



PSHCE Programme 2026-27 - Relationships and Health Education (Green)

	Year 7	LO
Week 1 FT	Form Business - Personal Development Opportunities - in line with FBV and Protected Characteristics	
Week 1 IS	Getting to know you..safe travel	Devise six common questions to find out information about one another and discuss safety issues around how the students get to school
Week 2 FT	Recognising early signs of stress - knowing where to seek help	Be able to talk about how to recognise the early signs of stress.
Week 2 IS	Getting to know you..safe travel	Devise six common questions to find out information about one another and discuss safety issues around how the students get to school
Week 3 FT	Opportunities in school	
Week 3 IS	Dealing with change	Develop skills to develop awareness of how to respond to different situations
Week 4 FT	Excellence, compassion, determination, opportunity, service	
Week 4 IS	Dealing with change	Develop skills to develop awareness of how to respond to different situations
Week 5 FT	Managing a situation; dealing with change	
Week 5 IS	Needs a helping hand?	Articulate understanding of how to respond appropriately when someone needs help
Week 6 FT	Everyday First Aid - Burns and bleeding	
Week 6 IS	Needs a helping hand?	Articulate understanding of how to respond appropriately when someone needs help
Week 6 Careers		
Week 7 FT	What is growth mindset? Revision/learning methods	
Week 7 IS	Self care and respect for our bodies. Mental health, physical health and sleep	Develop awareness of how mental and physical health impact on wellbeing
Week 8 FT	Body Image - The impact media/social media can have on self esteem	Student self reflection on own media/social media engagement
Week 8 IS	Self care and respect for our bodies. Mental health, physical health and sleep	Develop awareness of how mental and physical health impact on wellbeing
Week 9 FT	Types of learner	
Week 9 IS	Needs and wants	Appreciate the differences between what is needed and what is wanted
Week 10 FT	Developing study skills	
Week 10 IS	Needs and wants	Appreciate the differences between what is needed and what is wanted
Week 10 Careers		
Week 10 External Provider		
Week 11 FT	Goal setting and determination	
Week 11 IS	Saving and managing money	Be able to discuss the value of saving money
Week 12 FT	Attitudes to mental health (KS3 PP Lesson 1)	
Week 12 IS	Saving and managing money	Be able to discuss the value of saving money
Week 13 FT	Attitudes to mental health (KS3 PP Lesson 4)	
Week 13 IS	All successes however small should be celebrated...	Acknowledge and celebrate personal successes
Week 14 FT	What is perfectionism?	
Week 14 IS	All successes however small should be celebrated...	Acknowledge and celebrate personal successes
Week 15 FT	Fundamental British Values - linked to New Year's Resolutions	
Week 15 IS	Our Government provides...	Articulate the purpose of the Government
Week 16 FT	What is a Democracy?	
Week 16 IS	Our Government provides...	Articulate the purpose of the Government
Week 16 Careers		
Week 17 FT	What is a Democracy?	
Week 17 IS	Our Government provides...	Articulate the purpose of the Government
Week 18 FT	Our Human Rights discussed...	
Week 18 IS	The Universal Declaration of Human Rights	Awareness of everyday examples of basic human rights
Week 19 FT	What is Genocide?	
Week 19 IS	The Universal Declaration of Human Rights	Awareness of everyday examples of basic human rights
Week 20 FT	Student Mental Health Week	
Week 20 IS	Voluntary Organisations - upholding our Human Rights	Appreciate the value of charitable organisations in underpinning the universal human rights
Week 21 FT	Safer Internet Use	
Week 21 IS	Voluntary Organisations - upholding our Human Rights	Appreciate the value of charitable organisations in underpinning the universal human rights
Week 22 FT	Making school safe	
Week 22 IS	Malala's Story - Universal Declaration of Human Rights	Discuss the appreciation of the universal declaration of human rights on society and personal wellbeing
Week 22 External Provider		
Week 23 FT	Why do we need the rule of Law?	
Week 23 IS	Malala's Story - Universal Declaration of Human Rights	Discuss the appreciation of the universal declaration of human rights on society and personal wellbeing
Week 23 Careers		
Week 24 FT	Developing time management skills	
Week 24 IS	Making school safe	Describe how pupils can contribute to staying safe in school
Week 25 FT	Planning for major public events	
Week 25 IS	Making school safe	Describe how pupils can contribute to staying safe in school
Week 25 Careers		
Week 26 FT	Changing your beliefs could change your life	
Week 26 IS	An introduction into e-safety - manipulative online behaviour - scams, fraud, phishing	Describe the potential online risk factors and clarify actions taken to keep safe
Week 27 FT	Free world, values and beliefs	
Week 27 IS	An introduction into e-safety - manipulative online behaviour - scams, fraud, phishing	Describe the potential online risk factors and clarify actions taken to keep safe
Week 28 FT	Needs and wants	
Week 28 IS	Physical activity - healthy mind and body	Articulate links between a healthy mind and a healthy body
Week 28 Careers		
Week 29 FT	Working in finance	
Week 29 IS	Physical activity - healthy mind and body	Articulate links between a healthy mind and a healthy body
Week 30 FT	Alcohol abuse and binge drinking	
Week 30 IS	Financial literacy - the meaning of terms	Define terms debt and credit, and outline the factors to consider before borrowing
Week 31 FT	Alcohol abuse - case studies	
Week 31 IS	Financial literacy - the meaning of terms	Define terms debt and credit, and outline the factors to consider before borrowing
Week 32 FT	Using teacher/test result feedback effectively	
Week 32 IS	Using feedback to inform academic choices	Develop understanding of how to use available information to make informed academic choices
Week 33 FT	Academic subject/test mark reflection	
Week 33 IS	Using feedback to inform academic choices	Develop understanding of how to use available information to make informed academic choices
Week 34 FT	Using celebrity to raise the profile of a national situation	
Week 34 IS	What is stress? Needing support?	Identify different types of stress and discuss services to support SEMH
Week 35 FT	The importance of cleaning your teeth - child dental health	
Week 35 IS	What is stress? Needing support?	Identify different types of stress and discuss services to support SEMH
Week 36 FT	Personal Safety - Water, Rafts, Roads	
Week 36 IS	Awareness of live streaming	Discuss the risks and benefits of online content and critically consider 'is this real?'
