

		Period 1 Curriculum						
		Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
New year New Me		STAGGERED RETURN						
	Skills	Moving to secondary - goals and reflections on Year 6	Reflection on Year 7 goals for year 8	Reflection on KS3 - goals for year 9	Reflection on Year 9 - goals for Year 10	Reflection on Year 10 - goals for Year 11	Organising folders	Goals for Post-18
		Who can you go to for help and support?	Skills that require no talent	Organising your studies	Organising your studies at GCSE	Organising your studies at GCSE	Making the most of your free periods.	What to do between now and Christmas
What does good behaviour look like?		Thinking about GCSE choices	Revision skills	Revision skills	Thinking about next steps Post-16	Study habits and tips	Identifying your strengths and skills.	
Health and Wellbeing	Physical health	Personal hygiene, including dental care.	Personal hygiene: feminine hygiene products.	Personal hygiene: changing bodies and changing care.	Personal hygiene: caring for our skin	Personal hygiene	Self esteem	Cosmetic procedures
		Puberty: the physical and emotional changes	The links between physical and mental health.	Cancer and cancer prevention.	Staying healthy: reliable v unreliable information	Self-examination and screening: testicular cancer, breast cancer, cervical screening	Self-examination: testicular cancer and breast cancer	Self-examination: testicular cancer and breast cancer
		Body image: celebrating difference	Allergy awareness	How to stay physically fit.	Body image - the dangers of comparison and use of photo editing.	Blood, organ and stem cell donation.	Illnesses affecting young adults - meningitis, glandular fever and 'freshers flu' register with GP	Illnesses affecting young adults - meningitis, glandular fever and 'freshers flu' register with GP
	Mental health	What is mental health? (5 ways to wellbeing)	Coping with adversity (5 ways to wellbeing)	Building resilience (5 ways to wellbeing)	Resilience and coping strategies. (5 ways to wellbeing)	Coping with exam stress (5 ways to wellbeing)	Coping with exam stress (5 ways to wellbeing)	Support available outside of SHS.
		Managing our emotions	Destigmatising mental health	Recognising poor mental health.	Stress triggers	How to assess your own mental health.	Support available inside and outside of SHS	How to manage loneliness.
		Bullying and teasing	Importance of hobbies and interests.	Coping strategies: harmful and unhelpful	Signs and strategies: depression and anxiety.	Balancing your time: online and offline	Balancing studies and life	How to ask for help.
		Meditation and mindfulness	Surviving social media	Recognising when others might need help	Recognising risk taking behaviours in others.	Supporting people in times of crisis.	Recognising changes in our own mental health.	Coping with transitional phases.
	Healthily	Risks to our health: poor sleep	Risks to our health: alcohol and tobacco.	Risks to our health: addiction	Risks to our health: substance misuse	Risks to our health: beauty enhancements (fillers and surgery).	Risks to our health: driving safely	Risks to our health: excessive alcohol/'party' drugs and their impact on health
		The Eatwell guide	Local health services	Characteristics of health conditions	Looking after your own health.	Overcoming addiction	Coping with transitions	Eating well on a budget
		Balancing our workload: school and home	Our relationship with food	Balancing our workload: home and GCSEs	Staying safe in new places	Using the NHS and NHS services	Travelling abroad: vaccinations and health and safety	Tackling difficult conversations with friends and family.

