

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 7	<p>Your Health & Fitness</p> <ul style="list-style-type: none"> • Health • Fitness • Physical activity • Puberty • Personal hygiene • Immunisations and vaccinations • Sleep • Drugs and substance misuse <p>Tutorial content supplemented by compulsory elective sessions:</p>	<p>Promoting Emotional Health</p> <ul style="list-style-type: none"> • Identify the most common causes of worry for people starting at a new school. • Know how and when to ask for help, what sources of support are available at school and how to access them. • Identify personal support networks. • How to support my friends. • Understand what emotional wellbeing is and why it is important. • Identify ways to promote my own emotional wellbeing explain who, how and why to ask for support when it's needed. • Know how to be a supportive friend and how to promote my friends' wellbeing. • That some types of behaviour within relationships are criminal, including violent behaviour and coercive control. • What constitutes sexual harassment and sexual violence and why these are always unacceptable. 	<p>You and Your Future</p> <ul style="list-style-type: none"> • The pathway from education to the world of work. • Ambitions and enterprise. • Saving money. • Banking. • Gambling and its consequences. 	<p>Relationships</p> <ul style="list-style-type: none"> • Cyberbullying. • Sexting. • That there are different types of committed, stable relationships. • How these relationships might contribute to human happiness and their importance for bringing up children. • What marriage and civil partnerships are, including their legal status e.g. that marriage and civil partnerships carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony. • Why marriage is an important relationship choice for many couples and why it must be freely entered into. • The characteristics and legal status of other types of long-term relationships. • The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting. • The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships. • How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online). 	<p>Disrespect Nobody</p> <ul style="list-style-type: none"> • What is teenage sexual abuse? • Understand and can explain what is meant by the term 'relationship abuse'. • Understand and can identify the different types of abuse that can be present within relationships. • Have some ideas about how to get help with relationship abuse. • Understand and can explain what is meant by the term 'consent' and what it means within healthy relationships. • Know that if someone does not get consent, it's sexual assault or rape. • Know how to get help if I experience abuse and how to support a friend who may be experiencing abuse. • Understand the issues and risks in relation to sharing intimate pictures. • Understand the implications, including legal implications, of sending or forwarding sexual images. • Know what to do and how to get help if I or a friend is being pressured to send or share inappropriate images. 	<p>Understanding Fraud</p> <ul style="list-style-type: none"> • Identify what fraud is and describe different types of fraud. • Describe common 'scams' and how to recognise them. • Identify the vulnerability factors that increase the risk of becoming a victim of fraud and describe ways that someone can reduce these risks. • Explain the consequences of fraud for the victim and the perpetrator.

<p>Year 7 RS</p> <p>(110 mins per week)</p>	<ul style="list-style-type: none"> • What is religion and what makes someone religious? • Sacred stories – exploring faith, obedience and key Christian beliefs. 	<ul style="list-style-type: none"> • The life of Jesus. • Images of Jesus. • Christmas unpacked. • Baptism and temptation. • Teaching and parables. • How do Christians see God? 	<ul style="list-style-type: none"> • History of Judaism and main beliefs. • The importance of the Torah. • The main features of the Synagogue. • How and why is Shabbat celebrated? • Should society have a day of rest? 	<ul style="list-style-type: none"> • Why do Jews keep Kosher? • Jewish festivals. • Jerusalem – understanding its significance. 	<ul style="list-style-type: none"> • Introduction to Sikhism. • The 5 Ks. • Sikhism and God. • Gurdwara. • Sikhism and charity. 	<ul style="list-style-type: none"> • Religious issues and themes in the modern world.
--	--	--	---	--	--	--

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 8	Your Health & Safety <ul style="list-style-type: none"> • Progress and Goal setting. • What constitutes a balanced diet? • The dangers of obesity and dieting. • Eating Disorders – Anorexia and Bulimia. • Drugs – legal and illegal substances / use and misuse. • Prescription and over the counter medication. • Dependency and addiction. • Cancer and Cancer Prevention. • Sexual Health, Sexually Transmitted Infections (STI) and Sexually Transmitted Diseases (STD) • Barrier contraceptives. • Teenage pregnancy. • Advice and support. • Local health services. • Confidentiality. 	Promoting Emotional Health <ul style="list-style-type: none"> • Understanding and managing depression and anxiety. • Feel more comfortable talking about depression and anxiety. • Know the signs to look out for in a friend. • Know where and how to get support for myself or a friend. <p>Tutorial content supplemented by compulsory elective sessions:</p> <ul style="list-style-type: none"> • Talks from Rutland Police. • Loudmouth performance of ‘Bully for You’. • Breis - rap poet. • Visits to Mosque and Gurdwara – Peterborough. 	Life Skills with Barclays <ul style="list-style-type: none"> • Identify a number of key personal skills. • Understand how they already demonstrate these skills in their everyday lives. • Evaluate how they can build on these skills and adapt them to a workplace setting. • Economic wellbeing and financial capability. 	Crossing the Line <ul style="list-style-type: none"> • Peer pressure. • Self-esteem. • The impact of viewing harmful content. • That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners. • That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including prison. • How information and data is generated, collected, shared and used online. 	My Sense of Self <ul style="list-style-type: none"> • Body image and self-esteem. • The impact of social media. • Celebrating difference. • Building body confidence and self-esteem. • Ability to analyse one of many sources of potential body confidence pressure. • Increased understanding of similarities, differences, and strengths. • Increased confidence, resilience and self-esteem. 	Your Money Personality <ul style="list-style-type: none"> • Making financial decisions. • Fixed, variable and discretionary household costs. • Bank statements. • Unexpected events. • Choosing and then paying for different levels of ‘lifestyle’. • Different kinds of borrowing (credit). • Savings (optional). • Personal responsibility and financial ethics. • Influences on spending and borrowing.
