

Year 7	AUTUMN TERM		SPRING TERM		SUMMER TERM	
Topic	Health and Wellbeing	Health and Wellbeing	Sex and Relationship Education(SRE)	Citizenship	Beliefs and Values	Living in the Wider World
Big Idea/Topic	Physical Wellbeing	Mental Wellbeing	Healthy relationships (on and offline) Puberty	An introduction to Citizenship (key areas)	My community An introduction to Islam	Aiming High Skills qualities and future prospects
Key Concepts /Knowledge	<p>Know the benefits of a balanced diet</p> <p>Know the importance of dental hygiene</p> <p>Know how to reduce risk (risk taking behaviors)</p> <p>Know how to stay safe online</p>	<p>Know the links between mental and physical health</p> <p>Know common misconceptions about mental health</p> <p>Know how to challenge prejudice and discriminatory language and behaviour in relation to mental health</p> <p>Know the impact of sleep on health and wellbeing</p>	<p>Know different types of relationships</p> <p>Know the difference between healthy and unhealthy relationships</p> <p>Know the physical and emotional changes that occur during puberty</p> <p>Know ways of managing the changes that occur during puberty</p>	<p>Know what British Values are how we demonstrate them in our lives</p> <p>Know different types of identities</p> <p>Know how we are all connected through shared interests (communities)</p> <p>Know how local democracy works</p> <p>Know what crime is</p>	<p>Know what beliefs and values are</p> <p>Know what underpins beliefs and values</p> <p>Know the different beliefs within our communities</p> <p>Know key facts about Islam</p> <p>Know misconceptions surrounding Muslims and Islam</p>	<p>Know attitudes and behaviours that help to learn new things</p> <p>Know how I learn best and apply this knowledge to learning new things</p> <p>Know helpful and unhelpful attitudes towards learning</p> <p>Know opportunities available to me now and how they might benefit me.</p> <p>Know educational and career opportunities that may be available to</p>

		<p>Know healthy sleep patterns</p> <p>Know strategies to deal with strong emotions</p> <p>Know sources of support for emotional/mental wellbeing</p>	<p>Know the importance of good hygiene</p> <p>Know how to access relevant support</p>	<p>Know the difference between criminal and civil law</p>	<p>Know The Five Pillars of Islam</p> <p>Know the significance of Hajj for Muslims</p> <p>Know why Mecca is an important place for Muslims</p>	<p>me in the future</p> <p>know how gender equality has improved over the years.</p> <p>know the negative impact stereotypes can have on people</p> <p>Know how to select areas of work which interest me</p> <p>Know the different routes into career</p>
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Year 8	AUTUMN TERM		SPRING TERM		SUMMER TERM	
Topic	Health and Wellbeing	Health and Wellbeing	Sex and Relationship Education (SRE)	Citizenship	Beliefs and Values	Living in the Wider World
Big Idea/Topic	Physical Wellbeing	Mental Wellbeing	<p>Healthy relationships</p> <p>Consent</p> <p>Sexting</p>	<p>Politics, parliament and Government</p> <p>Active Citizenship</p> <p>UK and the wider world</p> <p>Rights, justice and the law</p>	<p>Gangs and knife crime</p>	<p>Personal finance</p> <p>Online fraud</p> <p>The risks and harms of gambling</p> <p>Next Steps</p>

				Role of the media and digital democracy		
Key Concepts /Knowledge	<p>know the difference between legal and illegal drugs</p> <p>Know why people might use drugs</p> <p>Know government guidelines on 'safe' alcohol consumption.</p> <p>know the physical, social and psychological effects of excessive alcohol consumption</p> <p>Know the caffeine and sugar content in various drinks (including energy)</p> <p>Know the recommended guidance for teenagers and adults</p>	<p>Know the factors that affect emotional wellbeing</p> <p>Know ways to promote emotional wellbeing and build resilience</p> <p>Know how to reframe and learn from disappointments and setbacks</p> <p>Know the positive and negative impact of social media on emotional wellbeing</p> <p>Know the reasons people post and look at online images and the impact this can have on self-esteem and body image</p>	<p>Know different types of relationships</p> <p>Know the difference between healthy and unhealthy relationships</p> <p>Know the different types of relationship abuse</p> <p>Know how to access support for relationships /relationship abuse</p> <p>Know the risks in relation to sharing sexual images</p> <p>Know the implications, including legal implications of sending or</p>	<p>Know how the political system works</p> <p>Know how Government and Parliament differ</p> <p>Know why voting is important</p> <p>Know the process of registering to vote</p> <p>Know how to bring about social change</p> <p>Know the skills needed to be an active Citizen</p> <p>To know about various global problems</p> <p>To know how to take action on global problems</p>	<p>Know our own values</p> <p>Know positive and negative values</p> <p>Know the qualities of healthy and unhealthy social groups</p> <p>Know the factors which contribute to a young person deciding to join or not join a gang</p> <p>Know the risks in belonging to a gang</p> <p>Know the social, legal and physical consequences of gang behaviours</p> <p>Know exit strategies to enable someone</p>	<p>Know the advantages and disadvantages of various payment methods</p> <p>Know the benefits of saving money</p> <p>Know the risks of credit cards</p> <p>Know the importance of online safety strategies to protect us from fraud</p> <p>Know how to keep our online data secure</p> <p>Know how to assess risk in the context of gambling-related behaviours</p>

