



KEY STAGE 5

SUMMER TERM – "Study tips"

Pupils will imminently start their GCSE exams.

Summer term will be devoted to helping pupils develop study timetables to assist with revision. Some Personal Development lessons will be supplanted for extra revision with subject teachers.

Pupils will engage in stress and anxiety-relieving activities, supported by the therapy team.

SPRING 2 – "Relationships"

1. Being a young parent – positive approaches & services available
2. Pregnancy choices – stages of pregnancy, lifestyle choices, fostering & adoption
3. Domestic abuse – features, different forms & support
4. The law & sex
5. Substances & risky behaviour – consequences & support
6. Substance & future life choices – impact, reputation, support

SPRING 2 – "Safe Me"

1. Why choose crime? – factors & consequences
2. The dark web & pornography – risks & consequences
3. Substance misuse – choice, habit or addiction?
4. Substance misuse – impact on family & community
5. Radicalisation & extremism – risks, consequences & support
6. Gambling – factors & support

SUMMER 1 – "Celebrating Difference"

1. Hate crime – impact, recognising & reporting
2. Faith, culture, values – influences on values about sex & relationships
3. Animal welfare – animal testing, laws & impact
4. Black history- impact of racism in society
5. Women's safety – respect, equality & the law

SUMMER 2 – "Relationships"

1. Romantic relationship – stages, emotions & behaviour
2. Impact of separation & loss in a relationship – emotions & support
3. Being LGBTQ – rights, law & support
4. Marriage, partnership & rights – law, support & protections
5. Safer sex – contraception, STIs & support
6. Unintended pregnancy – options available & support
7. Sexting – risks, pressure, the law & support

AUTUMN 1 – "Being Me in My World"

1. Problem solving – working in a team to problem solve
2. My study plan- evaluate skills that need to be developed
3. Social media - Am I reliant on the digital world?
4. Preparing for change – impact on mental health
5. Finding & using health services
6. Sleep, rest & study.
7. Life Skills – Reading bus timetables

AUTUMN 2 – "Celebrating difference"

1. Life Skills – using Google Maps
2. LGBTQ+ - history & rights
3. UK Parliament Week
4. Finances – tax, insurance, wants vs needs
5. Budgeting – effective ways to do this

SPRING 1 – "Healthy Me"

1. Why choose to have a sexual relationship
2. Negotiation & communication within a sexual relationship
3. Sexual assault
4. Post 16 – Pathways to career goal
5. Post 16 – Application process, requirements, suitability
6. Post 16 – Applying for college

SPRING 1 – "Healthy Me"

1. Cancer prevention – self-examination & reliable sources of health
2. Life saving Science – blood, organ & stem cell donation
3. Stress, anxiety & depression – triggers, self-help & external help
4. Unhealthy coping strategies – triggers & support
5. Developing self-esteem and confidence in healthy influences & strategies
6. Advertising, social media & regulation – the family & online personalisation

AUTUMN 2 – "My future"

1. Work experience – EBP, applying
2. Stereotypes in the workplace – equal opportunities
3. UK Parliament Week
4. Writing a cover letter
5. Writing a CV
6. Feedback and resilience – feelings & skills

AUTUMN 1 – "Being Me in My World"

1. Problem solving- working in a team to problem solve
2. My education ambitions -strengths & qualities for my future career
3. Where do my values come from? Influences & my opinions
4. What influence am I? positively & negatively
5. Work experience & careers – research- interests, options
6. The job market – changes within the world of work
7. Freedom of expression

SUMMER 2 – "Relationships"

1. Positive & respectful intimate relationships – healthy & unhealthy characteristics
2. Loss & change - impact & managing feelings
3. Communication skills – assertiveness
4. Am I ready for a sexual relationship? – consent & support
5. STIs – types, treatment & prevention
6. Contraception – choices & effectiveness
7. Seeking support/ advice – agencies available

SUMMER 1 – "Changing Me"

1. Working part time – laws, rights & responsibilities
2. Illegal employment – ethics, slavery & consequences
3. Financial debt – factors, link to emotions
4. Banking – accounts, savings
5. Making money- investigation
6. Democracy & voting – Elections, voting, Parliament

