

Health & Wellbeing

Safety & The Law

Personal Development & Future Choices

Half Term One

Key Topic	Week 1	Week 2	Week 3	
Year 7	Health & Wellbeing	Starting at Secondary School	Personal Hygiene	Puberty & Changes
Year 8	Health & Wellbeing	What influences food choices?	Physical Activity & Mental Health	Science & Health
Year 9	Health & Wellbeing	Sleep	Prevention of Infection	Emergency First Aid
Year 10	Health & Wellbeing	Life Saving Science	Using Health Services	Emergency First Aid
Year 11	Health & Wellbeing	Sleep, rest & Study	Finding & using health services	Emergency First Aid
Year 12	Health & Wellbeing	Healthy Eating on a Budget	Gender & Mental Health	Emergency First Aid
Year 13	Health & Wellbeing	Preparing for UCAS Applications	Personal Statements	Emergency First Aid

Half Term Two

Key Topic	Week 1	Week 2	Week 3	Week 4
Health & Wellbeing	Friendships	Family Diversity	Emotional Influence & Peer Pressure	Learning from my Mistakes
Health & Wellbeing	Positive Romantic Relationships	Relationship Loss and Change	Mental Health Stigma	Unhealthy Comparison
Health & Wellbeing	Relationship Loss and Change	Communication Skills including Consent	Managing Peer Approval	What affects mental health
Health & Wellbeing	Parenting & Unintended Pregnancy	Rights, responsibilities & the law in sexual relationships	Developing self-esteem & Confidence	Unhealthy warning signs & triggers
Health & Wellbeing	Pregnancy and Choices	Safer Sex	Developing Study Habits	Stress Anxiety & Depression
Health & Wellbeing	Contraception & STIs	Unintended Pregnancy	Resilience	Mental health and stress
Health & Wellbeing	Contraception & STIs	Respectful Communication in relationships	Peer Pressure	Mental health and stress

Half Term Three

Key Topic	Week 1	Week 2	Week 3
Safety & The Law	FGM	Tobacco, Vaping & Cannabis	Online Privacy
Safety & The Law	Gang and Knife Culture	Financial Exploitation	What does the Internet know about me?
Safety & The Law	Drugs & the Law	Abusive Behaviour	Sexting
Safety & The Law	Why do people choose crime?	Radicalisation & Extremism	Dark Web
Safety & The Law	Managing Unwanted Attention	Domestic Abuse	Alcohol Misuse
Safety & The Law	Managing Emergency Situations	Preparing to Drive	Positives and Negatives of gaming and gambling
Safety & The Law	Addiction	Preparing to Live Independently	Body Image & Social Media

Half Term Four

Key Topic	Week 1	Week 2
Safety & The Law	Social Media & Image	Online Personality
Safety & The Law	Online Bullying	Positive Online Relationships
Safety & The Law	Positive use of the Media	Bullying & Mental Health
Safety & The Law	Gambling Addiction	Advertising
Safety & The Law	Gangs & Organised Crime	Different Online Behaviour
Safety & The Law	Misogyny, causes and consequences	Media Influence
Safety & The Law	Gaming	Online Dating Risks

Half Term Five

Key Topic	Week 1	Week 2	Week 3
Personal Development & Future Choices	Prejudice & Discrimination	Challenging Stereotypes	How to be an ally
Personal Development & Future Choices	Extremism	Promoting Inclusion	Climate Change
Personal Development & Future Choices	Black History	LGBTQ+ & the Law	Hate Crime
Personal Development & Future Choices	Marriage, partnership & rights	Where do my values come from?	Extremism
Personal Development & Future Choices	EXAMS	EXAMS	EXAMS
Personal Development & Future Choices	Microaggressions	Forced Marriages	Extremism
Personal Development & Future Choices	The Law and You	Understanding Politics	Voting

Half Term Six

Key Topic	Week 1	Week 2	Week 3	Week 4
Personal Development & Future Choices	Managing Money	Gambling	What career would I like?	What skills are employers looking for?
Personal Development & Future Choices	Accepting Responsibility	What skills are employers looking for	Applying for Work	My Education Ambitions
Personal Development & Future Choices	Being a role model	Financial Debt	Job Stereotypes	My Study Plan
Personal Development & Future Choices	What skills are employers looking for	Budgeting	Being LGBTQ+	The Changing Job Market
Personal Development & Future Choices	EXAMS	EXAMS	EXAMS	EXAMS
Personal Development & Future Choices	Scams & Fraud	What skills are employers looking for	Job Stereotypes	Marketing Yourself
Personal Development & Future Choices	EXAMS	EXAMS	EXAMS	EXAMS