

Term	Year 7	Year 8	Year 9	Year 10	Year 11
Autumn L1-L6	<p><b>Looking After ourselves:</b></p> <ol style="list-style-type: none"> <li>1. How do we learn and keep our brain healthy? (Sleep, breathing techniques, nutritious food)</li> <li>2. How do we manage our emotions?</li> <li>3. How do we look after our personal hygiene? (Personal, Dental Hygiene)</li> </ol> <p>End of term online test and online student voice</p>	<p><b>Healthy Sex, Healthy Relationships:</b></p> <ol style="list-style-type: none"> <li>1. What can we remember about Puberty?</li> <li>2. How do our bodies respond to an infection?</li> <li>3. What are the symptoms, treatment, and long-term consequences of common bacterial and viral STIs?</li> <li>4. What are the common contraceptives that can be used to prevent pregnancy and/or STIs? (incl LGBTQ+ perspective)</li> </ol> <p>Online end of term assessment</p>	<p><b>Healthy Living:</b></p> <ol style="list-style-type: none"> <li>1. What lifestyle choices can affect our health? (incl STIs, taking drugs, not managing our emotions, online behaviour)</li> <li>2. What are the dangers of some illegal and legal drugs? (Alcohol, Nicotine, MDMA, Cannabis, Ketamine)</li> <li>3. How do we stay safe online and within the law?</li> </ol> <p>End of term online exam style assessment (incl. scenario- based questions)</p>	<p><b>Healthy Relationships, Healthy Sex</b></p> <ol style="list-style-type: none"> <li>1. What is FGM and Honour based violence?</li> <li>2. What's the problem with pornography?</li> <li>3. What is consent and what are the laws related to it?</li> <li>4. What does a healthy or unhealthy relationship look like?</li> </ol> <p>End of term online exam style assessment (incl. scenario- based questions)</p>	<p><b>Maintaining your Mental Wellbeing</b></p> <ol style="list-style-type: none"> <li>1. What is mental wellbeing and why is it a problem for some?</li> <li>2. How can I assess my own mental wellbeing? (STRESS BUCKET)</li> <li>3. Why am I tried all the time?</li> <li>4. What strategies can I use to support and maintain my mental wellbeing?</li> </ol>
Spring L7 - L12	<p><b>Looking after ourselves:</b></p> <ol style="list-style-type: none"> <li>1. How do our bodies and emotions change during puberty?</li> <li>2. How can lifestyle choices be dangerous? (Vaping – link back to the healthy brain)</li> <li>3. What is acceptable online? (sexting and the law, online bullying)</li> </ol>	<p><b>Healthy Sex, Healthy Relationships:</b></p> <ol style="list-style-type: none"> <li>1. How can I deal with peer pressure in an intimate relationship?</li> <li>2. What does a healthy relationship look like?</li> <li>3. Why do some people take risks with their sexual health? (Including alcohol as well as risky behaviour)</li> </ol> <p>Online end of term assessment</p>	<p><b>Healthy Living:</b></p> <ol style="list-style-type: none"> <li>1. How do we stay within the Law online?</li> <li>2. Research: Where do we get help for alcohol, drugs, or online safety?</li> </ol> <p><b>Mental Wellbeing:</b></p> <ol style="list-style-type: none"> <li>3. What is stress and how do we cope with it?</li> <li>4. What are some ways that others struggle with stress and anxiety? (Self-harm, body image, OCD, anxiety, depression)</li> </ol> <p>Online end of term assessment</p>	<p><b>Healthy Relationships, Healthy Sex</b></p> <ol style="list-style-type: none"> <li>1. How does the media influence us and our intimate relationships?</li> <li>2. How does the body deal with infections such as STIs?</li> <li>3. Revisiting STIs: symptoms, consequences, and treatments.</li> <li>4. What is the big deal with HIV? (Gareth Thomas HIV and ME doc)</li> <li>5. Revisiting contraception methods incl. LGBTQ+ perspective</li> <li>6. Where to get help locally for STIs and contraceptive advice?</li> </ol> <p>End of term and student survey</p>	<p><b>Study Skills and extraction for extra Maths and English tuition</b></p> <p><b>or financial capability including</b></p> <ol style="list-style-type: none"> <li>1. How do we live on a Low Wage?</li> <li>2. How can we manage our debt?</li> <li>3. How can we borrow money responsibly?</li> </ol>
Summer L13-L18	<p><b>Looking after others: First Aid:</b></p> <ol style="list-style-type: none"> <li>1. Why is First Aid important?</li> <li>2. What is DRAB? (Danger Response Airways Breathing)</li> <li>3. When do I put someone in the Recovery Position?</li> <li>4. Recovery Position Peer Assessment.</li> </ol> <p>End of year online Exam</p> <p><b>(Drop Down day) First Aid:</b></p> <p>CPR, CPR Peer Assessment</p> <p>Dealing with Big Bleeds,</p> <p>Dealing with Clinical Shock</p> <p>End of year exam/Enrichment week/Rollover week (see 1 for yr 8)</p>	<p><b>Healthy Sex, Healthy Relationships:</b></p> <ol style="list-style-type: none"> <li>1. What are the choices for a pregnant teenage girl?</li> <li>2. How do criminal gangs exploit young people? (County Lines and Human Trafficking)</li> <li>3. Where can a teenager get help locally? (school and wider community support for relationship concerns and criminal behaviour)</li> </ol> <p>End of year online assessment</p> <p>Enrichment Week</p> <p>Rollover week (see 1 for Yr 9)</p>	<p><b>Mental wellbeing:</b></p> <ol style="list-style-type: none"> <li>1. Where can we seek help locally and nationally to help us with our mental wellbeing?</li> </ol> <p><b>The Right to Be Me:</b></p> <ol style="list-style-type: none"> <li>2. How do people define their identity?</li> <li>3. What is #MeToo?</li> <li>4. How does body language work?</li> <li>5. What is misogyny and why should we care?</li> </ol> <p>End of year online assessment (scenario-based)</p> <p>Enrichment week</p> <p>Roll-over week (see 1. For Yr 10)</p>	<p><b>Healthy Relationships, Healthy Sex</b></p> <ol style="list-style-type: none"> <li>1. What are the pros and cons of adoption and abortion?</li> <li>2. How do fertility rates change as you age?</li> <li>3. What is the menopause and how does it affect women's health?</li> <li>4. What are the short- and long-term impacts of being a teenage parent?</li> </ol> <p>Mock exams</p> <p>Work experience week</p> <p>Rollover week (see 1 for Yr 11)</p>	<p>Study Skills and extraction for extra Maths and English tuition</p>