

Topic	Strand	Additional Notes
Goal Setting	HE	Explore our own values and create sustainable goal setting.
Growth Mindset	HE	Understand how to talk about emotions accurately and sensitively. Explore how asking questions can improve our learning in school
Maintaining and improving mental health	HE	Recognise the early signs of mental wellbeing issues and understand the difference between mental health and mental illnesses
Maintaining and improving mental health	HE	Understand how to identify, control and discuss our emotions.
Maintaining and improving mental health	HE	Recognise that we all experience times of difficulty during our lives. Understand potential strategies for dealing with difficult or troublesome times.
Black History Month	SMSC	
Healthy Eating	HE	Understand how staying healthy is a combination of three key areas. Identify that we all need to have a healthy balanced diet to help maintain a healthy weight and understand what a healthier alternative is. Investigate what a healthy diet consists of and active lifestyles
Basic First Aid – treatment of common Injuries and ASSESSMENT	HE	Understand how to identify the need for CPR in a unresponsive casualty Identify the steps needed to administer basic first aid
Exploration of interests	CAR	You will explore the need to plan for your future. You will identify your personal qualities and investigate how these affect your future pathways.
Personal qualities	CAR	By the end of this session you will be able to identify how personal qualities affect particular job pathways. You will be able to identify what skills are and how they are different to personal qualities.
Skills for life	CAR	You understand what skills are and can identify some skills that you will need for life. You will investigate how to present yourself in an application process.
Enterprise and the world of work	CAR	You will understand the meaning of enterprise and how to be creative with this. You will explore how the world of work is changing and use LMI information to explore this.
Decision making and qualifications	CAR	You will be able to see the importance of making informed decisions using reliable sources of information. You will have a basic understanding of the qualifications framework.
Problem Solving	CAR	You will explore key transferable skills and why these are important. You will experience problem solving strategies.
Survival Challenge	CAR	You will work as a team to solve a military survival problem.
Expressing Spirituality	RS	Identify the different ways in which people express their spirituality
Expressing spirituality through music	RS	Investigate how music can help people understand and enhance spirituality.
Atheism	RS	Explore atheist and agnostic beliefs and the reasoning behind them.
Humanism	RS	Explore what it means to be a humanist.

Religious and non-religious expression	RS	Explore how some people express their religious and non-religious beliefs.
Different types of relationships	<u>RSE</u>	Explaining the different types of relationship you can be in and the key laws and signs that define them.
Different types of relationships (LGBTQ+)	<u>RSE</u>	To be able to define the term LGBTQ+. Explain how stigma and bullying can negatively impact LGBTQ+ individuals. Discuss the issues LGBTQ face in the community and in schools
Healthy relationships	<u>RSE</u>	Explore the features of a healthy relationship
Consent (Delivered FD) Contraception and demonstration	<u>RSE</u>	Understand the importance of consent. Understand the meaning of consent. Learn how to seek consent and how to give or not give consent.
Laws around consent (Delivered FD) Sexual Health ASSESSMENT	<u>RSE</u>	To understand what revenge porn is. To consider the impact of revenge porn on the victim
Human rights and responsibilities	<u>RS</u>	Explain the importance of human rights and research the work of a human rights activist.
Religion – Cause of conflict or peace	<u>RS</u>	Compile reasons why some people say ‘religion causes conflict’ and others say ‘religion makes peace’
Religious conflict	<u>RS</u>	Debate does religion contribute to religious conflict
Pacifism	<u>RS</u>	Explore the importance of the belief in pacifism
How radical was Jesus	<u>RS</u>	Explore what is so radical about Jesus
Good news	<u>RS</u>	Explore a range of ways in which Christians try to put Jesus’ message of ‘good news’ into action.
Agape	<u>RS</u>	Evaluate whether or not Jesus’ teaching of agape is radical
Good Citizens	SMSC	Explore what the role of a good citizen is. To identify some key attributes of a good citizen
The Electoral System	SMSC	Explore what makes the UK a democratic country. To define the term ‘Democracy’ and explain how the UK is a democratic country.
Our Diverse community	SMSC	Explore what a diverse culture is and what it looks like in Britain
Our diverse community (local) ASSESSMENT	SMSC	Identify different cultures within our community. Understand how to respect other cultures and others.
Social Media and Online Bullying	SMSC	Identify the negative internet uses and the information we should not make public. Describe how an online groomer uses social media. Analyse whether your social media profiles are safe.
Racism	SMSC	Identify examples of racism and whether they are overt or covert racism. Explain reasons why racism is wrong in detail and whether overt or covert racism is worse in your opinion. Explain whether certain cases are racist or not and justify your reasoning in full.

Staying Safe over summer	SMSC	To go through potential dangers over summer that students may encounter and useful helplines and links to receive support.
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