



CURRICULUM SUMMARIES 2020-2021

LIFESKILLS

| AUTUMN TERM 2020 | SPRING TERM 2021 | SUMMER TERM 2020 |
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| YEAR 7 | | |
| <p>Within the first topic this term, “Health and Wellbeing”, students will explore the challenges of moving to a new school and how to establish and manage friendships. Students will then identify their personal strengths and effective study techniques before moving on to think about their emotional literacy and personal safety strategies including basic first aid. The second topic, “Life Beyond School”, will consider the skills and qualities associated with different career choices, equality and challenging stereotypes in the workplace and we will finish the topic with a look at politics and parliament as part of the Citizenship curriculum.</p> | <p>Within the statutory Relationships topic, students will be focusing on diversity, prejudice and discrimination and how to challenge them. Students will consider the ways in which prejudice, stereotypes and discrimination can be challenged effectively in different situations, with a look at stereotypes in the media and how this can lead to changes in attitudes and behaviour. They will explore the signs and effects of bullying, including online bullying and how to effectively respond and support themselves and others. Following on from previous learning in science lessons, the statutory Health and Wellbeing topic this term will explore healthy routines and lifestyle choices, how to manage physical and emotional changes during puberty, and personal hygiene. Students will finish the term by recognising and responding to inappropriate and unwanted contact, protecting themselves and others, and knowing how to access help and support.</p> <p>Useful resources to support this term’s learning can be found at BBC Bitesize - https://www.bbc.co.uk/bitesize/subjects/ztvq9j6</p> | <p>Year Seven will be studying sex and relationships education before moving onto finance education. This will include material on budgeting, how to make financial choices and ethical consumerism. Students will also be looking at the topic of careers with a focus on employability, embedding ambition and enterprise.</p> |

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| <p>YEAR 8</p> <p>The first topic this term is 'Health and Wellbeing' which will focus on alcohol and misuse and pressures relating to drug use. Students will explore the use of over the counter and prescription medications, energy drinks and the relationship between habit and dependence. They will assess the risks of alcohol, tobacco, nicotine and e-cigarettes as well as how to manage influences relating to substance abuse. In the second topic, 'Life Beyond School', students will explore the equality of opportunity in careers and life choices as well as different types and patterns of work. The topic finishes with a look at law, crime, punishment and criminal justice as part of the Citizenship curriculum.</p> | <p>As part of the statutory Relationships topic, students will be considering discrimination in all its forms. They will focus on how to manage influences on beliefs and decisions, and how to develop their own self-worth and confidence. After considering what gender identity means, they will explore gender-based discrimination and how to recognise and challenge homophobia, biphobia and transphobia. They will end the topic by considering how to recognise and challenge racism, religious discrimination and disability discrimination. The statutory Health and Wellbeing topic this term will focus on the importance of physical and mental health, about balancing work, leisure, exercise and sleep and how to make informed healthy eating choices. They will explore influences on body image, how to make independent health choices and the importance of taking responsibility for their own physical health, including self-examination for age-related conditions such as testicular cancer.</p> <p>Useful resources to support this term's learning can be found at BBC Bitesize (https://www.bbc.co.uk/bitesize/subjects/ztv9j6), The Teenage Cancer Trust (https://www.teenagecancertrust.org/information/five-most-common-cancer-warning-signs-young-people) and Young Minds (https://youngminds.org.uk/find-help-for-parents/parents-guide-to-support-a-z/parents-guide-to-support-gender-identity-issues/)</p> | <p>Year Eight will be studying sex and relationships education and healthy relationships. Thereafter, they will focus on economic wellbeing, learning about consumer rights and the concept of risk in terms of financial choices. They will finish the year with a look at their career aspirations and looking towards the start of their GCSE studies with a personal skills assessment.</p> |

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| <p>YEAR 9</p> <p>The first topic this term is 'Health and Wellbeing' where students will explore healthy/unhealthy relationships, 'group think' and its effects on behaviour, and how to recognise different types of behaviour and effective communication strategies. A look at gang culture and drug/alcohol abuse will help students understand the positive norms. The second topic of the term is 'Life Beyond School' which will help students identify their transferrable skills, qualities and interests in relation to different types of employment and career pathways. A look into how to work towards aspirations and set realistic goals for the future encompassing GCSE and post-16 options will help students develop skills for decision-making. The Citizenship strand of this topic will explore conspiracy, fake news, British Values, radicalisation and terrorism.</p> | <p>Within the statutory Relationships topic, students will explore different types of families and parenting, and how to maintain positive relationships in the home. They will discuss the importance of reducing homelessness in young people and the risks of running away from home, as well as how to resolve conflicts in different contexts, at home and school. They will end this topic with guidance about accessing support services and how to manage relationship and family changes, including relationship breakdown, separation and divorce. Within the statutory Health and Wellbeing topic, students will explore mental health and wellbeing, including body image and coping strategies. They will consider how to challenge myths and stigma about mental health and how to manage their emotions with healthy coping strategies, as well as how to access support both inside and outside school.</p> <p>Useful resources for supporting this term's learning include BBC Bitesize (bbc.co.uk/bitesize/subjects/ztv9j6), Young Minds (https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-gender-identity-issues/), and Childline (https://www.childline.org.uk/info-advice/home-families/family-relationships/running-away/)</p> | <p>The Year Nine PSHE programme will begin with a unit on sex and relationship education with a focus on STIs, contraception and sexual health choices. Thereafter students will cover internet safety, and the legal, emotional and social consequences of sharing explicit images. The final term will focus on enterprise and employability skills and the range of post-16 options students have available to them.</p> |