Year 8 RS (110 mins per week)	<ul style="list-style-type: none"> • What is meant by prejudice and discrimination? • Exploring examples of discrimination. • Beliefs about equality. • The work of Martin Luther King. • Human Rights. 	<ul style="list-style-type: none"> • Introduction to Islam. • Prophet Muhammed and his importance to Islam. • Exploring the Qur’an. • Salah. • Zakat. • Sawm. • Hajj. • Islam in the modern world. 	<ul style="list-style-type: none"> • What is suffering? • Christian beliefs about suffering. • Buddhism and suffering. • Is God there when we suffer? • What can we do to help people? 	<ul style="list-style-type: none"> • Why is there violence? • Is it right to go to war? • What do religions teach about war? • Conscientious objection. 	<ul style="list-style-type: none"> • How can religions build bridges? • How can religions build peace? • Torture – Abu debate. • Religion, reason and science. 	<ul style="list-style-type: none"> • Thinking critically. • An introduction to ethics. • Rule-based ethics.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 9	You & Your Wellbeing <ul style="list-style-type: none"> You and your achievements – know how to review progress and be able to set goals for the future. Self-esteem and confidence – know the effects of low self-esteem, understand how to overcome and know the support school provides. Social, mental, physical and emotional health. Monitoring health – understand ways to monitor your own health. Checking yourself for illnesses. Being a good user of the NHS. Dental health and the benefits of oral hygiene and dental flossing. The facts and science relating to immunisation and vaccination. 	Addressing Extremism and Radicalisation <ul style="list-style-type: none"> Understanding and preventing extremism. How can language divide us? – recognise how language is used in the media and how it affects our emotions and viewpoints. Last 2 – 3 weeks of the term devoted to revision planning and preparation for Key Assessments. 	The world of work <ul style="list-style-type: none"> What is the labour market? Exploring local labour market. Apprenticeships. Exploring different post-16 pathways using scenarios. 	Promoting emotional health <ul style="list-style-type: none"> Exploring common anxieties that pupils face when starting KS4 and ways of overcoming these anxieties. Positive and negatives of the transition to KS4. Tutorial content supplemented by Compulsory Elective sessions: <ul style="list-style-type: none"> 'Working for Marcus' – Loudmouth performance Healthy relationships online. Human Trafficking. County lines and criminal offences. Exploitation of power. Christian responses to gender identity. 	Preventing child exploitation <ul style="list-style-type: none"> What exploitation means. How to tell if someone is being exploited by their boyfriend, girlfriend or friend. How some people gain power and control over others. How being exploited can make young people feel. The features and benefits of a healthy relationship. 	Financial dilemmas <ul style="list-style-type: none"> What is minimum wage? What is the difference between minimum wage and working wage? What type of wages can you expect for a part-time job? What is tax and when will I have to pay it? How will I have to pay tax? Who has to complete a tax-return? What does this mean? What does tax actually pay for? Where does my money go? Mortgages, bills, subscriptions, cost of living and budgeting.
