

Health & Fitness

Sexual Health & Relationships

Skills, Values and Responsibilities

Keeping Safe Online & Offline

Future choices and money

Emotional & Mental Health

Half Term One

Year	Key Topic	Lesson 1	Lesson 2	Lesson 3
Year 7	Healthy Living	Starting at Secondary School	Personal Hygiene & Oral Health	Puberty & Changes
Year 8	Healthy Living	What influences food choices?	Physical Activity & Mental Health	Personal Hygiene & Oral Health
Year 9	Healthy Living	Sleep	Prevention of Infection	Physical Activity Choices
Year 10	Healthy Living	Life Saving Science	Using Health Services	Cancer Prevention
Year 11	Healthy Living	Sleep, rest & Study	Finding & using health services	Life Saving Science
Year 12	Healthy Living	Healthy Eating on a Budget	Gender & Mental Health	Young Adult Illnesses
Year 13	Healthy Living	Meal Planning	Self Care	Monitoring My Health

Half Term Two

Key Topic	Lesson 1	Week 1	Week 2	Week 3
Values, Rights & responsibilities	How to keep Fit & Active	Prejudice & Discrimination	Challenging Stereotypes	Managing Money
Values, Rights & responsibilities	Science & Health	Extremism	Promoting Inclusion	What skills are employers looking for
Values, Rights & responsibilities	Emergency First Aid	Black History	LGBTQ+ & the Law	Financial Debt
Values, Rights & responsibilities	Emergency First Aid	Marriage, partnership & rights	Where do my values come from?	Budgeting
Values, Rights & responsibilities	Emergency First Aid	Rights, responsibilities & the law in sexual relationships	Hate Crime	Job Stereotypes
Values, Rights and Responsibilities	Emergency First Aid	Microaggressions	Forced Marriages	Budgeting and Finance
Values, Rights and Responsibilities	CVs & Interviews	The Law and You	Understanding Politics	Emergency First Aid

Moved to prepare them for UCAS personal statements

Half Term Three

Key Topic	Week 1	Week 2	Week 3
Keeping Safe	Grooming	FGM	Tobacco, Vaping & Cannabis
Keeping Safe	Alcohol	Gang and Knife Culture	Financial Exploitation
Keeping Safe	Knife & Gang culture	Drugs & the Law	Abusive Behaviour
Keeping Safe	Women's Safety	Why do people choose crime?	Radicalisation & Extremism
Keeping Safe	Addiction	Managing Unwanted Attention	Domestic Abuse
Keeping Safe	Substance Abuse	Managing Emergency Situations	Preparing to Drive
Keeping Safe	Gangs and Organised Crime	Addiction	Preparing to Live Independently

Half Term Four

Key Topic	Week 1	Week 2	Week 3
Relationships	Friendships	Family Diversity	Emotional Influence & Peer Pressure
Relationships	Positive Romantic Relationships	Perceptions in Romantic Relationships	Relationship Loss and Change
Relationships	Relationship Loss and Change	Communication Skills including Consent	Positive Respectful Intimate Relationships
Relationships	Parenting & Teenagers	Being LGBTQ+	Unintended Pregnancy
Sexual Health	Pregnancy and Choices	Safer Sex	Being a Young Parent
Sexual Health	Contraception	Unintended Pregnancy	Sexual Health and STIs
Sexual Health	Contraception & STIs	Respectful Communication in relationships	Peer Pressure

Half Term Five

Key Topic	Week 1	Week 2	Week 3
Emotional & Mental Health	Feelings & Behaviour	Learning from my Mistakes	Self-Esteem
Emotional & Mental Health	Anxiety & Depression	Mental Health Stigma	Unhealthy Comparison
Emotional & Mental Health	Managing Peer Approval	Support for Mental Health	What affects mental health
Emotional & Mental Health	Unhealthy warning signs & triggers	Stress Anxiety & Depression	Developing self esteem & Confidence
Emotional & Mental Health	Preparing for Change	EXAMS	EXAMS
Emotional and Mental Health	Resilience	Developing Study Habits	Mental health and stress
Emotional & Mental Health	Managing Mental Health	EXAMS	EXAMS

Half Term Six

Key Topic	Week 1	Week 2	Week 3	Week 4
Online Life & the Media	Online Privacy	Social Media & Image	Online Personality	Body Image
Online Life & the Media	What does the Internet know about me?	Online Bullying	Positive Online Relationships	Media Influence
Online Life & the Media	Sexting	Positive use of the Media	Bullying & Mental Health	Different Online Behaviour
Online Life & the Media	Preparation for Work Experience	Dark Web	Gambling Addiction	Advertising
EXAMS	EXAMS	EXAMS	EXAMS	EXAMS
Online Life and Media	Positives and Negatives of gaming and Gambling	Misogyny, causes and consequences	EXAMS	EXAMS
EXAMS	EXAMS	EXAMS	EXAMS	EXAMS