Week 37 FT	Anxiety disorders	
Week 37 IS	Awareness of live streaming	Discuss the risks and benefits of online content and critically consider 'is this real?'
Week 37 Careers		
Week 38 FT	Growth mindset reminder	
Week 38 IS	Charitable organisations in the community	Outline the impact of charity work within our local community
Week 39 FT	The role of charitable organisations	
Week 39 IS	Charitable organisations in the community	Outline the impact of charity work within our local community



	Year 8	LO
Week 1 FT	Form Business - Personal Development Opportunities - in line with FBV and Protected Characteristics	
Week 1 IS	Vaping Lesson 1	Begin to understand the deeper impact of vaping
Week 2 FT	Belonging	
Week 2 IS	Vaping Lesson 1	Begin to understand the deeper impact of vaping
Week 3 FT	Local community opportunities	
Week 3 IS	Vaping Lesson 2	Broader reasons for vaping
Week 4 FT	Coming out; mental health; Tomas Hitzlsperger	
Week 4 IS	Vaping Lesson 2	Broader reasons for vaping
Week 5 FT	Basic First Aid; who to call...	
Week 5 IS	Consequences, impact and statistics of bullying	Reflect on the consequences of bullying, both in person and online
Week 6 FT	Introduction to organ donation and transplantation	
Week 6 IS	Consequences, impact and statistics of bullying	Reflect on the consequences of bullying, both in person and online
Week 6 Careers		
Week 7 FT	Developing growth mindset - train your brain	
Week 7 IS	"Consent" in English Law (Lesson 1 of 2)	Define and apply the term consent within daily life
Week 8 FT	Water Risk - understand how to behave around water	
Week 8 IS	"Consent" in English Law (Lesson 1 of 2)	Define and apply the term consent within daily life
Week 9 FT	Making choices	
Week 9 IS	"Consent" in English Law (Lesson 2 of 2)	Define and apply the term consent within daily life
Week 10 FT	Types of learner - developing memory skills	
Week 10 IS	"Consent" in English Law (Lesson 2 of 2)	Define and apply the term consent within daily life
Week 10 Careers		
Week 10 External Provider		
Week 11 FT	Determination to succeed - Billy Monger	
Week 11 IS	What is a budget - income and expenditure	Define key terms of income and expenditure and discuss how it impacts a family budget
Week 12 FT	Promoting emotional well-being (KS3 PP Lesson 2)	
Week 12 IS	What is a budget - income and expenditure	Define key terms of income and expenditure and discuss how it impacts a family budget
Week 13 FT	All successes however small should be celebrated...	
Week 13 IS	Breaking the cycle of anxiety...	Recognise what anxiety is and consider strategies to manage anxiety
Week 14 FT	Discussing the impact on society of climate change	
Week 14 IS	Breaking the cycle of anxiety...	Recognise what anxiety is and consider strategies to manage anxiety
Week 15 FT	Fundamental British Values - linked to New Year's Resolutions	
Week 15 IS	What is a Democracy?	Describe the term democracy and the impact of this on society
Week 16 FT	Our Government provides...	
Week 16 IS	What is a Democracy?	Describe the term democracy and the impact of this on society
Week 16 Careers		
Week 17 FT	Our Government provides...	
Week 17 IS	What is a Democracy?	Describe the term democracy and the impact of this on society
Week 18 FT	Discuss the meaning of Human Rights	
Week 18 IS	What does Being British mean?	Discuss the factors of what being British means
Week 19 FT	Dr James Smith... what is Genocide? Podcast	
Week 19 IS	What does Being British mean?	Discuss the factors of what being British means
Week 20 FT	Student Mental Health Week	
Week 20 IS	Being British - Extremism?	Discuss the impact of the respect programme on being a British citizen
Week 21 FT	Internet Safety - Exploring online Identity (1)	
Week 21 IS	Being British - Extremism?	Discuss the impact of the respect programme on being a British citizen
Week 22 FT	Planning for major public events	
Week 22 IS	Run, Hide, Tell	Explain the process of run, hide, tell in relation to gun and knife crime
Week 22 External Provider		
Week 23 FT	Why do we need the rule of Law?	