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| <p>YEAR 10</p> <p>During the first topic 'Health and Wellbeing', students will explore mental health and ill health, strategies to support mental health and emotional wellbeing, how to safeguard their mental health and how to challenge stigma, stereotypes and misinformation regarding mental health. In the second topic 'Life Beyond School', financial decision making will be the focus. Students will learn about budgeting, saving, preventing and managing debt, the relationship between gambling and debt and about the fraud and cybercrime. The term will finish with a look at critical thinking, British Values, human rights and electoral systems as part of the Citizenship curriculum.</p> | <p>Within the statutory Relationships topic, students will be looking at healthy relationships, including relationship values, myths, assumptions, misconceptions and social norms about sex, gender and relationships. They will consider online relationships and staying safe, alongside the impact of the media on sexual attitudes, expectations and behaviours. The ethical and legal implications in relation to consent, including manipulation, coercion and capacity to consent and how to respond to pressure and exploitation will equip the students with the knowledge to keep themselves safe within relationships. The statutory Health and Wellbeing topic this term focuses on the influence and impact of drugs, gangs, role models and the media, exploring how to keep themselves and others safe and how to manage peer influence. We will finish the term with a look at how to seek help for situations students feel uncomfortable in, and exit strategies for pressurised or dangerous situations.</p> <p>Useful resources for supporting this term's learning include BBC Bitesize (https://www.bbc.co.uk/bitesize/subjects/z3ckjxs) , Family Lives (https://www.familylives.org.uk/advice/teenagers/behaviour/gangs/) and the NSPCC (https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/gangs-criminal-exploitation/, https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/online-abuse/) .</p> | <p>The Year Ten PSHE programme will begin with a look at the different types of families in the UK today, exploring parenthood, parenting skills and their importance to family life. The implications of unplanned pregnancy and family breakdown will be discussed, with a focus on strategies for coping. The final topic of the summer term will focus on preparing students for the post-16 choices they will be making in Year Eleven and their future career pathways.</p> |

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| <p>YEAR 11</p> <p>The first topic this term is 'Health and Wellbeing' which will focus on building for the future. Self-efficacy, stress management and future opportunities will encompass effective, independent revision strategies and techniques, developing perseverance and resilience, and balancing ambition with realistic expectations, setting students up for the challenging year ahead. The second topic 'Living in the Wider World' will focus then on post-16 pathways. Students will be involved in setting their own SMART targets, exploring post-16 options, writing CVs, application forms and personal statements, interview techniques and managing work/life balance over the coming months.</p> | <p>Within the statutory Relationships topic this term, students will be focusing on personal values, assertive communication and relationship challenges and abuse. After beginning with a look at core values, they will consider gender identity, gender expression and sexual orientation. Effective communication within relationships is a key focus this term, including handling unwanted attention and how to challenge harassment and stalking. How to recognise unhealthy, exploitative and abusive relationships will be explored, guiding students in how to access support and guidance to keep themselves safe. The statutory Health and Wellbeing topic encompasses responsible health choices and keeping safe in independent situations. How to respond to emergency situations, the importance of health screening and how to perform self-examination for age-related conditions such as breast cancer, testicular cancer and cervical smear tests will be considered. The topic will finish with guidance about registering and accessing doctors, sexual health clinics, opticians and other health services, as well as vaccinations, immunisations and blood/organ donation.</p> <p>Useful resources for supporting this term's learning include BBC Bitesize (https://www.bbc.co.uk/bitesize/subjects/z3ckjxs), Young Minds (https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-gender-identity-issues/), NSPCC (https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/healthy-</p> | <p>The Year Eleven PSHE programme will focus on healthy lifestyles and begin with a look at the different personal choices they may need to make, and how to manage risk. Implications of unhealthy lifestyle choices and the risks on health will be considered, with a focus on particular illnesses and the effects of harmful substances. Self-examination, aesthetics and cosmetic surgery will form part of the discussions around keeping healthy and decision-making, accounting for risky choices and peer/media pressures.</p> |

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