



**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 PSHE 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. Intimate relationships – unrealistic depictions in the media
2. Gender diversity & sexuality – spectrums and diversity; fluidity and fixed gender/sexuality
3. Coming out – the challenge of being open about sexual orientation
4. Who holds the cards? – strategies for managing power imbalances in relationships
5. Taboos – honour-based violence, FGM, and hate crimes
6. Assessment – summarise issues relating to rels.

**SPRING 2 – “Healthy Me”**

1. Health MOT – use new info to inform lifestyle choice
2. Protecting health – range of things that improve health
3. Amazing bodies – understand physiological complexities; risks of OTC drugs
4. Amazing minds – symptoms of common MH disorders
5. Common diseases & how to prevent
6. Assessment - summary

**SUMMER 1 – “Relationships”**

1. Long term relationships – requirements for a healthy LT relationship
2. Love & Loss – relationship life cycle; ending a relationship
3. Healthy connections – benefits of rels; rels and children
4. Rels in the media – how they differ from real life
5. Better Together? – signs of an unhealthy relationship
6. Assessment – signs of healthy & unhealthy rels.

**SUMMER 2 – “Changing Me”**

1. Changing society – which ones affect us the most?
2. Managing change & decision making – feelings associated with change and how to deal with them
3. Gender & sexual identity – realities and myths; the spectrum of gender identities
4. Gender stereotypes – in romantic rels and society at large
5. Physical & emotional changes – link between physical/emotional change and self-esteem
6. Assessment – how societal change affects us all

Y11

**AUTUMN 1 – “Being Me in My World”**

1. Becoming an Adult – legislation that affects 16-year-olds
2. Relationships & the law – legal status of different relationships and legislation relating to sex
3. The law and you – legislation re: tobacco, drugs, alcohol
4. The internet and the law – legislation re: pornography and other online activities
5. Emergency situation – what to do in different emergencies
6. Assessment – the rights, responsibilities, and laws that affect us

**AUTUMN 2 – “Dreams & Goals”**

1. Anxiety – managing overwhelming situations; sleep & MH
2. Money & Debt – financial goals and budgeting
3. Dream jobs & skillsets – matching careers to skills
4. Future relationships – relationship goals; different types of rels including marriage and children
5. When things go wrong – identifying barriers to dreams and goals
6. Assessment – understanding what needs to be done in order to achieve career and relationship goals

**SPRING 1 – “Healthy Me”**

1. Relaxation & stress – managing stress with relaxation
2. Hygiene & health – self-exams, preventing and treatment for STIs
3. Under pressure – pressure to engage in sexual relationships
4. Pregnancy & choice – contraception and fertility
5. Staying safe in sexual relationships – effects on physical and mental health of negative sexual relationships
6. Assessment – summarise how to stay healthy in sexual relationships, and contraceptive options

**SPRING 1 – “Dreams & Goals”**

1. Rels and Goals – how rels can help achieve goals
2. My goals & health – how good health leads to achieving goals
3. Work/life balance – how to achieve ideal balance for success in achieving goals
4. Healthy Balance – relation to positive mental health; health goals that are important to some people
5. Assessment – How rels and community = goals

**AUTUMN 2 – “Celebrating Difference”**

1. Equality in the UK – visible and hidden disabilities
2. Equality at work – how Equality Act applies at work
3. Multicultural Society – definition, benefits, and cultural/ethnic groups in the UK
4. Power in Relationships – ID misuses of power and consequences of abusive relationships
5. Challenging Inequality
6. Assessment – how inequality affects society & rels.

**AUTUMN 1 – “Being Me in My World”**

1. Liberty – freedoms in modern society; personal freedom and safety
2. Endings – how we feel when things end (grief, bereavement) and accessing support
3. Social media – how it affects identities and culture
4. Risk Ratings – making judgements about riskiness of different activities (incl. online); mitigating risk
5. Assessment – how to stay safe in on & offline rels.