Week 23 IS	Run, Hide, Tell	Explain the process of run, hide, tell in relation to gun and knife crime
Week 23 Careers		
Week 24 FT	Considering how you like to learn	
Week 24 IS	Developing planning skills... minimising stress	Develop and consider applying strategies to minimise school work-related stress
Week 25 FT	Planning for major public events	
Week 25 IS	Developing planning skills... minimising stress	Develop and consider applying strategies to minimise school work-related stress
Week 25 Careers		
Week 26 FT	Training your thinking - Islamophobia discussion	
Week 26 IS	Online grooming	Create an awareness of online behaviours linked with grooming and the steps taken to report a concern
Week 27 FT	Countries rich in resources, yet people live in poverty	
Week 27 IS	Online grooming	Create an awareness of online behaviours linked with grooming and the steps taken to report a concern
Week 28 FT	What is a budget?	
Week 28 IS	Maintaining physical and mental health - stress, anxiety, coping strategies, accessing support	Identify the links between physical activity and positive mental health
Week 28 Careers		
Week 29 FT	What is a budget - getting financial advice	
Week 29 IS	Maintaining physical and mental health - stress, anxiety, coping strategies, accessing support	Identify the links between physical activity and positive mental health
Week 30 FT	Enterprise in business, cash flow, risk management	
Week 30 IS	Physical health and body image - protein supplements V balanced diet - misinformation and unrealistic portrayal of body image	Describe the use of protein supplements in physical activity and body image enhancement
Week 31 FT	What is an economy, economic downturn?	
Week 31 IS	Physical health and body image - protein supplements V balanced diet - misinformation and unrealistic portrayal of body image	Describe the use of protein supplements in physical activity and body image enhancement
Week 32 FT	What happens in a public enquiry following a national disaster?	
Week 32 IS	How to prepare effectively for tests	Identification of how to create a revision strategy to utilise both STM and LTM
Week 33 FT	Academic subject/test mark reflection	
Week 33 IS	How to prepare effectively for tests	Identification of how to create a revision strategy to utilise both STM and LTM
Week 34 FT	What does the job of a social worker involve?	
Week 34 IS	The stress of being a young carer...	Define the term 'young carer' and consider the lived experiences of young carers
Week 35 FT	Why donate blood?	
Week 35 IS	The stress of being a young carer...	Define the term 'young carer' and consider the lived experiences of young carers
Week 36 FT	Consolidation (11 abilities)	
Week 36 IS	What is pornography; discussions around sexual consent, sensitive pictures, sharing images, self image, external validation.	Define key terms and apply to real-life example scenarios
Week 37 FT	How do others feel?	
Week 37 IS	What is pornography; discussions around sexual consent, sensitive pictures, sharing images, self image, external validation.	Define key terms and apply to real-life example scenarios
Week 37 Careers		
Week 38 FT	Growth mindset reminder	
Week 38 IS	Learning for life and work	Outline key areas to consider when searching and applying part-time work
Week 39 FT	The British heart foundation, strokes, heart attacks	
Week 39 IS	Learning for life and work	Outline key areas to consider when searching and applying part-time work



	Year 9	LO
Week 1 FT	Form Business - Personal Development Opportunities - in line with FBV and Protected Characteristics	
Week 1 IS	Prejudice and tolerance	Focus on people as individuals regardless of political and religious views
Week 2 FT	Voice and Democracy	
Week 2 IS	Prejudice and Tolerance	Focus on people as individuals regardless of political and religious views
Week 3 FT	Charities	
Week 3 IS	Prejudice and Tolerance	Focus on people as individuals regardless of political and religious views
Week 4 FT	A stigma, coming out, HIV, Gareth Thomas	
Week 4 IS	Prejudice and Tolerance	Focus on people as individuals regardless of political and religious views
Week 5 FT	First Aid - Not breathing; heart attack?	
Week 5 IS	Prejudice and Tolerance	Apply understanding of prejudic and tolerance within their school and local communities
Week 6 FT	What is the purpose of the British Red Cross	
Week 6 IS	Prejudice and Tolerance	Apply understanding of prejudic and tolerance within their school and local communities
Week 6 Careers		
Week 7 FT	Developing growth mindset, resilience and challenging your plastic brain	
Week 7 IS	SAFE when searching online - causes and effects of cybercrime	Deepen understanding and awareness of how to remain safe online
Week 8 FT	Review week	
Week 8 IS	SAFE when searching online - causes and effects of cybercrime	Deepen understanding and awareness of how to remain safe online
Week 9 FT	Types of learner - memory skill tester methods	
Week 9 IS	Staying in control of your money - understand financial exploitation, online scams	Show critical awareness of the influence of advertising on the psychology of spending habits
Week 10 FT	Learning styles? Mixed method recall and understanding?	
Week 10 IS	Staying in control of your money - understand financial exploitation, online scams	Show critical awareness of the influence of advertising on the psychology of spending habits
Week 10 Careers		
Week 10 External Provider	NHS MH Practitioner - Sleep habits and self care	
Week 11 FT	How to develop self determination	
Week 11 IS	Careers	GB to confirm
Week 12 FT	Digital resilience and mental health (KS3 PP Lesson 3)	
Week 12 IS	Careers	GB to confirm
Week 13 FT	Attitudes to mental health (KS3 PP Lesson 5)	
Week 13 IS	Careers	GB to confirm
Week 14 FT	Optimising performance of the human mind	
Week 14 IS	Careers	GB to confirm
Week 15 FT	Fundamental British Values - linked to New Year's Resolutions	
Week 15 IS	The British Justice System	Describe how the justice system regulates human behaviours
Week 16 FT	Our Government Provides...	