Living in the wider world	Living in the wider world	The law: gambling	The law: smoking and vaping	The law: alcohol	The law: prescribed and non-prescribed drugs	Coping with transitions: ready for post-16	Signs of drink-spiking.	Registering with a GP and dentist.	
		Where do we go for help?	Where do we go for help?	Where do we go for help?	Where do we go for help?	Where do we go for help?	Where do we go for help?	Where do we go for help?	
		Sexual health: a healthy body	Sexual health: an introduction to contraception	Sexual health: the basics around STIs	Sexual health: where can you access contraception?	Sexual health: STI's	Sexual health: contraception and STIs	Sexual health: where can you go if you have concerns about sexual health or pregnancy?	
	ASSESSMENT								
	Living in Britain	Road safety	Cycle laws in the UK	Structure of UK Government and elections.	Political spectrum of the UK.	Driving in the UK	Electoral systems.	Trade unions, collective bargaining, strike action	
		Run - hide - tell, Invacuation and Evacuation	Financial skills - working out a budget	Financial skills - loans, overdrafts, credit cards and interest	Financial skills - insurance	Financial skills - understanding my payslip	Financial skills - student loans	Financial skills - living on a budget	
	Staying safe	Basic First Aid: CPR	What to do in an emergency situation.	Collection and sharing of data online.	Risks of online relationships	Staying safe in a national emergency.	Safety and social media.	First Aid	
		Dangers on the internet - your digital footprint	Dangers on the internet - strangers online	Dangers on the internet - harmful sexual content (including extreme misogyny and radicalisation)	Dangers on the internet - gambling	Dangers on the internet - your digital footprint	Dangers on the internet - your social media footprint.	Dangers on the internet - forums and radicalisation	
		Finding support for something that happened online	Impact of spending too much time online	Targeted adverts	Impact of spending too much time online	Staying safe away from home - international law	Staying safe when solo-travelling.	Staying safe away from home - international law	
	Respect and tolerance	Showing respect and tolerance	Challenging stereotypes: gender	Challenging stereotypes: race	Challenging stereotypes: disability	Challenging stereotypes: alternative lifestyles	Challenging stereotypes:	Challenging stereotypes:	
		British Values: tolerance	British Values: democracy	British Values: individual liberty	British Values: rule of law	British Values	British Values	British Values	
		Protected characteristics	Protected characteristics: disability	Protected characteristics: maternity and pregnancy	Protected characteristics: age	Protected characteristics	Protected characteristics	Protected characteristics	
	Preparing for the future	Soft skills	Choosing GCSE options	Pathways Post-16	Creating a CV/ writing an application	Ready for Post-16	Options post-18	Preparing for life after Post-16	
		Financial skills - saving and spending	Natwest CareerSense workshop - finding my potential	The world of work: key features of a work experience	Practice interviews	Options Post-18	Financial skills: savings accounts, ISA's and current accounts	Financial skills: mortgages and loans	
	ASSESSMENT								

Relationships and safety	Healthy relationships	Features of a healthy relationship	Features of healthy and unhealthy romantic relationships	Extreme unhealthy relationships.	Impact of pornography on healthy relationships.	Consent in a sexual relationship.	Communication in a healthy relationship.	
		Features of an unhealthy relationship.	Online relationships	Choosing when to have sex.	Dealing with conflict in a relationship.	Is this harrasment?		
	Relationships and the law	Different long term partnerships	Grooming and exploitation	When and how can consent be withdrawn.	Forced marriage and FGM.	How to end a toxic relationship.	Managing personal safety in a new relationship	Impact of ignoring consent
		Consent to physical contact.	Sharing images online	Gaslighting, coercive control.	Rape, sexual assault and harrasment.	Reporting assault or harrasment.	Recognise, seek help for and report sexual abuse.	
		Learning about sex	Recognising consent	Knowing how to say 'no' to sexual pressure.	Abortion and the law	Pregnancy		
		Gender based or sexual bullying and harrasment	How to report sexual harrasment.	Coping with a break up.		Family life		
	Sexual health	Bodily changes	Barrier contraceptions	Types of contraception.	Risk-taking sexual behaviours and the risk of STIs.	STI's: HIV and AIDS	Selecting the right contraception	Sexual health services
	Family and fertility	Puberty and menstruation	Fertility and reproductive health (how to have a baby)	Unplanned pregnancy,	Contraception - what works in each situation.	Menopause	Consequences of unintended pregnancy	Emotional impact of pregnancy, infertility and miscarriage.
	ASSESSMENT							