

YEAR 7 – MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Lesson overviews/Teacher notes / resources
<p>Autumn 1 and 2</p> <p>Health & wellbeing</p>	<p>Our introduction to secondary school and our safety</p> <p>Transition to secondary school and personal safety in and outside school</p> <p>Respecting others</p> <p>Puberty and our changing bodies</p> <p>Developing skills and aspirations</p> <p>Career passport</p> <p>Respecting Others</p> <p>H1, H2, H30, H34, L1-L6, L9, L10, L11, L12, L26, R3, R15, R39, R40, R41</p>	<ul style="list-style-type: none"> • how to establish and manage friendships in a new setting • how to manage the challenges of moving to a new school • how to identify personal strengths and areas for development • about a broad range of careers and the abilities and qualities required for different careers • about equality of opportunity • how to challenge stereotypes, broaden their horizons and how to identify future career aspirations • about the link between values and career choices • how to improve study skills • A balloon debate around careers and ideas of success • about living in a diverse society • how to challenge prejudice, stereotypes and discrimination • how to manage physical and emotional changes during puberty • about personal hygiene 	<p>(See regularly-updated pdf. version for latest Quality Assured resources)</p> <p>Career passport for Year 7</p>
<p>Spring 1</p> <p>Health and wellbeing</p>	<p>Our Self image</p> <p>Emotional wellbeing, including body image and coping strategies. Dove programme</p> <p>H3, H4, H5, H6, L24, R18,R19</p>	<ul style="list-style-type: none"> • the impact that media and social media can have on how people think about themselves and express themselves, including body image, physical and mental health • simple strategies to build resilience to negative opinions, judgements and comments • to recognise and manage internal and external influences on decisions which affect health and wellbeing • How to identify and articulate a range of emotions accurately and sensitively using appropriate vocabulary • How to manage anger and extreme responses including how to avoid a fight and how to be assertive but not aggressive • Conflict management skills and disagreements 	<p>Dove programme</p>

<p>Spring 2</p> <p>Health & wellbeing</p>	<p>Our health and lifestyle</p> <p>Diet, exercise, lifestyle balance and healthy choices,</p> <p>Healthy routines, influences on health</p> <p>H13, H14, H15,H16, H17, H18, H19, H20, H21</p>	<ul style="list-style-type: none"> • Responsibility for physical health, including regular check ups, good dental health, sun safety (including sunbeds) and vaccinations • What to do if you are not well • how to sleep well and why it is important • The role of a balanced diet and what that might be • the importance and strategies for maintaining a balance between school, work, leisure and online activities 	<p>Physical activity</p> <p>Sleep</p> <p>Diet and nutrition</p> <p>Food choices and influences</p> <p>Skin and the sun/ heat</p> <p>Vaccinations</p>
<p>Sum 1</p>	<p>Our mental health and wellbeing</p> <p>Mindfulness including mental health and stress management</p>	<ul style="list-style-type: none"> • impact of stress • managing stress at school • practical techniques and strategies 	<p>Wellbeing programme</p>
<p>Sum 2</p>	<p>Our physical health</p> <p>Medicine, Vaping/ smoking, Alcohol</p> <p>FGM</p> <p>H22, H23, H24, (H19 and H20 KS4)</p>	<ul style="list-style-type: none"> • how to manage influences relating to caffeine, smoking and alcohol • how to manage influences on body image • to make independent health choices • to take increased responsibility for physical health, including testicular self-examination • The risks and myths associated with FGM, its status as a criminal act and strategies to safely access support 	

Year 8 Summer 1 CAREER S	Employment rights and protections L13, L14 and L13-15 KS4	<ul style="list-style-type: none">•	
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Half term	Topic	In this unit of work, students learn...	Lesson overviews / Teacher notes / resources (See regularly-updated pdf. version for latest Quality Assured resources)
Autumn 1	<p>Families Different families and parental responsibilities, marriage and forced marriage and changing relationships R1, R6, R35, R36</p> <p>Our relationships with others and our family</p> <p>Self-worth, romance and friendships including online, relationship boundaries R2, R9, R10, R13, R14, R15, R16, R21, R22</p> <p>Respect and Discrimination Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia Free Speech R39,40,41, R3, R4,</p>	<ul style="list-style-type: none"> • Indicators of positive relationships on and offline • Personal values in friendships, love and relationships romantically • Building and keeping trust • Managing positive relationships safely • about gender identity, transphobia and gender-based discrimination • how to recognise and challenge homophobia and biphobia • how to recognise and challenge racism and religious discrimination • the qualities of positive, healthy relationships • how to demonstrate positive behaviours in healthy relationships • To develop skills of team working and clear communication • How to manage the breakdown of a relationship including loss, grief and separation, divorce • Roles and responsibilities of parents and carers • The importance of long term relationships • about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering • about positive relationships in the home and ways to reduce homelessness amongst young people • about conflict and its causes in different contexts, e.g. with family and friends • conflict resolution strategies 	
Autumn 2 Living in the wider world	<p>Our relationship with the media</p> <p>Advertising and consumer rights Recognising fake news Manipulating information and bias</p>	<ul style="list-style-type: none"> • about how any media may distort, mis-represent or target information in order to influence beliefs and opinions • how to manage conflicting views and misleading information • 	