Week 16 IS	The British Justice System	Describe how the justice system regulates human behaviours
Week 16 Careers		
Week 17 FT	Our Government Provides...	
Week 17 IS	The British Justice System - Common Law V Civil Law	Articulate the differences between common and civil laws with examples
Week 18 FT	Is there a relationship between FBV's and Human Rights?	
Week 18 IS	Who is British?	Discuss the factors that contribute to someone being British
Week 19 FT	Jane Elliotts - Blue Eyes/Brown Eyes Experiment	
Week 19 IS	Who is British?	Discuss the factors that contribute to someone being British
Week 20 FT	Student Mental Health Week	
Week 20 IS	Identity and Self Esteem	Consider the origins of our identity and how this underpins our self-esteem and how we portray ourselves
Week 21 FT	Internet Safety - Exploring online identity (2)	
Week 21 IS	Identity and Self Esteem	Consider the origins of our identity and how this underpins our self-esteem and how we portray ourselves
Week 22 FT	Democracy, Justice and Legal Equality	
Week 22 IS	Human Rights at home - Dignitas	Deepen knowledge of differing opinions around the legal and moral views surrounding assisted death
Week 22 External Provider		
Week 23 FT	What is justice and the philosophy behing justice?	
Week 23 IS	Human Rights at home - Dignitas	Deepen knowledge of differing opinions around the legal and moral views surrounding assisted death
Week 23 Careers		
Week 24 FT	Run, Hide, Tell and knife crime	
Week 24 IS	County Lines and safeguarding in school	Explain what county lines is and the impact on individuals' lives
Week 25 FT	Public events...controlling the controllables	
Week 25 IS	County Lines and safeguarding in school	Explain what county lines is and the impact on individuals' lives
Week 25 Careers		
Week 26 FT	The wisdom of a third grade drop-out; stereotypes...is islamophobia real?	
Week 26 IS	Sexual Health - include self examination (breast and testicular)	Define the term sexual health and describe the health implications and support available
Week 27 FT	World conflicts	
Week 27 IS	Sexual Health - include self examination (breast and testicular)	Define the term sexual health and describe the health implications and support available
Week 28 FT	Made of money? Debt? Credit?	
Week 28 IS	Staying in control of your money	Describe the impact of advertising on the psychology of spending money
Week 28 Careers		
Week 29 FT	Saving your cash	
Week 29 IS	Staying in control of your money	Describe the impact of advertising on the psychology of spending money
Week 30 FT		
Week 30 IS	Gambling habits, needs and rehabilitation	Define terms in business including goods, services, suppliers, customers, markets, and entrepreneurial traits
Week 31 FT	Online gaming and gambling	
Week 31 IS	What is a business; suppliers, customers, markets	Define terms in business including goods, services, suppliers, customers, markets, and entrepreneurial traits
Week 32 FT	Taking risks?	
Week 32 IS	Exam technique and answering exam questions	Identify methods to respond to exam questions with clarity
Week 33 FT	Body image and performance enhancing drugs	
Week 33 IS	Exam technique and answering exam questions	Identify methods to respond to exam questions with clarity
Week 34 FT	Test result reflection	
Week 34 IS	Waking up to the importance of sleep - screen time and digital balance	Discuss the importance of sleep on physiological and psychological health
Week 35 FT	The effects of a poor diet - anorexia in boys	
Week 35 IS	Waking up to the importance of sleep - screen time and digital balance	Discuss the importance of sleep on physiological and psychological health
Week 36 FT	Consolidation (11 abilities)	
Week 36 IS	Talking mental health	Discuss the lived examples and consider how to support self and others
Week 37 FT	How relationships affect lives	
Week 37 IS	Talking mental health	Discuss the lived examples and consider how to support self and others
Week 37 Careers		
Week 38 FT	Rape, consent and male attitudes towards sex	
Week 38 IS	The art of your mind	Explore the science behind the mechanics of the brain and apply to lived experiences
Week 39 FT	Rob Burrow - motor neurone disease	
Week 39 IS	The art of your mind	Explore the science behind the mechanics of the brain and apply to lived experiences



Year 10		LO
Week 1 FT	Form Business - Personal Development Opportunities - in line with FBV and Protected Characteristics	
Week 1 IS	Differences between individuals	Acknowledge and appreciate differences between individuals
Week 2 FT	Types of Community	
Week 2 IS	Differences between individuals	Acknowledge and appreciate differences between individuals
Week 3 FT	Service Industry Jobs	
Week 3 IS	Differences between individuals	Acknowledge and appreciate differences between individuals
Week 4 FT	Homophobic bullying - Nigel Owens	
Week 4 IS	Differences between individuals	Acknowledge and appreciate differences between individuals
Week 5 FT	Bullied to Billionaire	
Week 5 IS	LGBTQ+ Transgender - Robert Millar/Pippa York	Broaden understanding of the LGBTQ+ community
Week 6 FT	Life stories behind organ donation	
Week 6 IS	LGBTQ+ Transgender - Robert Millar/Pippa York	Broaden understanding of the LGBTQ+ community
Week 6 Careers		
Week 7 FT	Core subject revision methods	
Week 7 IS	English Law - protecting us from human behaviour (lesson 1 of 2)	Deepen understanding of specific laws linked to crimes, including FGM
Week 8 FT	Review week	
Week 8 IS	English Law - protecting us from human behaviour (lesson 1 of 2)	Deepen understanding of specific laws linked to crimes, including FGM, to manage human behaviours
Week 9 FT	Studying efficiently	
Week 9 IS	English Law - protection us from human behaviour (lesson 2 of 2)	Deepen understanding of specific laws linked to crimes, including FGM, to manage human behaviours
Week 10 FT	Substance abuse - drug classification	
Week 10 IS	English Law - protection us from human behaviour (lesson 2 of 2)	Deepen understanding of specific laws linked to crimes, including FGM, to manage human behaviours
Week 10 Careers		
Week 10 External Provider		NY Police Liaison Team discuss FGM
Week 11 FT	Motivation, determination and habit forming.	
