

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	1. What does it mean to be polite?	2. What does polite look like in lessons?	3. What does polite look like in social times?	4. Why is it important to follow rules?	5. Why is personal space important?	6. How to ask for and adhere to personal space?	7. What is empathy?	1. Work expectations	2. Career pathways future options	3. Career pathways - university	4. Professional language	5. Work/life balance	6. Case-study – careers in film

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 9	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 2	1. Why are manners important?	2. Why do we have emotions?	3. How can I show social skills through body language?	4. How can I strengthen friendships?	5. How can I manage emotions and support others?	1. Case-study – careers in architecture	2. Teamwork	3. Leadership	4. School skills at work	5. Professional profile	1. Resolving conflict	2. Slang and language	

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 9	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 3	1. What is cyber safety?	2. What are the dangers of water especially in summer?	3. How to stay safe around water especially in summer?	4. How can we stay safe in Middleton?	5. How can we stay safe in Middleton part 2.	6. Why is it important to know first aid?	1. What are responsibilities ?	2. Why is it important to act responsibly in school?	3. Do we all share the same responsibilities ?	4. What consequences come with my choices?	5. How can I reflect and act responsibly?		

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Cycle 1	1. British values – what is individual liberty?	2. What does individual liberty mean to you?	3. What does freedom mean to you?	4. What are rights and responsibilities?	5. British values – what is democracy?	6. Is voting really important?	7. Elected representatives	1. School skills at work	2. Leadership	3. Teamwork	4. Job roles – animal care	5. Professional language	6. Job roles – marketing and branding

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 9	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 2	1. What is respect?	2. What does it mean to be tolerant?	3. How can we help the community?	4. How can we help the local community?	5. What are human rights?	6. What rights do I have and are they the same around the world?	7. When does freedom of speech go against the equality act?	8. When does freedom of speech go against the equality act?	9. What age is the right age? (laws)	10. Human rights revisited	1. Post 16 options	2. Managing stress	3. Lifelong learning

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 9	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 3	1. What are the dangers of water, especially in summer?	2. What are the dangers of water, especially in summer?	3. How to stay safe around open water, especially during summer?	4. How to stay safe around open water, especially during summer 2?	5. How can we stay safe in Middleton?	6. How can we stay safe in Middleton? 2	7. Why is it important to know first aid?	8. Why is it important to know first aid? 2	1. How can we increase media literacy?	2. Is it news?	3. What is fake news?	3. What is fake news? 2	

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	1. What to do in an emergency situation?	2. How to deal with emergencies including basic life support?	3. How to put a person in the recovery position?	4. How to treat bleeds and support a person who is in shock?	5. How to treat bleeds and support a person who is in shock? 2	6. What does it mean to be a digital citizen?	7. What happens when the internet is misused?	1. How to be responsible and safe online?	1. Part-time work	2. Communication in work	3. Presenting and communicating	4. Managing stress	6. Job roles – advertising

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 9	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 2	1. What does it mean to be a good citizen?	2. What are the benefits of volunteering in the community?	3. What are the benefits of volunteering in the community? 2	4. How can we support others in the community?	5. What are the causes and types of homelessness?	6. What are the causes and types of homelessness? 2	7. What are the causes and types of homelessness? 3	1. Lifelong learning	2. Career pathways – college options	3. Career options – film industry	4. School skills at work	5. Leadership	6. Professional conduct

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 9	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 3	1. What is democracy?	2. What is democracy? 2	3.. How does voting work in the UK?	4. How does voting work in the UK? 2	5. Political parties – what do they all mean?	6. Political parties – what do they all mean? 2	7. Why is there still a Monarchy in the UK?	8. Why is there still a Monarchy in the UK? 2	9. Democracy, voting and political parties – what do you think these should look like?	1. Teamwork	2. Work expectations	3. Careers in construction	

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Cycle 1	1. What are British Values?	2. What is the equality act and why is it important?	3. . What is the equality act and why is it important? 2	4. What is the rule of law?	5. What is the difference between civil and criminal laws?	6. What is the difference between civil and criminal laws? 2	7. What happens when the internet is misused?	1. Work expectations	3.Online presence	3. Personal profile 1	4. Personal profile 2	5. Career pathways – future options	6. Part-time work

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Cycle 2	1. What are human rights?	2. Freedom of expression	3. The freedom to belong	4. The freedom to belong 2	5. The freedom to be accepted	6. Freedom from racism	1. Why is Britain so diverse?	2. What is tolerance?	2. Are stereotypes harmful?	3. How does the media affect stereotyping?	4. How can stereotypes be challenged?	5. Is discrimination still an issue in Britain today?	6. How can discrimination be challenged?

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 9	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 3	1. What is worry and why do we experience it?	2. How can I address worried thoughts?	3.. How can I support myself and others with extreme worry?	4. What is self-care?	5. What does self-care look like to me?	1. Communication in the workplace	2. School skills at work	8. Leadership	9. Professional conduct	1. Are social media and well-being connected?	2. How can we manage well-being around social media?	3. Can we really trust everything we see on social media?	