SUMMER 1 – "Changing Me"

1. Consumer – rights & responsibilities
2. Fast culture- environmental impact
3. Technology – changing the workplace
4. Criticism – managing my feelings & behaviour when I receive this
5. 'Important people' – key figures in society

SUMMER 2 – "Relationships"

1. Positive romantic relationships – types & responsibilities
2. Positive & respectful online relationships – managing influences
3. Perceptions & expectations in a romantic relationship – misperceptions & expectations
4. Relationships - the media
5. Relationships - am I ready for a boyfriend/girlfriend?
6. Relationship feelings – how to manage & triggers
7. Media influence – how to manage, comparing ourselves to others

AUTUMN 1 – "Being Me in my World"

1. Problem solving – work in a team to problem solve
2. Study Skills – personal strengths & areas to develop
3. What career would I like? – plan next steps for my career
4. What careers are available for me? Career, learning & training paths available
5. Being entrepreneur – skills & attributes
6. Managing money worries – impact on mental health
7. Skills – independent skills

AUTUMN 2 – "Celebrating Difference"

1. Family diversity – characteristics & values
2. Social media – positive uses & negative effects
3. UK Parliament week
4. Why do some people behave differently online? – influences, 'anonymous' & responsibilities
5. Managing peer approval – pressure, risk taking & strategies, misogyny
6. Communities research – similarities vs differences

SPRING 1 – "Healthy Me"

1. Prevention of infection – spread, personal hygiene & antibiotics
2. Sleep & relaxation – facts vs myths & strategies
3. Physical activity – influences
4. Mental health – triggers & positive steps
5. Mental health – concerns & support
6. Campaign – raise awareness of an important cause

SPRING 2 – "Safe Me"

1. Gang & knife crime – pressure, consequences & support
2. Recreational drug use – risks & consequences
3. Illegal drugs- the law
4. Medicine safety – prescribed medications & antibiotics
5. Bullying & abusive behaviour – characteristics & support
6. Pornography – Unrealistic expectations, perceptions & the law

SPRING 2 – "Safe Me, Safe World"

1. Gang & knife crime – pressure, consequence, safety
2. Financial exploitation – protection
3. Finances- bank accounts, savings & careers
3. Extremism – forms, facts vs. myths, fact checking
4. Attitudes - towards substances in the community
5. Gambling – influences, consequences & seeking help

SPRING 1 – "Healthy Me"

1. Taking responsibility for my health -accessing services
2. Food choices – positive & negative influences
3. Science & health -vaccinations, blood & organ donation
4. Physical activity- mental benefits
5. Anxiety & Depression – triggers & treatment
6. Skills – Independent personal skills

AUTUMN 2 – "Celebrating Difference"

1. My community – promoting inclusion
2. Online bullying – my responsibilities, different forms & support
3. UK Parliament Week – MPs, laws, different roles
4. Family disputes – triggers, strategies to manage & cultural expectations
5. Misogyny, causes & consequences – how to challenge
6. Connecting with others – supporting happiness & wellbeing

AUTUMN 1 – "Being Me in My World"

1. A welcoming & inclusive school – what we can do
2. My skills - what do employers look for?
3. Accepting responsibility – Positive ways to manage situations
4. Communication – managing misunderstandings
5. Positive self-talk – use to boost my self-esteem
6. What does the internet know about me? - Online privacy harvesting
7. Careers – research investigation

SUMMER 2 – "Relationships"

1. Families – types, qualities, roles & responsibilities
2. Friendships – positive & healthy characteristics
3. Grooming – facts, support, report, protecting myself
4. Managing conflict – strategies to manage
5. Bereavement – feelings & managing bereavement
6. Charities – Investigation
7. Finances & Careers – Income vs outgoings

SUMMER 1 – "Changing Me"

1. Feelings- expressing my feelings
2. Friendships- managing change
3. Body image – Media impact
4. Puberty – physical changes
5. Puberty – emotional changes