Y10

**SUMMER 2 – “Changing Me”**

1. Mental Health – how experiences and situations affect MH; depression and anxiety; MH stigma
2. Change and emotions – coping with big life changes
3. Better sleep – why sleep is important for health & learning
4. Resilience – definition of, and how to develop resilience
5. Puberty – reflect on physical and emotional changes, and those still to come; accessing support for puberty-borne changes
6. Assessment – summarise how changes affect MH

**SUMMER 1 – “Relationships”**

1. Power – how others might use power to coerce in relationships
2. Assertiveness – mastery, the choice to say “no”; consent in relationships
3. Porn – false impressions of sex, challenging sexual stereotypes
4. Contraception – importance re: STIs and conception
5. Unprotected sex – consequences, STIs, GUM clinics
6. Assessment – risks and consequences of sex

**SUMMER 1 – “Relationships”**

1. Controlling myself – how social media affects my behaviour in relationships
2. Controlling my relationships – positive and neg relationships; how relationships affect feelings
3. Personal space – how this varies in relationships and between cultures
4. Coercion in relationships – control and power balances in positive and negative relationships
5. Social media – the safe and legal use of social media
6. Assessment - + & - relationships

**SUMMER 2 – “Changing me”**

1. Types of relationship – the consequences of physical attraction
2. What’s in a relationship? – Reasons for having a partner; expectations in romantic relationship
3. Looks and smiles – The feelings in attraction; support with questions about sexuality
4. Pornography – definition; does not reflect reality
5. Alcohol and risk in relationships
6. Assessment – behaviours in + and – relationships

Y9

**AUTUMN 1 – “Being Me in my World”**

1. Expectations/Perceptions in Relationships
2. Peer Approval – definition of and potential problems
3. Risks – the effect of social influence on risky behaviour
4. Being “Me” in a group – accepting differences within a group structure
5. Consent – positive self-ID and healthy intimate rels. Definition of consent in intimate and non-intimate contexts
6. Assessment – choices and self-esteem/relationships

**AUTUMN 2 – “Celebrating Difference”**

1. Equality – examples of prej & discr; Equality Act 2010; difference between banter and discrimination
2. Understanding difference – sexist and ageist behaviour; challenging negative beliefs
3. Power of Language – recognise discriminatory lang.
4. Bullying – different types, workplace bullying
5. Discrimination – protected characteristics
6. Assessment – summarise the consequences of discrimination

**SPRING 1 – “Dreams and Goals”**

1. My Personal Strengths – setting health goals
2. Power of Planning – making a SMART plan for learning
3. Dreams for life – accepting feedback
4. Mental Illness – definition of “good” mental health; factors that affect mental health; accessing support for MH
5. Media and mental health – how MH, self-esteem, and self-worth are affected by social media and media manipulation
6. Assessment – summarise neaative effects on MH

**SPRING 2 – “Healthy Me”**

1. Making healthier choices – typical lifestyle choices of young people; addressing health misconceptions
2. Alcohol – physical and emotional effects; the law; effects on decision making
3. Using substances – smoking, drug classification & the law
4. Life-saving skills – recovery position and 999
5. Effects of substances – on individuals and society
6. Assessment - summarise the risks of substance abuse, and the law relating to controlled substances

**SPRING 2 – “Healthy Me”**

1. Me and my health – physical, long-term, dental health
2. Stress – how negative emotions affect health
3. Substances – the effects of drugs and why people use them
4. Substance misuse – the law and how young people are exploited in relation to substance abuse
5. Medicines and vaccines – the role of prescription meds
6. Assessment – summarise how to maintain h&wb

**SPRING 1 – “Dreams & Goals”**

1. Long term goals – identify how to achieve; career options
2. What money can’t buy – positive and negative roles of money
3. Online safety – how online activity can be positive or negative
4. Money and earnings – keeping track of spending; how income varies around the world
5. The price of life – the cost of day-to-day essentials and how to discern what to spend money on
6. Assessment – understand that choices made in the present affect the future

**AUTUMN 2 – “Celebrating Difference”**

1. Prejudice & discrimination – challenges faced by those who combat prejudice and discrimination
2. Inequality – definition of and examples of social injustice in the UK
3. When things go right – social injustice continued
4. Bullying – what is bullying? Bullying against LGBT people
5. How I can make a difference in combatting prejudice
6. Assessment – understanding how respect, equality, or the lack of these, affects relationships