Week 11 IS	Careers	GB to confirm
Week 12 FT	Substance abuse - E cigarettes and the NHS	
Week 12 IS	Careers	GB to confirm
Week 13 FT	Risks associated with vaping - E cigarettes	
Week 13 IS	Careers	GB to confirm
Week 14 FT	Negativity bias, beating exam stress and anxiety	
Week 14 IS	Careers	GB to confirm
Week 15 FT	Fundamental British Values - linked to New Year's Resolutions	
Week 15 IS	FBV and how UK Laws are made	Describe how UK laws are established inline with the FBV
Week 16 FT	The Respect Programme 1 - Stereotyping	
Week 16 IS	FBV and how UK Laws are made	Describe how UK laws are established inline with the FBV
Week 16 Careers		
Week 17 FT	The Respect Programme 1 - Challenging Stereotyping	
Week 17 IS	FBV and how UK Laws are made	Describe how UK laws are established inline with the FBV
Week 18 FT	Eleanor Roosevelt's fight for Human Rights	
Week 18 IS	The Respect Programme 2 - Multicultural Britain	Appreciate what is meant by the term multicultural Britain
Week 19 FT	Crash Course Philosophy - What does discrimination really mean?	
Week 19 IS	The Respect Programme 2 - Multicultural Britain	Appreciate what is meant by the term multicultural Britain
Week 20 FT	Student Mental Health Week	
Week 20 IS	What impact does the Universal Declaration have on society?	Consider the impact of the Universal Declaration of Human Rights by making reference to specific examples
Week 21 FT	Internet Safety - Exploring online Identity (3)	
Week 21 IS	What impact does the Universal Declaration have on society?	Consider the impact of the Universal Declaration of Human Rights by making reference to specific examples
Week 22 FT	The cost of national and international disasters	
Week 22 IS	Democracy, Justice and Legal Equality	Consider the impact that challenging UK law has on individual human rights by making reference to Shamima Begum
Week 22 External Provider		
Week 23 FT	What is justice and the philosophy behind justice?	
Week 23 IS	Democracy, Justice and Legal Equality	Consider the impact that challenging UK law has on individual human rights by making reference to Shamima Begum
Week 23 Careers		
Week 24 FT	Run, Hide, Tell and gun crime	
Week 24 IS	LGBTQ+, Democracy, Justice and legal equality	Deepen understanding of the legal rights of the LGBTQ+ community
Week 25 FT	Planning to minimise the impact of national disasters	
Week 25 IS	LGBTQ+, democracy, justice and legal equality	Deepen understanding of the legal rights of the LGBTQ+ community
Week 25 Careers		
Week 26 FT	Have faith when nobody believes in you	
Week 26 IS	Unhealthy relationships, stalking and harassment	Articulate understanding of Clare's Law and the future implications on society
Week 27 FT	Solutions, not sides; conflicts in Israel and Palestine	
Week 27 IS	Unhealthy relationships, stalking and harassment	Articulate understanding of Clare's Law and the future implications on society
Week 28 FT	Summer holiday work: UK living wage, payslips	
Week 28 IS	Menstruation and how hormone imbalance can change behaviour	Describe the hormonal changes through adolescence and beyond
Week 28 Careers		
Week 29 FT	Intersex athletes and Olympic opinion...	