	<p>know the risks of excessive caffeine intake</p> <p>Know the harms and risks associated with smoking/vaping</p> <p>Know tips/strategies to help someone to quit smoking</p> <p>Know how peer pressure can influence behaviour and devise strategies to resist this</p> <p>Know the impact of diet and substance use on dental health</p>	<p>Know strategies to promote emotional wellbeing online</p> <p>Know the difference between expected and unexpected life events</p> <p>Know how life events can have both positive and negative impacts on health and wellbeing</p> <p>Know real life stories of people who have shown great resilience</p>	<p>forwarding sexual images</p> <p>To know what consent is and when someone might not have the capacity to consent</p>	<p>Know what laws are and why we have them</p> <p>Know how the media affects us</p> <p>Know what makes something newsworthy</p>	<p>to leave a gang safely</p> <p>Know how to seek help if worried about gang activity</p>	<p>Know about the impact of peers and the media on gambling behaviours</p> <p>Know about 'impulsivity' and 'delayed gratification' and ways to manage impulsivity</p> <p>Know how skills, qualities and interests link to Year 10 & 11 pathways</p> <p>Know the benefits of volunteering and work experience</p> <p>Know career goals and ambitions and which pathways would be most suitable to achieve these</p>
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Year 9	AUTUMN TERM		SPRING TERM		SUMMER TERM	
Topic	Health and Wellbeing	Health and Wellbeing	SRE	Citizenship	Beliefs and Values	Living in the Wider World
Big Idea/Topic	Physical Wellbeing	Mental Wellbeing	Grooming, sexual health and the laws surrounding sex	Politics, Parliament and government Rights, law and justice UK and the wider world	Ethical Issues	The economy Personal finance and risk
Key Concepts /Knowledge	<p>Know food related health risks</p> <p>Know what BMI is and how to calculate it</p> <p>Know what food poverty is</p> <p>Know sources of support/charities which aim to tackle food poverty</p> <p>Know the medical implications of malnutrition</p>	<p>know why self-harm and eating disorders are unhealthy coping strategies</p> <p>know misconceptions about unhealthy coping strategies</p> <p>know warning signs of emotional difficulties; identify suitable sources of support, and explain why, when and how to seek help for themselves or others</p>	<p>Know what grooming is</p> <p>Know the four stages of grooming</p> <p>Know how a groomer may look or act</p> <p>Know what online pornography is</p> <p>Know other people's understanding and experiences of online pornography may be different</p>	<p>Know how the UK is governed</p> <p>To know what political rights are</p> <p>To know why the struggle for the vote is important today</p> <p>To know how The Equality Act (2010) protects people from discrimination</p> <p>To know the protected characteristics</p> <p>To know why it is important to stand</p>	<p>Know what beliefs and values are</p> <p>Know how morals are formed</p> <p>Know what ethical issues are</p> <p>Know what capital punishment is</p> <p>Know what could affect people's opinions on this matter</p> <p>Know religious views in relation to Capital Punishment</p>	<p>Know how the economy and other factors influence our decisions</p> <p>Know about the role of the bank of England</p> <p>Know how to assess and manage risk in relation to financial decisions</p> <p>Know about, saving, borrowing and financial fraud</p>

	<p>Recognise various illegal drugs</p> <p>Know the physical, social and psychological effects of various drugs (biopsychosocial model)</p> <p>Know how drugs are categorised in accordance with their physiological effects</p> <p>Know how to access help and support for substance misuse</p> <p>Know the difference between dentistry for health and cosmetic purposes</p>	<p>Know circumstances leading to intense emotions that may be difficult to manage.</p> <p>Know a range of positive strategies for managing difficult emotions</p> <p>know whom, how and why to ask for support when it's needed</p> <p>Know signs that someone might have mental health issues such as a mood disorder, stress or anxiety</p> <p>Know when and whom to tell if concerned for theirs or someone else's mental wellbeing</p> <p>Know the range of support available for</p>	<p>Know common misconceptions around online pornography</p> <p>Know misconception surrounding masturbation</p> <p>Know how to safely use a condom</p> <p>Know that condoms prevent unplanned pregnancy and STI's</p> <p>Know the laws surrounding sex</p> <p>Know where to access support/advice for sexual health and relationships</p>	<p>up for what we believe in</p> <p>Know ways to make change happens</p> <p>know what migration is</p> <p>Know why people migrate</p>	<p>Know what makes a strong debate</p> <p>Know Christian and Muslim beliefs on Crime and Punishment</p> <p>Know global attitudes and laws surrounding euthanasia</p>	<p>Know the importance of budgeting</p>
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		those with emotional or mental health problems, including how best to access local services.		
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