**AUTUMN 1 – “Being Me in My World”**

1. Who Am I? – how identities change over time
2. My family – how families influence our identities
3. Family factors – how families can affect our opinions and outlook (focus on stereotyping)
4. First impressions – how 1<sup>st</sup> impressions might lead to inaccurate assumptions
5. Faith and beliefs – the range of beliefs in the UK; how beliefs affect identity
6. Assessment – identify influences and use them positively

Y8

**SUMMER 2 – “Changing Me”**

1. Changing bodies – puberty, FGM, accessing support
2. Having a baby – natural conception and IVF, stages of in-utero development
3. Types of relationship – positive, healthy relationships and parenting
4. Image and self-esteem – the effect of the media on self-image
5. Changing feelings – emotional changes during puberty
6. Assessment – summarise changes during puberty

**SUMMER 1 – “Relationships”**

1. Qualities of healthy relationships – expectations, consent
2. Supportive relationships – identifying supportive relationships and how they change
3. Falling out – why people fall out and how to repair relationships
4. External factors in relationships – how the media influences relationships
5. Assertiveness – how to be assertive in relationships and the importance of it
6. Assessment – summarise the effects of different behaviours on relationships.

Y7

**AUTUMN 1 – “Being Me in My World”**

1. Who am I? – the factors that affect my self-identity
2. Peer pressure – how peer pressure operates in groups
3. My online identity – how I present myself online?
4. Online consequences – what influences my behaviour online?
5. Assessment – maintaining positive online relationships

**AUTUMN 2 – “Celebrating Difference”**

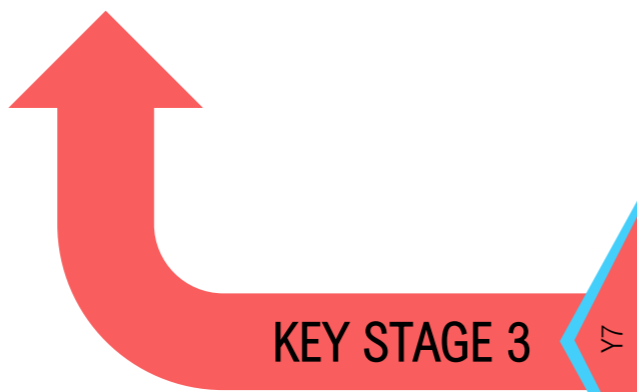
1. Prejudice – definition, Equality Act, and protected characteristics
2. True or False? – Challenging others’ attitudes and values and accepting differences
3. Challenging Stereotypes – the impact of stereotyping
4. Discrimination in school – positive and negative discrimination and how it affects people
5. Bullying – motivations for why people bully
6. Assessment – how respect impacts on relationships

**SPRING 1 – “Dreams & Goals”**

1. What are my dreams and goals? – how these change over time
2. Achieving D&Gs – identifying the skills that will be of benefit in the future
3. Coping strategies – changing behaviour based on past experiences
4. How choices affect achievement – the difference between responsible and irresponsible choices
5. Assessment – choices and their effect on my future

**SPRING 2 – “Healthy Me”**

1. Anxiety & Stress – strategies for dealing with it, triggers, and the importance of exercise
2. Substances – different drugs and their effects
3. Nutrition, exercise, and sleep
4. Medicines & vaccines – healthy choices and differing opinions
5. Assessment – the different things that can affect my general wellbeing