Week 29 IS	Menstruation and how hormone imbalance can change behaviour	Describe the hormonal changes through adolescence and beyond
Week 30 FT	Financial literacy - borrowing money	
Week 30 IS	Misuse of prescription drugs	Discuss the potential dangers of misusing prescription drugs
Week 31 FT	Case studies - experiences of drug addiction	
Week 31 IS	Misuse of prescription drugs	Discuss the potential dangers of misusing prescription drugs
Week 32 FT	Preparing a revision timetable	
Week 32 IS	Making informed decisions around illegal drug use	Outline risks associated with illegal drugs and identify services to support users
Week 33 FT	The risks associated with taking performance enhancing drugs	
Week 33 IS	Making informed decisions around illegal drug use	Outline risks associated with illegal drugs and identify services to support users
Week 34 FT	Looking after your mental health	
Week 34 IS	Causes and theories of crime	Discuss the influencing factors contributing to crime, including nature v nurture, peer pressure, violent media, alcohol and drugs
Week 35 FT	Exam Revision	
Week 35 IS	Causes and theories of crime	Discuss the influencing factors contributing to crime, including nature v nurture, peer pressure, violent media, alcohol and drugs
Week 36 FT	Consolidation (11 abilities)	
Week 36 IS	The art of the mind	Outline the stages in a wellness recovery plan and apply it to own experiences
Week 37 FT	Negative relationships	
Week 37 IS	The art of the mind	Outline the stages in a wellness recovery plan and apply it to own experiences
Week 37 Careers		
Week 38 FT	Business and enterprise	
Week 38 IS	Environmental impact of life choices	Acknowledge and appreciate how your actions impact on the environment
Week 39 FT	Alzheimer's disease	
Week 39 IS	Environmental impact of life choices	Acknowledge and appreciate how your actions impact on the environment



Year 11		LO
Week 1 FT	Form Business - Personal Development Opportunities - in line with FBV and Protected Characteristics	
Week 1 IS	Understanding grief, loss, bereavement and coping strategies. How the law helps to make us SAFE	Reflection on how to cope in challenging situations - where to turn to for help
Week 2 FT	Personal Identity	
Week 2 IS	Understanding grief, loss, bereavement and coping strategies. How the law helps to make us SAFE	Reflection on how to cope in challenging situations - where to turn to for help
Week 3 FT	What are the characteristics of a service industry	
Week 3 IS	Personality types; who am I?	Discover and reflect on my own personality type
Week 4 FT	What is HIV? NHS	
Week 4 IS	Personality types; who am I?	Discover and reflect on my own personality type
Week 5 FT	First Aid Basics - Safety in public spaces - travel safety	
Week 5 IS	How personality types relate to jobs	Consider how individual personality types could lend themselves to specific career paths
Week 6 FT	Developing growth mindset - plastic brain	
Week 6 IS	How personality types relate to jobs	Consider how individual personality types could lend themselves to specific career paths
Week 6 Careers		
Week 7 FT	Mindset quiz	
Week 7 IS	Stereotyping based on sex, gender, race, religion, sexual orientation and disability	Discuss whether stereotypical views can ever be justified
Week 8 FT	Review week	
Week 8 IS	Stereotyping based on sex, gender, race, religion, sexual orientation and disability	Discuss whether stereotypical views can ever be justified
Week 9 FT	Types of learner - fronting up to the fear of failure	
Week 9 IS	Making the most of your money, spending, payment methods, direct debits, standing order, electronic transfer, cheques?	Articulate understanding of the differences between credit and debit
Week 10 FT	Remembering and forgetting - long and short term memory	
Week 10 IS	Making the most of your money, spending, payment methods, direct debits, standing order, electronic transfer, cheques?	Articulate understanding of the differences between credit and debit
Week 10 Careers		
Week 10 External Provider		
Week 11 FT	Finding the motivation to study	
Week 11 IS	Part time work, temporary employment, national minimum wage, payslips	Deepen understanding of workers' legal rights of pay and conditions
Week 12 FT	Psychology of drug addiction and substance abuse	
Week 12 IS	Part time work, temporary employment, national minimum wage, payslips	Deepen understanding of workers' legal rights of pay and conditions
Week 13 FT	Controlling emotions and managing your inner chimp	
Week 13 IS	Gambling education and discussion	Increase awareness of the impact of gambling on daily living
Week 14 FT	Microaggression and its impact on society - managing exam stress	
Week 14 IS	Gambling education and discussion	Increase awareness of the impact of gambling on daily living
Week 15 FT	Mock Exam Preparation - Managing exam pressure	
Week 15 IS	Reinforce FBV and discuss the nature of conflict and resolution	Appreciate when FBV are breached how resolution is achieved
Week 16 FT	Mock Exams	
Week 16 IS	Mock Exams	N/A
Week 16 Careers		
Week 17 FT	Our Government provides...	
Week 17 IS	Identity and Self Esteem	Consider the impact of how you portray yourself online
Week 18 FT	The roles of National and Local Government in upholding FBV's	
Week 18 IS	Identity and Self Esteem	Consider the impact of how you portray yourself online
Week 19 FT	Crash Course Philosophy - What Drives Discrimination?	
Week 19 IS	Hope to reality and mind management	Develop mental resilience to convert hopes into reality
Week 20 FT	Student Mental Health Week	
Week 20 IS	Hope to reality and mind management	Develop mental resilience to convert hopes into reality
Week 21 FT	Internet Safety - Exploring online Identity (4)	
Week 21 IS	The Universal Declaration of Human Rights - sexual harassment	Consider how the declaration of human rights protects individuals from harmful sexual behaviours
Week 22 FT	Democratic Society - who should stay and who should go?	
Week 22 IS	The Universal Declaration of Human Rights - sexual harassment	Consider how the declaration of human rights protects individuals from harmful sexual behaviours
Week 22 External Provider		Gam Care - Gambling
Week 23 FT	What is justice and the philosophy behind justice?	