AUTUMN 1 – "Being Me in My World"

1. A welcoming & inclusive school– What we can do
2. Secondary school– Setting targets
3. Being unique, self-esteem & health – Recognising strengths
4. Confidence- for group work & contributing to discussions
5. Learning from mistakes– how to overcome difficulties
6. Disappointment – how to manage this
7. What is my online personality? – positive & negative consequences to behaviours, social media

AUTUMN 2 – "Celebrating Difference"

1. Prejudice & discrimination – impact, law & stereotypes
2. Respect goes both ways – rights & expectations
3. UK Parliament Week – MPs, Parliament, Laws
4. My community – differences & diversity
5. Verbal bullying/ banter- positive communication & misogyny
6. Independent Skills – Independent personal skills

SPRING 1 – "Healthy Me"

1. Being fit & active- the benefits
2. Food choices – impact on my health
3. Personal hygiene & oral health – keeping clean & healthy
4. My mood- how to boost my mood & the benefits
5. Feeling low- where & how to seek help
6. Feelings & behaviour- how change can impact on this

SPRING 2 – "Safe Me, Safe World"

1. Tobacco, vaping & cannabis – law & seeking advice
2. Online privacy – protecting ourselves from risks
3. Peer influence – the signs & managing influence
4. Rules & regulations - investigation
5. Law & order – Punishments, enforcement
6. Travel Safety – travelling independently

