	Mon	Tues	Weds	Thursday	Friday
Year 7	• Morning routine and one life in 5. • **Form Time Reading. (15 mins)** • Attendance and standards.	• Morning Routine. • Votes for Schools.	• Morning Routine. • One Life – PSHE. • **Form Time Reading. (15 mins)**	• Morning Routine. • One Life PSHE.	• Morning Routine. • Assembly.
Year 8	• Get ready for the week. • **Form Time reading. (15 mins)** • Attendance and standards.	• PSHE. • **Form Time Reading. (15 mins)**	• PHSE.	• Assembly.	Votes for Schools.
Year 9	• Get ready for the week. • **Form Time Reading. (15 mins)** • Attendance and standards.	• Votes for Schools.	• Assembly.	• PHSE.	• PSHE. • **Form Time Reading. (15 mins)**
Year 10	• Get ready for the week. • Form Time reading. • Attendance and standards.	• Assembly.	• Votes for Schools.	• PHSE.	• PSHE. • **Form Time Reading. (15 mins)**
Year 11	• Assembly.	• Attendance and standards. • Subject Focus Form	• Subject Focus Form	• PHSE.	• PSHE (until Christmas)

	HT1 – 8 weeks Health and Wellbeing	HT2 – 7 weeks Health and Wellbeing	HT3 – 6 weeks Relationships	HT4 – 6 weeks Relationships	HT5 – 5 weeks Living in the wider world	HT5 – 7 weeks Living in the wider world
Y7	Transition and Safety. Self-Identity & Self-Awareness Rules & Responsibilities Families Respectful Relationships Friendships (bullying) Self-Care & Safety	Health and puberty. Response System Safeguarding at school (FGM) Body image & Stereotypes Boundaries Consent Privacy	Building relationships. Bouncing Back Resilience Forgiveness Bouncing back in friendships and contact Self-care and defence systems	Diversity. Self-compassion Compassion for other people. Stereotypes – equality Rights and Responsibilities Cyber bullying and online relationships	Financial Decision Making. Power of Now Free will and good choices Financial decision-making Safe choices Risk-taking Behaviour	Developing Skills and Aspirations. Balancing doing and being Aspirations Careers Equality and stereotypes Respectful Relationships Values and Careers Health and Prevention
Y8	Emotional Wellbeing. Attitudes towards mental health Stigma and misconceptions Daily wellbeing Managing emotions Digital resilience Unhealthy coping strategies Healthy Coping Strategies	Drugs and Alcohol. Medicinal and recreational drugs Energy drinks Habit and dependence Alcohol Nicotine products Influences in relation to substance abuse	Discrimination. Influences on beliefs and decisions Self-worth and confidence Gender based discrimination Homophobia Racism Religious Discrimination.	Identity and relationships. Positive healthy relationships Gender identity and sexual orientation Communication in relationships The law and consent The risks of sexting, nudes, sextortion. Basic forms of contraception.	Community and careers. Equality of opportunities Challenging stereotypes Employment, self-employment and voluntary work Aspiration and future goals	Digital Literacy. Using social media safely Grooming and extortion Extremism and radicalisation Recognising biased information online Assessing reliable sources/websites Risks online eg age restrictions, financial security and gambling
Y9	Healthy Lifestyles. Physical and mental health Balancing work, leisure, exercise and sleep Health eating choices Body image Physical health checks eg self-exam.	Influences, substance use and gangs. Healthy and unhealthy friendships Managing influence including online Communication styles Managing risks in relation to gangs Knife crime Drug and Alcohol use.	Respectful Relationships Different types of families and parents Positive relationships at home Conflict in relationships Managing relationship changes Accessing support services	Intimate Relationships Readiness for sexual relationships, delaying and intimacy without sex. Consent and the law. Withdrawing consent. STI's and condoms Contraception and pregnancy Social media and pornography. Risks of sharing images	Setting Goals Transferable skills, abilities and interests. Demonstrating strengths Employment and careers pathways Setting aspirational goals for the future Skills for decision making	Employability Skills and online presence. Employment rights and responsibilities Skills for enterprise and employability Acting on constructive feedback Managing your online brand Habits and strategies for progress Identify and access support for concerns online

	HT1 - 8 weeks Health and Wellbeing	HT2 – 7 weeks Health and Wellbeing	HT3 – 6 weeks Living in the wider world	HT4 – 6 weeks Living in the wider world	HT5 – 5 weeks Relationships	HT6 – 7 weeks Relationships
Y10	**Mental Health.** Managing challenges in adolescence Reframing negative thinking Positive mental health strategies Signs of poor mental health Mental health in the media Challenging stigma, stereotypes and misinformation	**Exploring Influences** Positive role models Influence of role models and gang culture Impact of drugs and alcohol Substances and decision making Managing peer influences Dealing with dangerous situations	**Financial decision making** Budgeting and saving Managing debt and understanding credit Data and targeted ads Gambling, gamblers fallacy. Managing influences online. Financial law, fraud, cybercrime. Managing financial risk	**Careers** Equality of opportunities The labour market Job Skills CV writing Personal Statements Application forms Preparing for interviews Mock interview day (24th April)	**Relationships** Relationship values Assumptions, misconceptions and social norms about sex and relationships Forming relationships online The impact of media and pornography on sexual attitudes, expectations and behaviour.	**Extremism and radicalisation** Community and belonging Equality act and diversity Social media influencing beliefs and misleading information Extremism and radicalisation PPES
	HT1 - 8 weeks **Health and Wellbeing**	**HT2 – 7 weeks** **Living in the wider world**	**HT3 - 6 weeks** **(1x session per week)** **Relationships**	**HT4 - 6 weeks** **(1x session per week)** **Health and Wellbeing**		
Y11	**Building for the future** Self-efficacy Stress management Future opportunities **Next steps** Application processes Skills for further education Employment and careers	**Next steps** Application processes Skills for further education Employment and careers	**Relationships and Families** Personal values Communication Sexual Health Relationship Challenges Different families Pregnancy and parenting Marriage/ forced marriage	**Independence** Responsible health choices and personal safety First aid and emergency services Screening and self-exam Vaccinations and immunisations Registering with doctors and sexual health Risks relating to cosmetic procedures Blood, organ and cell donation.		