Week 23 IS	The need for self care when living through bereavement and anxiety	Recognise the immediate and longer term challenges to bereavement-induced anxiety
Week 23 Careers		
Week 24 FT	Ruin, Hide, Tell and shootings - Staying SAFE	
Week 24 IS	The need for self care when living through bereavement and anxiety	Recognise the immediate and longer term challenges to bereavement-induced anxiety
Week 25 FT	Who should stay and who should go? Democracy and extradition	
Week 25 IS	Addiction, drug abuse, gaming, online behaviours, self harm and mental health	Clarify misconceptions regarding self harm (including self-medicating) and mental health
Week 25 Careers		
Week 26 FT	Have faith when nobody believes in you	
Week 26 IS	Addiction, drug abuse, gaming, online behaviours, self harm and mental health	Clarify misconceptions regarding self harm (including self-medicating) and mental health
Week 27 FT	GCSSE revision planning	
Week 27 IS	Finances - borrowing money	Describe the methods available to borrow money and implications
Week 28 FT	GCSSE revision planning	
Week 28 IS	Finances - borrowing money	Describe the methods available to borrow money and implications
Week 28 Careers		
Week 29 FT	GCSSE revision planning	
Week 29 IS	Appreciation of the environment we live in	Discuss impact of global warming, greenhouse effect, water pollution, and waste water treatment
Week 30 FT	Supervised revision	
Week 30 IS	Appreciation of the environment we live in	Discuss impact of global warming, greenhouse effect, water pollution, and waste water treatment
Week 31 FT	Supervised revision	
Week 31 IS	Supervised revision	
Week 32 FT	Study Leave	
Week 32 IS	Study Leave	
Week 33 FT	Study Leave	
Week 33 IS	Study Leave	
Week 34 FT	Study Leave	
Week 34 IS	Study Leave	
Week 35 FT	Study Leave	
Week 35 IS	Study Leave	
Week 36 FT	Study Leave	
Week 36 IS	Study Leave	
Week 37 FT	Study Leave	
Week 37 IS	Study Leave	
Week 37 Careers		
Week 38 FT	Study Leave	
Week 38 IS	Study Leave	
Week 39 FT	Study Leave	
Week 39 IS	Study Leave	



Year 12		LO
Week 1 FT	Transition to Year 12 - Personal Development Opportunities - in line with FBV and Protected Characteristics	Understand the difference between KS4 life and SF life and reflect on your educational journey
Week 1 IS		
Week 2 FT	Time-management Part 1	Understand key time management skills for Sixth Form
Week 2 IS		
Week 3 FT	What is a healthy lifestyle?	Understand the importance of a healthy lifestyle and agree healthy principles for living.
Week 3 IS		
Week 4 FT	Positive Work/Life Balance	Impact of a positive work/life balance and establish a helpful weekly pattern
Week 4 IS		
Week 5 FT	Healthy Diets	Assess different diets and examine impact on the body
Week 5 IS		
Week 6 FT	Staying safe online and online law	Understand principles of staying safe online, staying safe, and keeping personal data safe
Week 6 IS		
Week 6 Careers		
Week 7 FT	Being responsible on a night out	Explore responsible behaviours and develop awareness of drink spiking
Week 7 IS		
Week 8 FT	Relationships and Risk Online	Understand risks of building different relationships online, including blackmail and sextortion
Week 8 IS		
Week 9 FT	Positive Mental Health	Discuss importance of seeking support and examine strategies for good mental health
Week 9 IS		
Week 10 FT	Driving and it's associated costs	Investigate cost of learning to drive. To understand fuel costs and car budgetting
Week 10 IS		
Week 10 Careers		
Week 10 External Provider		
Week 11 FT	Extra-curricular/Hobbies	Examine personal interests beyond academic and paid work
Week 11 IS		
Week 12 FT	Banking	Understand credit card applications, credit scores, and different debit/credit card options
Week 12 IS		
Week 13 FT	Regular exercise	Examine exercise benefits and create a weekly exercise plan.
Week 13 IS		
Week 14 FT	Discrimination	Understand discrimination laws and the importance of respecting others.
Week 14 IS		
Week 15 FT	Road Safety - Driving	Understand the destructive nature of dangerous/drink/drug driving and the importance of car
Week 15 IS		
Week 16 FT	Media distortions of body image	Explore what is realistic/desirable, and how media presents image
Week 16 IS		
Week 16 Careers		
Week 17 FT	Sexual Health	Understand sexual health, associated risks, and contraception responsibilities.
Week 17 IS		
Week 18 FT	Starting salaries and deductions	Investigate salaries of different types of work and approximate take-home pay after deductions
Week 18 IS		
Week 19 FT	Addiction Part 1: Drugs and Alcohol	Understand risks of drugs, binge drinking, and unsafe nights out
Week 19 IS		
Week 20 FT	University Finance	Understand the impact of different university routes on your long-term financial position
Week 20 IS		
Week 21 FT	County Lines	Understand county lines, drug crime, and associated local risks
Week 21 IS		
Week 22 FT	Social Health Online	Assess screen time on devices and understand the importance of taking breaks from social media
Week 22 IS		
Week 22 External Provider		
Week 23 FT	Time-management Part 2	Create clear, concise revision plans for exam preparation
Week 23 IS		
Week 23 Careers		
Week 24 FT	Critical Thinking	Explore alternative problem-solving methods beyond memorising information
Week 24 IS		
Week 25 FT	Stress Part 1	Identify stress triggers and develop possible coping actions
Week 25 IS		
Week 25 Careers		
Week 26 FT	The Legal System	Understand the British judiciary, structure of courts, and how cases are referred through the
Week 26 IS		
Week 27 FT	Stress Part 2	Understand resilience, develop it, and manage competing pressures effectively
Week 27 IS		
Week 28 FT	Y12 Exam Week	
Week 28 IS		
Week 28 Careers		
Week 29 FT	Road Safety - Cycling	Understand how the highway code impacts cyclists and how to stay safe on the road
Week 29 IS		
Week 30 FT	Addiction Part 2: Vaping and Smoking	Understand health impacts of vaping and tobacco use
Week 30 IS		
Week 31 FT	Bullying	Investigate adult bullying and understand conflict management strategies
Week 31 IS		
Week 32 FT	Politics: Voting and Legislative System	Discuss importance of electoral participation and understand further how laws are passed
Week 32 IS		
Week 33 FT	Workplace Law Part 1	Explore differences between types of employment contract and the impact of this
Week 33 IS		
Week 34 FT	Workplace Law Part 2	Understand your rights and entitlements; understand unionisation; understand whistle-blowing
Week 34 IS		
Week 35 FT	Consent	Understand consent laws in preparation for School's Consent Project
Week 35 IS		
Week 36 FT	Skills for the workplace	Understand importance of professional conduct and discuss positive workplace behaviours
Week 36 IS		
Week 37 FT	Getting the most out of Work Experience week	Discuss how to maximise Work Exp Week and develop useful professional skills for the future
Week 37 IS		
Week 37 Careers		
Week 38 FT	Work Experience Week	
Week 38 IS		
Week 39 FT	Reflecting on Year 12	Reflect on Year 12 and review/reset goals for Y13
Week 39 IS		



Year 13		LO
Week 1 FT	Transition to Year 13 - What to Expect (and FBV/Protected Characteristic reminders)	Prepare for Year 13 and adjust goals for the next 10-12 month period.