			<b>SUMMER 2 - "Changing Me"</b> <ol style="list-style-type: none"> <li>1. My self-image – defining my self-image</li> <li>2. Puberty – how girls and boys bodies change</li> <li>3. Babies – from conception to birth</li> <li>4. Boyfriends &amp; Girlfriends – the difference between a BF/GF and a 'friend'</li> <li>5. Real self and ideal self – how to develop self esteem</li> <li>6. The year ahead – the transition to Year 7</li> </ol>	<b>SUMMER 1 – "Relationships"</b> <ol style="list-style-type: none"> <li>1. Mental Health – how to take care of MH</li> <li>2. Love &amp; Loss – the different stages of grief</li> <li>3. Power &amp; Control – recognising a power imbalance</li> <li>4. Online safety – identifying online risks</li> <li>5. Using technology responsibly – using technology safely to communicate with people I know</li> </ol>	<b>SPRING 2 – "Healthy Me"</b> <ol style="list-style-type: none"> <li>1. My health &amp; wellbeing – making healthy choices</li> <li>2. Drugs – different drugs and their effects</li> <li>3. Exploitation – how people are forced to break the law</li> <li>4. Gangs – the risks of joining a gang and why people do it</li> <li>5. Mental Health – what good mental health feels like</li> <li>6. Managing stress &amp; pressure – recognising stress triggers and the negative ways some people cope with stress</li> </ol>
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<b>SPRING 2 – "Healthy Me"</b> <ol style="list-style-type: none"> <li>1. Smoking – risks to health</li> <li>2. Alcohol – risks to health</li> <li>3. Emergencies – how to get help and basic First Aid</li> <li>4. Body Image – how certain body types are promoted</li> <li>5. Relationships with food – eating disorders</li> <li>6. Healthy Me – Assessment</li> </ol>	<b>SUMMER 1 – "Relationships"</b> <ol style="list-style-type: none"> <li>1. Recognising Me – recognising who I am</li> <li>2. Safety in Online Communities - + &amp; - aspects</li> <li>3. Being in an Online Comm. – rights and responsibilities</li> <li>4. Online Gaming – risks, rights &amp; responsibilities</li> <li>5. Relationship with tech – screen time</li> <li>6. Relationship with tech – assessment</li> </ol>	<b>SUMMER 2 – "Changing Me"</b> <ol style="list-style-type: none"> <li>1. Self &amp; Body Image – being aware of self-image</li> <li>2. Puberty for Girls – physical and emotional changes</li> <li>3. Puberty for Boys – physical and emotional changes</li> <li>4. Conception – aware that sex is the main method by which babies are made</li> <li>5. Looking Ahead 1 – ID things that I am looking forward to when I become a teenager</li> <li>6. Looking Ahead 2 – Year 6</li> </ol>	<b>AUTUMN 1 – "Being me in my world"</b> <ol style="list-style-type: none"> <li>1. My Year Ahead – Identifying goals for the year</li> <li>2. Being a Global Citizen – universal rights for children and the wider consequences of our actions</li> <li>3. The Learning Charter – making choices about behaviour and the effect of behaviour on a group</li> <li>4. Owing our learning charter – democratically deciding upon a learning charter</li> </ol>	<b>AUTUMN 2 – "Celebrating Difference"</b> <ol style="list-style-type: none"> <li>1. Am I Normal? – different perceptions of normality</li> <li>2. Understanding difference – how being different affects people's lives</li> <li>3. Power Struggles – the effects of a power imbalance</li> <li>4. Why Bully? – understanding why people bully others</li> <li>5. Celebrating Difference – people with disabilities who lead amazing lives</li> <li>6. Celebrating Difference – how difference is a source of conflict and celebration</li> </ol>	<b>SPRING 1 – "Dreams and Goals"</b> <ol style="list-style-type: none"> <li>1. Personal Learning Goals – understanding strengths and setting realistic goals</li> <li>2. Steps to success – working out the learning steps I need to achieve goals (use target setting sheet)</li> <li>3. My dream for the world – identifying major problems in the world</li> <li>4. Making a difference – how we can address the world's problems</li> <li>5. My Achievements – what other people admire about me</li> </ol>
