>			
<p>Term 5 Responsibility</p>	<p>Wider world Other forms of government International relations Human rights</p>	<ul style="list-style-type: none"> • Other systems and forms of government, both democratic and non-democratic, beyond the UK • Local, regional and international governance and the UK's relations with the rest of Europe, the Commonwealth, the UN and the wider world 	<p>Lesson 1 (22/04)</p> <ul style="list-style-type: none"> • Other systems and forms of government, both democratic and non-democratic, beyond the UK

	NC Citizenship KS4: 3, 4, 5, 7	<ul style="list-style-type: none"> Human rights and international law Diverse national, regional, religious and ethnic identities in the UK and the need for mutual respect and understanding 	<ul style="list-style-type: none"> Local, regional and international governance and the UK's relations with the rest of Europe, the Commonwealth, the UN and the wider world <p>Lesson 2 (20/5)</p> <ul style="list-style-type: none"> Human rights and international law Diverse national, regional, religious and ethnic identities in the UK and the need for mutual respect and understanding
Drop down days/Guest speakers			
Assessment			
Term 6 Future	<p>Preparing for life beyond NMS</p> <p>Credit and debit, Pensions, Public Money, Mortgages</p> <p>NC Citizenship KS4: 9</p>	Income and expenditure, credit and debt, insurance, savings and pensions, financial products and services and how public money is raised and spent	<p>Lesson 1 (10/6)</p> <p>Income and expenditure</p> <p>Credit and debt</p> <p>Lesson 2 (24/6)</p> <p>Insurance</p> <p>Savings and pensions</p> <p>Financial products and services</p> <p>Lesson 3(8/7)</p> <p>How public money is raised and spent</p>
Drop down days/Guest speakers			
Assessment			