KEY STAGE 3

<p>SUMMER 2 - "Changing Me"</p> <ol style="list-style-type: none"> 1. My self-image – defining my self-image 2. Puberty – how girls and boys bodies change 3. Babies – from conception to birth 4. Boyfriends & Girlfriends – the difference between a BF/GF and a 'friend' 5. Regulations & restrictions – personal safety 6. The year ahead – the transition to Year 7 	<p>SUMMER 1 – "Relationships"</p> <ol style="list-style-type: none"> 1. Family structures – differences in families 2. Friendship changes – falling out & making new friends 3- Privacy & boundaries – Keeping safe in different situations 4- Knowing someone online – is this the same as face to-face? 5- Online content – what can / can't be shared 	<p>SPRING 2 – "Healthy Me"</p> <ol style="list-style-type: none"> 1. Mental health – strategies & behaviour that support mental health 2. Exploitation – pressure from others 3- Online world – sources of information 4- Personal information – how to keep this private 5- Medicines & household products – using safely 6- Drugs – legal drugs & their impact on health
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<p>SPRING 2 – "Healthy Me"</p> <ol style="list-style-type: none"> 1. Feelings - how to express how we feel 2. Strangers – how to respond safely 3. Body Image – how certain body types are promoted 4. Smoking – risks to health 5. Alcohol – risks to health 6. Emergencies – how to get help and basic First Aid 	<p>SUMMER 1 – "Relationships"</p> <ol style="list-style-type: none"> 1. Family life- characteristics of a healthy family life 2. Friendships – how to include others 3. Being in an Online Comm. – rights and responsibilities 4. Online Gaming – risks, rights & responsibilities 5. Relationship with tech – screen time 	<p>SUMMER 2 – "Changing Me"</p> <ol style="list-style-type: none"> 1. Self & Body Image – being aware of self-image 2. Puberty for Girls – physical and emotional changes 3. Puberty for Boys – physical and emotional changes 4. Conception – aware that sex is the main method by which babies are made 5. Rules & regulations – keeping safe outside 6. Looking Ahead 2 – Year 6 	<p>AUTUMN 1 – "Being me in my world"</p> <ol style="list-style-type: none"> 1 & 2 Teambuilding -getting to know our new class 3. My Year Ahead – Identifying goals for the year 4 & 5. Being a Global Citizen – universal rights for children and the wider consequences of our actions 6. The Learning Charter – making choices about behaviour and the effect of behaviour on a group 7. Owing our learning charter – democratically deciding upon a learning charter 	<p>AUTUMN 2 – "Celebrating Difference"</p> <ol style="list-style-type: none"> 1. Rules & laws – Personal safety 2. Stereotypes- influences on our behaviour/attitudes 3. Prejudice- recognising behaviour/ attitudes 4. Discrimination – who & how are people impacted 5. Bullying – online & offline 6. Personal identity- faith, culture, hobbies, likes/dislikes, ethnicity, gender diversity 7. Celebrating Difference – how difference is a source of conflict and celebration 	<p>SPRING 1 – "Dreams and Goals"</p> <ol style="list-style-type: none"> 1. Personal Learning Goals – understanding strengths and setting realistic goals 2. My dream for the world – identifying major problems in the world 3. Careers – does money influence careers? 4. Careers – different routes into careers 5. Finances – influence on spending decisions 6. My Achievements – what other people admire about me
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	<p>SPRING 1 – "Dreams & Goals"</p> <ol style="list-style-type: none"> 1. Goals – what do I want? 2. Goals in other cultures – how they differ compared to my own 3. Jobs- jobs available to me 4. My Dream Lifestyle – the necessity of money 5. Supporting each other – how can we do it? 	<p>AUTUMN 2 – "Celebrating Difference"</p> <ol style="list-style-type: none"> 1. Different Cultures – differences can cause conflict 2. Racism – understanding the definition 3. Rumours – how these can be bullying behaviours 4. Types of bullying – direct and indirect bullying 5. Does money matter? – comparing my life with people in the developing world 6. Celebrating Difference across the world – I can understand a different culture from my own 	<p>AUTUMN 1 – "My Year Ahead"</p> <ol style="list-style-type: none"> 1. Facing new challenges – learning strategies 2. Being a Citizen in the UK – my rights 3. Responsibilities at Yarrow Heights 4. Rewards & Consequences – my behaviour choices 5. Our Learning Charter – how an individual's behaviour can impact on a group 6. Owing our Learning Charter – democracy 	<p>SUMMER 2 – "Changing Me"</p> <ol style="list-style-type: none"> 1. Unique Me – inherited characteristics from parents 2. Having a baby – label parts of a male and female body 3. Girls and Puberty – how a girl's body changes 4. Circles of Change – how change affects our lives 5. Accepting Change – changes outside of our control 6. Hygiene , fitness, sleep – importance of all 7. Looking ahead – what I am looking forward to when I move to a new class next year 	<p>SUMMER 1 – "Relationships"</p> <ol style="list-style-type: none"> 1. Jealousy - ID signs of jealousy in relationships 2. Love and loss – ID someone who I love 3. Memories – talking about people we can no longer see 4. Getting on and falling out – how friendships change over time 5. Celebrating relationships – how to show love and appreciation to the people who are important to us.