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	<b>SPRING 1 – "Dreams &amp; Goals"</b> <ol style="list-style-type: none"> <li>1. My Dream Lifestyle – the necessity of money</li> <li>2. Jobs – being aware of different job types</li> <li>3. My Dream Job – what I might like to do in the future</li> <li>4. Goals in other cultures – how they differ compared to my own</li> <li>5. Supporting each other – how can we do it?</li> </ol>	<b>AUTUMN 2 – "Celebrating Difference"</b> <ol style="list-style-type: none"> <li>1. Different Cultures – differences can cause conflict</li> <li>2. Racism – understanding the definition</li> <li>3. Rumours – how these can be bullying behaviours</li> <li>4. Types of bullying – direct and indirect bullying</li> <li>5. Does money matter? – comparing my life with people in the developing world</li> <li>6. Celebrating Difference across the world – I can understand a different culture from my own</li> </ol>	<b>AUTUMN 1 – "My Year Ahead"</b> <ol style="list-style-type: none"> <li>1. Facing new challenges – learning strategies</li> <li>2. Being a Citizen in the UK – my rights</li> <li>3. Responsibilities at Yarrow Heights</li> <li>4. Rewards &amp; Consequences – my behaviour choices</li> <li>5. Our Learning Charter – how an individual's behaviour can impact on a group</li> <li>6. Owing our Learning Charter – democracy</li> </ol>	<b>SUMMER 2 – "Changing Me"</b> <ol style="list-style-type: none"> <li>1. Unique Me – inherited characteristics from parents</li> <li>2. Having a baby – label parts of a male and female body</li> <li>3. Girls and Puberty – how a girl's body changes</li> <li>4. Circles of Change – how change affects our lives</li> <li>5. Accepting Change – changes outside of our control</li> <li>6. Looking ahead – what I am looking forward to when I move to a new class next year</li> </ol>	<b>SUMMER 1 – "Relationships"</b> <ol style="list-style-type: none"> <li>1. Jealousy - ID signs of jealousy in relationships</li> <li>2. Love and loss – ID someone who I love</li> <li>3. Memories – talking about people we can no longer see</li> <li>4. Getting on and falling out – how friendships change over time</li> <li>5. Girlfriends and Boyfriends – definitions of the terms</li> <li>6. Celebrating relationships – how to show love and appreciation to the people who are important to us.</li> </ol>
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<b>SUMMER 1 – "Relationships"</b> <ol style="list-style-type: none"> <li>1. Family Roles – expectations of males &amp; females</li> <li>2. Friendship – learning required skills for building friendships</li> <li>3. Keeping myself safe online – strategies</li> <li>4. Being a global citizen 1 – how the actions of others influence my life</li> <li>5. Being a global citizen 2 – the rights of a child; how the lives of children in other countries are different.</li> <li>6. Expressing Appreciation</li> </ol>	<b>SUMMER 2 – "Changing Me"</b> <ol style="list-style-type: none"> <li>1. How Babies Grow – general changes during development</li> <li>2. Babies – how human babies grow in utero</li> <li>3. External physical changes during puberty</li> <li>4. Internal physical changes during puberty</li> <li>5. Family stereotypes – ID and challenge stereotypes about gender roles in a family</li> <li>6. Looking ahead – "What am I looking forward to when I move to my next class?"</li> </ol>	<b>AUTUMN 1 – "Being Me"</b> <ol style="list-style-type: none"> <li>1. A Class Team – how my actions affect others</li> <li>2. Being a school citizen – who is in the sch community?</li> <li>3. Rights, Responsibilities, Democracy – School Council</li> <li>4. Rewards and Consequences – empathy with others</li> <li>5. Learning Charter – making choices as a group</li> <li>6. Owing our learning charter – democracy in action in aid of a common cause</li> </ol>	<b>AUTUMN 2 – "Celebrating Difference"</b> <ol style="list-style-type: none"> <li>1. Judging by appearances – making quick assumptions</li> <li>2. Influences – what influences my assumptions?