

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	<p>Welcome to school</p> <ul style="list-style-type: none"> • Understand how to get along with different people • Understand TBS expectations 	<p>Resilience</p> <ul style="list-style-type: none"> • Understand how to deal with different situations • Improve listening skills • Understand who they can go to if they have a problem 	<p>Mindfulness/Mindsets</p> <ul style="list-style-type: none"> • Understand the difference between bucket and balloon 	<p>Healthy Eating</p> <ul style="list-style-type: none"> • Understand the importance of a healthy lifestyle • Understand what counts as a healthy lifestyle 	<p>Media Navigator</p> <ul style="list-style-type: none"> • Understand how the media influences people • Understand how the media can portray different points of views 	<p>First Aid- Red Cross</p> <ul style="list-style-type: none"> • Understand what to do and how to help in an emergency situation • Improve understanding of the human body
Year 8	<p>Schools to Life</p> <ul style="list-style-type: none"> • Understand how school links to your life • Understand employability skills 	<p>Media Navigator</p> <ul style="list-style-type: none"> • Understand how the media can distort the truth • Understand how the media portrays different genders 	<p>Body Confidence- self esteem</p> <ul style="list-style-type: none"> • Improve their confidence • Understand that there are lots of body types 	<p>Diversity</p> <ul style="list-style-type: none"> • Understanding what radicalisation is • Improving communication and understanding of different cultures 	<p>Staying Safe</p> <ul style="list-style-type: none"> • Improve their knowledge of grooming online • Understand what cyber bullying is and the law • Understand how to stop it and where to go to get help 	<p>Relationships/Friendships/Bullying</p> <ul style="list-style-type: none"> • Improve their listening and communication skills • Understand what makes a good friend
Year 9	<p>Relationships/Sex ed/Exploitation</p>	<p>Sex ed</p> <ul style="list-style-type: none"> • Understand STI's 	<p>Different careers- life aspirations- build on GCSE choices- enterprise</p>	<p>Substances</p> <ul style="list-style-type: none"> • Understand the effect of 	<p>Health and Safety- work place and in life,</p>	<p>Life skills- parenting, dealing with death, illness etc.</p> <ul style="list-style-type: none"> • Improve life skills

	<ul style="list-style-type: none"> • Understand what makes a healthy relationship • Be able to identify an unhealthy relationship and know where to go for help and advice 	<ul style="list-style-type: none"> • Understand different forms of contraception 	<ul style="list-style-type: none"> • Understand what employability skills are • Understand how GCSE options build on careers 	<p>substances on the body</p> <ul style="list-style-type: none"> • Be able to identify substances and explain the law 	<p>DEAL resources from Samaritans</p> <ul style="list-style-type: none"> • Understand what health and safety is • Understand how to be safe in the adult world 	<ul style="list-style-type: none"> • Understand what skills you will need later on in life
<p>Year 10</p>	<p>Resilience</p> <ul style="list-style-type: none"> • Understand how to cope with GCSE stress • Understand how to accept rejection from jobs/not getting grades they want 	<p>CVs/Jobs</p> <ul style="list-style-type: none"> • Improve their CV writing skills • Understand what they need to do to achieve their dream job 	<p>Budgeting</p> <ul style="list-style-type: none"> • Understand bank accounts and why budgeting is important • Improve their money skills for later on in life 	<p>Revision/Mindfulness</p> <ul style="list-style-type: none"> • Improve their understanding of revision techniques and what works for them • Understand how to keep calm in exams and when revising 	<p>Laws/Voting</p> <ul style="list-style-type: none"> • Improve their understanding of politics • Understand why it's important they use their right to vote • Looking at recent changes in law linking to cyber bullying and FGM 	<p>Revision for mocks/ Prep for rotary club/Intervention?</p> <ul style="list-style-type: none"> • Revise ways to revise and why it's important • Put into practise the CV skills they learnt earlier and create a CV for the Rotary Club • Intervention the last few weeks?