Year 9 RS (110 mins per week)	<ul style="list-style-type: none"> Origin of things – science and religion. Christian denominations. Nature of God. The Trinity and Apostle Creed.. The Ten Commandments. The Lord's Prayer. 	<ul style="list-style-type: none"> Are humans special? Religious beliefs about animals and stewardship. Animal testing. Vegetarianism. 	<ul style="list-style-type: none"> Moral decision making. Christian beliefs towards euthanasia. Christian beliefs towards abortion. Christian beliefs towards fertility treatment. Christian beliefs towards capital punishment. 	<ul style="list-style-type: none"> The origins of Judaism. Judaism – denominations and Law. Judaism – the nature of God. Holocaust and Theodicy. Exploring the Pianist. 	<ul style="list-style-type: none"> Origins of Buddhism Eightfold Path. Life, death and rebirth. The three refuges. Types of Buddhism. 	<ul style="list-style-type: none"> Christian views of wealth. Causes of hunger, poverty and disease. Christian teaching about caring for others. Liberation Theology. Oscar Romero in depth. Mother Teresa.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 10	Your Mental Health and Safety <ul style="list-style-type: none"> • What is depression? • Causes of depression and how is it treated? • How can depression be prevented? • What organisations provide help and support for people with depression? • What is stress? • How does stress affect the body and mind? • What are some ways of coping with stress? • What is bipolar disorder? • What are the symptoms of bipolar disorder and how is it treated? • What is schizophrenia? • What are the symptoms of schizophrenia and how is it treated? • What is autism? Identifying traits, causes and understanding Asperger syndrome and savant. • What is self-harm? • What are the symptoms of someone at risk from self-harm? • Coping with and disclosing self-harm. 	Addressing Extremism and Radicalisation <ul style="list-style-type: none"> • What is discrimination? * Be aware overlap with content delivered during Year 8 RS • How might discrimination impact people in their daily lives? • Defining extremism and radicalisation. • Honour killings. • Charismatic leaders – how people’s actions can be influenced by others. • Terrorism. • Radicalisation – exploring example of London school girls leaving UK to join Isis. • How do we deal with conflict? • Why is difficult to keep the peace? • Arms trade. 	Human Rights <ul style="list-style-type: none"> • What are rights and responsibilities? • What basic human rights do people have? • What charters are in place to protect rights? • How and why do people’s rights sometimes come into conflict? • What happens when people’s basic human rights are infringed? • Developing empathy and understanding – actions and consequences. • Identity and diversity (including diversity within the UK) • Prejudice and stereotypes. • Equality Act 2010. • How do Human Rights work? • Human Rights – attitudes and actions. 	Resilience <ul style="list-style-type: none"> • Resilience – what is it? • What is emotional well-being? • Reframing failure. • Preparation for success. • Resilience study skills. • Helpful and less helpful sleep behaviours. • The importance of sleep. • Consequences of poor sleep. • Managing sleep difficulties. 	Sexual Consent and Safe Sex <ul style="list-style-type: none"> • What makes a healthy romantic relationship? • What makes a good relationship? • Healthy relationships. • Same-sex relationships. • Cross-cultural relationships. • Mental abuse in relationships. • Physical abuse in relationships. • Changing relationships with parents. • What are the differences between traditional modern marriages? • What is cohabitation? • Arranged marriage and forced marriage. • Investigating divorce. • Contraception and STIs. • Unplanned pregnancy. • Sexual abuse and sexual offences. 	Sexual Consent and Safe Sex <ul style="list-style-type: none"> • There are different types of committed, stable relationships. • The roles and responsibilities of parents with respect to raising of children and successful parenting. • How relationships might contribute to human happiness and their importance for bringing up children. • What marriage is, including their legal status. • Why marriage is an important relationship choice for many couples and why it must be entered into freely. • The characteristics and legal status of other types of long-term relationships. <p>Tutorial content supplemented by compulsory elective sessions:</p> <ul style="list-style-type: none"> • Parental responsibility and successful parental characteristics. • Different types of stable and committed relationships. • Preparing for work experience. • Heath Fair.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year 11	21st Century Skills <ul style="list-style-type: none"> • What are 21st Century Skills? • Communication. • Problem solving. • Interview skills. • Being proactive. • What constitutes sexual harassment and why it is always unacceptable? <p>Tutorial content supplemented by compulsory elective sessions:</p> <ul style="list-style-type: none"> • Post-16 options and personal statements. • Self-image, self-identity and resilience. • Resilience, negative thinking and reframing. • Facial recognition debate. • Is Scientology a religion? • Interfaith dialogue and social action. • Pilgrimage. 	Survival Money Skills/Revision <ul style="list-style-type: none"> • Budgeting. • Bank accounts and different types of payment. • Payslips and tax. • Pensions and savings. • Finance – borrowing and debt. • Gambling. • Making revision active. • Revision timetable. • Revision techniques. 	CSE/Domestic Violence <ul style="list-style-type: none"> • What are the signs of CSE? • What is sexting? • What is domestic abuse? • Domestic abuse crime statistics. • Domestic abuse – historical perspective. • Domestic abuse – crimes. • Domestic abuse seeking help. • What is a sentence? 	Law, Courts and Sentencing <ul style="list-style-type: none"> • Pornography. • Laws relating to sexual consent, communication of consent and how it can be withdrawn. • FGM and ‘honour’ based violence. • Extremism and Prevent. • What is a sentence? • You be the judge scenarios. • What are sentences for? 	Sleep and Mindfulness <ul style="list-style-type: none"> • What is mindfulness? • Managing exam stress. • Strategies to promote positive well-being. 	