






		Year 7	Year 8	Year 9	Year 10	Year 11						
My Body 	Healthy Eating	7B1	Intro into eatwell plate	8B1	Teenage physical changes and how diet can support	9B1	Unhealthy diet and how this links to bowel cancer	10B1	Obesity, hypertension and cholesterol	11B1	Home vs Shop booked: Cooking healthy options	
		7B2	Sugar and tooth decay/mouth hygiene Energy Drinks	8B2	Reading nutrition labels							
		Physical Health and Fitness	7B3	FGM	8B3	Physical Exercise v Inactivity - 5 ways to wellbeing	9B2	Benefits of physical activity and stress.	10B2	Physical exercise vs Inactivity - Diabetes, cardiovascular health and cancers		
			7B4	Effects of stress on the body.	8B4	Healthy weight and BMI						
			7B5	How physical exercise reduces stress								
	Health and Prevention	7B6	Different body types and perceptions of health									
		7B7	Personal Hygiene/ spreading of verms	8B5	Facts and Science relating to immunisation and vaccine Blood, organ and stem cell donation			10B3	Coppafeel (Cancer and Prevention)			
	Changing Adolescent Body	7B8	Antibiotics & the science behind them	8B6	Sleep routines The teenage brain and emotions							
		7B9	Female/Male body Changes in puberty	8B7	Hormones and managing sexual attraction	9B3	Gender identity - Who am I?					
		7B10	Hygiene & menstrual wellbeing	8B8	Dental health	9B4	Sexuality - Who am I?					
My Wellbeing 	Mental Health	7W1	Introduction to 5 ways to wellbeing and stamp out stress	8W1	What is mental health? Thriving, coping, surviving, unwell.	9W1	Common types of mental ill health. How our behaviour positively or negatively affects our own or others mental health	10W1	Mental Health, tackling stigma	11W1	Managing Stress	
		7W2	Understanding our emotions: how to talk	8W2	How our behaviour positively or negatively affects our own or others mental health							
	Self-Concept	7W3	Identifying personal achievements and ambitions	8W3	How media and social media impacts body image.	9W2	How life relationships and experiences impacts well-being	10W2	Self reflect on strength & weaknesses & prepare for GCSE success	11W2	Body Positivity	
		7W4	Target Setting (SMARTER targets)	8W4	Strategies to build resilience to physical and mental impact media has							
		7W5	Reflecting on self perception and others opinions	8W5	How life relationships and experiences impacts well-being							
		7W6	Setting Targets for year 8	8W6	Setting Targets for year 9							
My Safety 	Personal Safety	7S1	Safe travel to school (Road safety, cycle safety, stranger danger)						11S4	Independent living		
		7S2	My first mobile (responsibilities)									
		7S3	Risk Taking - Good and Bad risks									
	Internet Safety & Harms	7S4	Risks in the online world vs real life risks	8S1	How to protect against online grooming	9S1	Gambling			11S1	Social media and targeted advertising Fake news Influencers	
				8S2	Online consent.							
	St Johns Ambulance First Aid	7S5	Bleeding	8S3	Basic Life Support	9S2	Head Injuries	10S1	Chest Pain, Bleeding and Shock	11S2	Basic Life Support and Alcohol related concerns	
		7S6	Asthma and Allergies	8S4	Choking					11S2	Choking and Head Injuries	
	Drugs, Alcohol & Tobacco	7S7	Legal vs illegal drugs	8S5	Dangers of tobacco, vaping and peer pressure	9S3	Gaining independence: Making healthy lifestyle choices.	10S2	Effects of alcohol on the teenage brain Drink Driving	11S3	Legal Highs	
7S8		Long and short term effects of alcohol	8S6	Illegal drugs and mental health								
			8S7	Drugs, crime and convictions								
			8S8	County Lines (CCE) and joint enterprise								
My Relationships 	Respectful Relationships	7R1	Teamwork & its importance	8R1	Discrimination and stereotypes - racism, religious, disability, sexism, homophobia, biphobia and transphobia.	9R1	Criminal behaviour in relationships: coercive control Harassment Exploitation	10R1	Sexual harassment and sexual violence	11R1	Knife Crime	
		7R2	Healthy Friendships and settling in & what makes a good friend?	8R2	Conflict resolution Assertiveness vs aggression							
		7R3	Language & respect. Bullying vs banter									
		7R4	Boundries, privacy and consent									
	Families (delivered through RE)	Committed relationships and types of family Importance of family		The perfect partner Legal commitments - marriage, civil partnership etc.		Religion and Sex		Healthy and Unhealthy relationships: Domestic abuse		Marriage (including forced marriage) Honour based abuse		
	Online relationships	Stranger Danger Online Online Bullying	8R3	Digital citizenship and footprint Posting and removing material	9R2	Sex in the media - pornography	10R2	Addressing extremism and radicalisation	11R2	Online Dating		
	Intimate and Sexual Relationships	Consent: 1:1 relationships	8R4	Consent - respecting yourself (sexting)	9R3	Consent - Peer pressure and being sexually intimate	10R3	Safe sex - contraception and STIs	11R3	Reproductive health, safe sex and the menopause		
				9R4	Contraception and STIs	10R4	Attitudes to pornography					
Finding my Future 	Media Literacy and Digital Resilience	7F1	What information is my personal information?	8F1	Media Reliability							
		7F2	Personal ambitions and career goals			9F1	Choosing our options	10F1	Setting Targets for year 11	11F1	Next steps after school	
	Choices and Pathways					9F2	Post 16 and 18 options Setting targets for year 10					
		Learning Skills	7F3	Study Skills: independent Revision	8F2	Study Skills: independent Revision	9F3	Study Skills: independent Revision	10F2	Study Skills: independent Revision	11F2	Preparing for exam success
			7F4	My Learning Brain	8F3	How to make choices	9F4	PSHE in schools reflection	10F3	Positive use of social media and how others view me	11F3	Dealing with exam stress
	7F5	Enterprise			9F5	Being your own ambassador			11F4	Importance of a revision timetable		
	Work and Career	7F6	Identifying personal skills	8F4	Moving Minds - Developing an idea			10F4	Preparing for work experience Presenting and promoting yourself	11F5	Applying to college and university	
		7F7	The importance of failure to succeed	8F5	Moving Minds - Creating and filming the idea	9F6	Types of employment	10F5	Understanding labour market information			
				8F6	Moving Minds - Finalising your final piece			10F6	Understanding apprenticeships			
				8F7	The value of money What is credit & debt? Personal Finance, budgeting and debt							
Financial Choices	7F8	The value of money (saving and budgeting)	8F8	Wellbeing at work	9F7	The current financial climate and how it impacts us.	10F7	What is Debt	11S6	Finance, Budgeting and Debt		
Employment Rights & Responsibilities							10F8	Discrimination in the workplace				