Week 1 IS		
Week 2 FT	Sleep	Understand sleep importance and circadian rhythm effects on wellbeing
Week 2 IS		
Week 3 FT	Time-management Part 3	Manage competing demands and address causes of procrastination
Week 3 IS		
Week 4 FT	Budgetting	Make a weekly/monthly budget and understand how these can vary through life (eg. Sixth Form, university/apprenticeship, post-uni)
Week 4 IS		
Week 5 FT	Sexual Harassment	Understand sexual harassment laws and recognise potentially harmful behaviours
Week 5 IS		
Week 6 FT	Respecting cultural differences	Explore benefits of interacting with people from diverse backgrounds
Week 6 IS		
Week 6 Careers		
Week 7 FT	Pensions, Taxation and National Insurance	Understand importance of pension contributions and different pension options. Consider Taxation/NI.
Week 7 IS		
Week 8 FT	Fire Safety	Understand principles of basic fire safety
Week 8 IS		
Week 9 FT	Y13 Exam Week	
Week 9 IS		
Week 10 FT	Addiction Part 3: Gaming and Gambling	Understand gaming and gambling addiction impacts on finances and mental health
Week 10 IS		
Week 10 Careers		
Week 10 External Provider		
Week 11 FT	Fake News and the Media	Explore how media has changed and impact of fake news
Week 11 IS		
Week 12 FT	Responsible borrowing	Understand different forms of borrowing (eg. simple bank loan, mortgage, overdrafts etc)
Week 12 IS		
Week 13 FT	Making a will and life insurance	Understand the importance of making a will and explore different life insurance options
Week 13 IS		
Week 14 FT	Stress Part 3	Apply resilience strategies to exam stress and identify support sources
Week 14 IS		
Week 15 FT	Materialism	Explore the pitfalls of solely pursuing money and the impact of not prioritising other things in life
Week 15 IS		
Week 16 FT	Travelling safely	Investigate safe ways to travel, understand the British consulate and applying for passport/visa etc.
Week 16 IS		
Week 16 Careers		
Week 17 FT	Renting and buying a house	Understand the processes of renting and buying and how to deal with estate agents and solicitors.
Week 17 IS		
Week 18 FT	Facing bereavement	Discuss the uncertainty of life and consider support networks if having to cope with bereavement
Week 18 IS		
Week 19 FT	Global Issues	Investigate a contemporary global issue in 2023/2024 and discuss what could be done to address it
Week 19 IS		
Week 20 FT	Registering at the doctor/dentist	Understand GP/dentist registration and methods for monitoring personal health
Week 20 IS		
Week 21 FT	"Giving Back"	Investigate the benefits of being involved in local charity/community work
Week 21 IS		
Week 22 FT	Leaving school and the next phase of life	Reflect on development across school (personal, social, moral, academic, etc) and changes to come
Week 22 IS		
Week 22 External Provider		
Week 23 FT	A-Level Revision Planning	
Week 23 IS		
Week 23 Careers		
Week 24 FT	A-Level Revision Planning	
Week 24 IS		
Week 25 FT	A-Level Revision Planning	
Week 25 IS		
Week 25 Careers		
Week 26 FT	A-Level Revision Planning	
Week 26 IS		
Week 27 FT	A-Level Revision Planning	
Week 27 IS		
Week 28 FT	A-Level Revision Planning	
Week 28 IS		
Week 28 Careers		
Week 29 FT	A-Level Revision Planning	
Week 29 IS		
Week 30 FT	A-Level Revision Planning	
Week 30 IS		
Week 31 FT	Study Leave	
Week 31 IS		
Week 32 FT	Study Leave	
Week 32 IS		
Week 33 FT	Study Leave	
Week 33 IS		
Week 34 FT	Study Leave	
Week 34 IS		
Week 35 FT	Study Leave	
Week 35 IS		
Week 36 FT	Study Leave	
Week 36 IS		
Week 37 FT	Study Leave	
Week 37 IS		
Week 37 Careers		
Week 38 FT	Study Leave	
Week 38 IS		
Week 39 FT	Study Leave	
Week 39 IS		