	<p>Using the media as a research tool Presenting skills</p>	<ul style="list-style-type: none"> • about equality of opportunity in life and work • how to challenge stereotypes and discrimination in relation to work and pay • about employment, self-employment and voluntary work • how to set aspirational goals for future careers and challenge expectations that limit choices 	
<p>Spring 1 Relationships</p>	<p>Our relationships with our lifestyle choices</p> <p>Information on alcohol, nicotine and other legal and illegal substances</p> <p>Concepts of dependence and addiction and overcoming these</p> <p>Assessing and reducing risks to health and personal safety</p> <p>H24, H26, H29, H31</p>	<ul style="list-style-type: none"> • about medicinal and recreational drugs • about the over-consumption of energy drinks • about the relationship between habit and dependence • how to use over the counter and prescription medications safely • how to assess the risks of alcohol, tobacco, nicotine and e-cigarettes • 	

<p>Spring 2 Health & wellbeing</p>	<p>Mental health H7, H8, H10, H11, H12</p>	<ul style="list-style-type: none"> • about attitudes towards mental health • how to challenge myths and stigma • about daily wellbeing • how to manage emotions • about unhealthy coping strategies (e.g. self-harm and eating disorders) • about healthy coping strategies • • 	
<p>Summer 1 and Summer 2 Relationships</p>	<p>Our relationship with our peers and social influence</p> <p>Peer group pressure how to recognised and how to manage it</p> <p>Managing influences on alcohol, vapes and drugs; Consequences of social risks of occasional and misuse; The law relating to the supply, misuse and consumption</p> <p>Seeking help for unhealthy behaviours including cessation</p> <p>Ideas around consent and sexual intimacy- the law, how to give and withdraw consent</p> <p>Online consent and sharing of images- and what to do when you break up H25, H27, H28, R24, R25, R26, R27, R29, R30, R42, R43, R44</p>	<ul style="list-style-type: none"> • how to manage influences on beliefs and decisions • about group-think and persuasion • about the law in relation to consent • that the legal and moral duty is with the seeker of consent • how to effectively communicate about consent in relationships • about the risks of 'sexting' and how to manage requests or pressure to send an image • how to manage influences in relation to substance use • how to recognise and promote positive social norms and attitudes • how to distinguish between healthy and unhealthy friendships • how to assess risk and manage influences, including online • about 'group think' and how it affects behaviour • how to recognise passive, aggressive and assertive behaviour, and how to communicate assertively • about positive social norms in relation to drug and alcohol use • about legal and health risks in relation to drug and alcohol use, including addiction and dependence • 	

YEAR 9 – MEDIUM-TERM OVERVIEW

Half term	Topic	In this unit of work, students learn...	Lesson overviews / Teacher notes / resources (See regularly-updated pdf. version for latest Quality Assured resources)
Autumn 1	<p>Our transferable skills</p> <p>'Soft' workplace and personal skills, Learning strengths, career options and goal setting as part of the GCSE options process</p> <p>L7, L8, Key Stage 4 L1-12</p>	<ul style="list-style-type: none"> • about transferable skills, abilities and interests • how to demonstrate strengths • about different types of employment and career pathways • how to manage feelings relating to future employment • how to work towards aspirations and set meaningful, realistic goals for the future • about GCSE and post-16 options • skills for decision making • • 	
<p>Autumn 2 and Spring 1</p> <p>Living in the wider world</p>	<p>Our finances and money management</p> <p>Saving, borrowing, budgeting and making financial choices</p> <p>The impact of financial decisions</p> <p>Gambling and financial risk</p>	<ul style="list-style-type: none"> • how to effectively budget and evaluate savings options • how to prevent and manage debt, including understanding credit rating and pay day lending • how data is generated, collected and shared, and the influence of targeted advertising • how thinking errors, e.g. gambler's fallacy, can increase susceptibility to gambling • strategies for managing influences related to gambling, including online • about the relationship between gambling and debt • about the law and illegal financial activities, including fraud and cybercrime • how to manage risk in relation to financial activities • how to assess and manage risks in relation to gambling and chance-based transactions 	

<p>Spring 2</p>	<p>10 X challenge</p> <p>Managing their own enterprise</p>	<ul style="list-style-type: none"> • 	
<p>Summer 1</p> <p>Relationships</p>	<p>Intimate relationships</p> <p>Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography</p> <p>PoS refs: R7, R8, R11, R12, R18, R24, R26, R27, R28, R29, R30, R31, R32, R33, R34, L21</p>	<ul style="list-style-type: none"> • how to manage peer influence in increasingly independent scenarios, in relation to substances, gangs and crime • exit strategies for pressurised or dangerous situations • 	
<p>Summer 2</p> <p>Living in the wider world</p>	<p>Employability skills</p> <p>Employability and online presence</p> <p>PoS refs: R13, R14, L2, L4, L5, L8, L9, L14, L21, L24, L27</p>	<ul style="list-style-type: none"> • about young people's employment rights and responsibilities • skills for enterprise and employability • how to give and act upon constructive feedback • how to manage their 'personal brand' online • habits and strategies to support progress • how to identify and access support for concerns relating to life online 	