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<p>SUMMER 1 – "Relationships"</p> <ol style="list-style-type: none"> 1. Family Roles – expectations of males & females 2. Friendship – learning required skills for building friendships 3. Keeping myself safe online – strategies 4. Being a global citizen 1 – how the actions of others influence my life 5. Being a global citizen 2 – the rights of a child; how the lives of children in other countries are different. 	<p>SUMMER 2 – "Changing Me"</p> <ol style="list-style-type: none"> 1. How Babies Grow – general changes during development 2. Babies – how human babies grow in utero 3. External physical changes during puberty 4. Internal physical changes during puberty 5. Family stereotypes – ID and challenge stereotypes about gender roles in a family 6. Looking ahead – "What am I looking forward to when I move to my next class?" 	<p>AUTUMN 1 – "Being Me"</p> <ol style="list-style-type: none"> 1. A Class Team – how my actions affect others 2. Being a school citizen – who is in the sch community? 3. Rights, Responsibilities, Democracy – School Council 4. Rewards and Consequences – empathy with others 5. Learning Charter – making choices as a group 6. Owing our learning charter – democracy in action in aid of a common cause 	<p>AUTUMN 2 – "Celebrating Difference"</p> <ol style="list-style-type: none"> 1. Diversity – What makes a diverse world? 2. Judging by appearances – making quick assumptions 3. Bullying – how to spot it and what to do 4. Problem solving – why people join in with bullying 5. Special Me – what makes me unique 6. Celebrating difference – seeing how first impressions and quick judgements can change 	<p>SPRING 1 – "Dreams and Goals"</p> <ol style="list-style-type: none"> 1. Hopes and dreams – My future 2. Broken dreams – dealing with unrealised ambitions 3. Overcoming disappointment – reflecting on positive experiences 4. Jobs – strengths & interests relating to jobs 5. Achieving goals – steps to success 6. We Did It! – contributing to a common cause 	<p>SPRING 2 - "Healthy Me"</p> <ol style="list-style-type: none"> 1. Health choices- dental hygiene, sun safety, fitness 2. Medicines- how medicines and vaccinations keep us healthy 2. Diet – the effect of calories, fat, and sugar 3. Feelings- What can we do to feel good? 4. Being safe – identifying dangers; knowing strategies for safety 5. Substances – how this can affect how people feel 6- First Aid – what do to in emergencies
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<p>SPRING 2 – "Being Fit & Healthy"</p> <ol style="list-style-type: none"> 1. Emotions -different feelings we can experience 2. Exercise – the positive physiological benefits 3. Diet – the effect of calories, fat, and sugar 4. Being safe – identifying dangers; knowing strategies for safety – who to call in emergency 5. Safe or Unsafe? – identify when stg "feels" unsafe 6. My Amazing Body – I understand how complex my body is and how to take care of it 	<p>SPRING 1 – "Dreams & Goals"</p> <ol style="list-style-type: none"> 1. Dreams/Goals – ppl who overcome adversity 2. Ambitions – identifying ambitions that are important to me 3. Our new challenge – Recognising strengths; developing a motivation to learn 4. Jobs- jobs I know 3. New Challenge – breaking down goals into steps 6. Evaluate learning – improving for next time 	<p>AUTUMN 2 – "Celebrating Difference"</p> <ol style="list-style-type: none"> 1. Families – understand that all families are different. 2. Family conflict – resolving differences and conflicts; recognition that these are normal occurrences 3. Witness and feelings – understand what it means to witness bullying 4. Witness and solutions – how witnessing event can affect the outcome (esp. of bullying) 5. Words that harm – difference between kind/unkind words; including work on "compliments" 	<p>AUTUMN 1 – "Getting to Know Each Other"</p> <ol style="list-style-type: none"> 1. Recognising self-worth and achievements 2. Dealing with challenge; making responsible choices 3. Rules – why they're necessary and their relation to rights and freedoms 4. Rewards & Consequences – learning how actions affect others and themselves; emoting with other people 5. Learning Charter – working together towards a goal 	<p>SUMMER 2 Living in the Wider World Environment Looking after the local environment (CROSS YEAR-GROUP PROJECT WITH YEAR 1)</p> <p>Money Where money comes from; saving and spending money; making choices; keeping track of money spent/saved</p>	<p>SUMMER 1 Living in the Wider World Rights and Responsibilities</p> <p>Group and class rules; respecting their own and others' needs; groups and communities they belong to; people who work in the community; getting help in an emergency</p> <p>Environment</p> <p>Looking after the local environment (CROSS YEAR-GROUP PROJECT WITH YEAR 1)</p>
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<p>Y2</p> <p>AUTUMN 1 Health and Wellbeing, Healthy Lifestyles Healthy choices. different feelings. managing feelings</p> <p>Growing and Changing Recognising what they are good at; setting goals. Growing; changing and being more independent.</p>	<p>AUTUMN 2 Health and Wellbeing, Growing and Changing Correct names for body parts (including external genitalia)</p> <p>Keeping Safe Keeping safe in different situations; how to ask for help if they are worried about something; privacy indifferent contexts</p>	<p>SPRING 1 Relationships Feelings and emotions Behaviour; bodies and feelings can be hurt</p> <p>Healthy Relationships Listening to others and playing cooperatively;</p>	<p>SPRING 2 Relationships Healthy Relationships Appropriate and inappropriate touch; teasing and bullying</p> <p>Valuing difference Respecting similarities and differences in others; sharing views and ideas</p>	
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