

**Autumn 1 – Relationships and Sex Education**

**Health and Wellbeing**

Lesson 1	Lesson 2	Lesson 3	Lesson 4			
Positive Relationships: Friendships and Managing Conflict	Positive Relationships: Bullying, Harassment and Coercive Control	Positive Relationships: Cyberbullying	Positive Relationships: the effects of screen time on us, Healthy Relationships			
<b>PD Weekly 1</b>	<b>PD Weekly 2</b>	<b>PD Weekly 3</b>	<b>PD Weekly 4</b>	<b>PD Weekly 5</b>	<b>PD Weekly 6</b>	<b>PD Weekly 7 – NB may be any week during the half term</b>
Positive Wellbeing: Building positive thinking	Positive Wellbeing: Self Talk and Growth Mindset	Positive Wellbeing: Relationships and our Wellbeing	Positive Wellbeing: Introduction to Journaling	Positive Wellbeing: Journaling	Positive Wellbeing: Journaling	Wellbeing Activity (led by Prefect Team)

**Autumn 2 – Rights, Responsibilities and British Values**

**Life Beyond School**

Lesson 1	Lesson 2	Lesson 3	Lesson 4			
Desert Island Project	Desert Island Project Lesson 2	Criminals, Laws and Criminal Responsibility	Rules, Laws and Punishments			
<b>PD Weekly 1</b>	<b>PD Weekly 2</b>	<b>PD Weekly 3</b>	<b>PD Weekly 4</b>	<b>PD Weekly 5</b>	<b>PD Weekly 6</b>	<b>PD Weekly 7 – NB may be any week during the half term</b>
Rights and Responsibilities	<b>ANTI BULLYING WEEK</b>	Consumer Rights	Consumer Rights	Employment Rights and Responsibilities	Employment Rights and Responsibilities	Wellbeing Activity (led by Prefect Team)

**Spring 1 – Relationships and Sex Education**

**Health and Wellbeing**

<b>Lesson 1</b>	<b>Lesson 2</b>	<b>Lesson 3</b>		
Committed Relationships	Committed Relationships and Parenting	Relationship Breakdown		
<b>PD Weekly 1</b>	<b>PD Weekly 2</b>	<b>PD Weekly 3</b>	<b>PD Weekly 4</b>	<b>PD Weekly 5</b>
Dealing with conflict	Dealing with conflict - Strategies	<b>WELLBEING WEEK</b>	Healthy Sleep	Healthy Sleep – Advice and solutions

**Spring 2 – Life Beyond School**

**Health and Wellbeing**

<b>Lesson 1</b>	<b>Lesson 2</b>	<b>Lesson 3</b>		
Careers and Aspirations	Employability Skills online <b>NEED LAPTOPS!</b>	Labour Market Information		
<b>PD Weekly 1</b>	<b>PD Weekly 2</b>	<b>PD Weekly 3</b>	<b>PD Weekly 4</b>	<b>PD Weekly 5 NB</b> <i>may be any week during the half term</i>
Assertiveness	Assertive Communication	<b>NATIONAL CAREERS WEEK</b>	<b>NATIONAL CAREERS WEEK (continued)</b>	Wellbeing Activity (led by Prefect Team)

**Summer 1 – Celebrating Diversity and Equality**

**Life Beyond School**

**Rights, Responsibilities and British Values**

Lesson 1	Lesson 2	Lesson 3	Lesson 4			
LGBTQ+ – What is it?	Homophobia	Gender identity and Transphobia	Allyship: Support for those who are LGBT			
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7
Human Rights 1	<b>DIVERSITY WEEK</b>	Human Rights 2	Human Rights and British Values	From Failure to Success	From Failure to Success	<b>EXAM WEEK</b>

**Summer 2 – Staying Safe Online and Offline: Dangers in Society,**

**Life Beyond School**

Lesson 1	Lesson 2	Lesson 3	Lesson 4		
Staying Safe: Digital Footprint	Staying Safe: Online relationships (includes sending of images)	Managing Risk and Staying Safe	Staying Safe: Weapons and Knife Crime		
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6
Finance & Employment – Salary and payslips	Finance & Employment – Understanding employment and tax	WELLBEING – Open Doors Comp	<b>LITERACY FESTIVAL</b>	Social Media and online stress 1	Social Media and online stress 2