</li> <li>3. Bullying – how to spot it and what to do</li> <li>4. Problem solving – why people join in with bullying</li> <li>5. Special Me – what makes me unique</li> <li>6. Celebrating difference – seeing how first impressions and quick judgements can change</li> </ol>	<b>SPRING 1 – "Dreams and Goals"</b> <ol style="list-style-type: none"> <li>1. Hopes and dreams</li> <li>2. Broken dreams – dealing with unrealised ambitions</li> <li>3. Overcoming disappointment – reflecting on positive experiences</li> <li>4. Creating New Dreams – making plans</li> <li>5. Achieving goals – steps to success</li> <li>6. We Did It! – contributing to a common cause</li> </ol>	<b>SPRING 2 - "Healthy Me"</b> <ol style="list-style-type: none"> <li>1. Being Fit and Healthy – importance of exercise</li> <li>2. Being Fit and Healthy – healthy eating</li> <li>3. Drugs – attitudes towards drugs</li> <li>4. Being Safe – people, place, and things I need for my safety</li> <li>5. Safe or Unsafe – ID when something is safe or unsafe</li> <li>6. My amazing body – how to take care of it</li> </ol>
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<b>SPRING 2 – "Being Fit &amp; Healthy"</b> <ol style="list-style-type: none"> <li>1. Exercise – the positive physiological benefits</li> <li>2. Diet – the effect of calories, fat, and sugar</li> <li>3. Drugs – evaluate pupils' knowledge of drugs</li> <li>4. Being safe – identifying dangers; knowing strategies for safety – who to call in emergency</li> <li>5. Safe or Unsafe? – identify when stg "feels" unsafe</li> <li>6. My Amazing Body – I understand how complex my body is and how to take care of it</li> </ol>	<b>SPRING 1 – "Dreams &amp; Goals"</b> <ol style="list-style-type: none"> <li>1. Dreams/Goals – ppl who overcome adversity</li> <li>2. Ambitions – identifying ambitions that are important to me</li> <li>3. New Challenge – breaking down goals into steps</li> <li>4. Our new challenge – Recognising strengths; developing a motivation to learn</li> <li>5. Obstacles - identify obstacles that hinder progress</li> <li>6. Evaluate learning – improving for next time</li> </ol>	<b>AUTUMN 2 – "Celebrating Difference"</b> <ol style="list-style-type: none"> <li>1. Families – understand that all families are different.</li> <li>2. Family conflict – resolving differences and conflicts; recognition that these are normal occurrences</li> <li>3. Witness and feelings – understand what it means to witness bullying</li> <li>4. Witness and solutions – how witnessing event can affect the outcome (esp. of bullying)</li> <li>5. Words that harm – difference between kind/unkind words; including work on "compliments"</li> </ol>	<b>AUTUMN 1 – "Getting to Know Each Other"</b> <ol style="list-style-type: none"> <li>1. Recognising self-worth and achievements</li> <li>2. Dealing with challenge; making responsible choices</li> <li>3. Rules – why they're necessary and their relation to rights and freedoms</li> <li>4. Rewards &amp; Consequences – learning how actions affect others and themselves; emoting with other people</li> <li>5. Learning Charter – working together towards a goal</li> </ol>	<b>SUMMER 2 Living in the Wider World Environment</b> Looking after the local environment (CROSS YEAR-GROUP PROJECT WITH YEAR 1)  <b>Money</b> Where money comes from; saving and spending money; making choices; keeping track of money spent/saved	<b>SUMMER 1 Living in the Wider World Rights and Responsibilities</b>  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  <b>Environment</b>  Looking after the local environment (CROSS YEAR-GROUP PROJECT WITH YEAR 1)
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<b>AUTUMN 1 Health and Wellbeing, Healthy Lifestyles</b> Healthy choices. different feelings. managing feelings <b>Growing and Changing</b> Recognising what they are good at; setting goals. Growing; changing and being more independent.	<b>AUTUMN 2 Health and Wellbeing, Growing and Changing</b> Correct names for body parts (including external genitalia) <b>Keeping Safe</b> Keeping safe in different situations; how to ask for help if they are worried about something; privacy indifferent contexts	<b>SPRING 1 Relationships Feelings and emotions</b> Behaviour; bodies and feelings can be hurt <b>Healthy Relationships</b> Listening to others and playing cooperatively;	<b>SPRING 2 Relationships Healthy Relationships</b> Appropriate and inappropriate touch; teasing and bullying <b>Valuing difference</b> Respecting similarities and differences in others; sharing views and ideas	
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