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	1. What makes a good friend at secondary school?		2. What changes will my body go through?		3. How can I keep myself and others safe?		1. How can I be a self-manage		2. What are aspirations?		3. How can I set goals?		4. Progress lesson

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 9	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 2	1. Who am I and how are we all different?		2. How can prejudice and discrimination be challenged?		3. What is online bullying and how can it be challenged?		1. How can I make healthy lifestyle choices?		2. How can I manage emotional changes during puberty?		3. What is body autonomy and why is it so important? (FGM)		4. Consolidation lesson.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 9	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 3	1. How can I develop self-worth and efficacy?		2. Why is building relationships important and how can we resolve conflict?		3. Why is consent and setting boundaries so important?		1. What influences decisions and how do we make informed choices?		2. Why do my decisions matter?		3. Saving, borrowing and protecting my money, why is it important to understand?		Consolidation

Assessments take form in the place of knowledge quizzes and confidence checkers at the end of every topic

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	1. How drugs affect health and wellbeing?		2.If alcohol is legal does it make it safe?		3.Is vaping really safe?	4. What are the risks of cannabis?		Why is it important to challenge stereotypes	2. Celebrating difference: challenging homophobia and biphobia	3. Celebrating difference: challenging gender-based discrimination 1 (sexism)	4. Celebrating difference: challenging gender-based discrimination 2. (Transphobia)	5. Why is it important to challenge race and religious discrimination?	

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 9	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 2	1. What are my strengths skills and key attributes?		2. How can goals be set?		3. What do workplace skills look like?		4. How can barriers be removed and equality created in the workplace?		1. How can I look after my mental health and wellbeing?		2. How can I manage my emotions and build resilience?		3. What are healthy and unhealthy coping strategies and when can support be sought?

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 9	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 3	1.What do healthy relationships look like?		2.What does the law say in relation to consent?		3. What is contraception and why is it used?		1. How can social media and online communication be used		2. How can I stay safe online?		3. How can I stay safe online part 2.		

Assessments take form in the place of knowledge quizzes and confidence checkers at the end of every topic

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	1.What is peer influence and who are role models?	2.Is vaping safe?	3. Are substances really risky?	4.How can substance abuse affect self and others?	5. What are the risks of gang culture	6. How can carrying knives affect lives?	7.What are county lines?	1.What are families?	2. What do healthy family relationships look like?	3. How to manage relationship changes?	4.What is consent and why is it important in relationships?	5.What is sexual health and how to stay safe in relationships?	6. 6. Is contraception just for sexual health?

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 9	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 2	7. Does the media affect relationship expectations?	1.What is body shaming and is it bullying?	2.How can I stay safe online?	3. What is sexual harassment and why is it important to challenge?	4. How can I make and maintain healthy lifestyle choices?	5. Why is sleep so important?	6. Menstrual health, what's normal and when to seek support?	1. What options are available for me in the future?	2.How can I manage and save my money?	3. How can risks of Gambling be managed?	4. How can we help people who have developed problems with gambling?	5. How can I manage risks in relation to financial activities?	1. How can I manage times of change?

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 9	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 3	2. How can I reframe unhelpful thinking patterns?	3.How can support be accessed for mental health?	4. Why should we value diversity?	5. How can we understand and prevent extremism?	6. What is radicalisation?	7. What are internet subcultures and why are they dangerous?	1.How can I showcase my personal strengths and values?	2. Employability – how do I prepare for the world of work?	3. How can I make a difference through my career choice?	4. How am I expected to behave in the workplace and how can I be proactive in future goals?	5. Why is leadership and creativity important in the workplace?	6. What is adaptability and is it important in the workplace?	7. What are my potential future steps?

Assessments take form in the place of knowledge quizzes and confidence checkers at the end of every topic

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Cycle 1	1. How can I stay safe online?		2.How can I stay safe and avoid risky situations?		3.IHow can I look after my mental wellbeing and manage stress?	4.How can I look after my physical health and get support?		1. What is e secularis m and what is pluralism ?		2.How can religion influence public life and politics?		3. What is the link between religion and social justice?	4. What is Britain's Christmas story?

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 9	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 2	1. Why is communica tion important in relationships?		2. How can unhealthy relationships be challenged?		3. What options do people have for starting a family?	4. What options do people have for unplanned pregnancy?		1. What are the origins of the universe? Science vs creation narrative		2. Can evolution and religion both explain what it means to be human?		3. Can miracles be real?	

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 9	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 3	1.Why is it important to value diversity?		2.Understandi ng extremist views and how can we challenge hate?		3. What are the dangers and risks of knife crime?		1. What influences the moral choices we make?		2. Do beliefs change what people decide is right and wrong?		3. Can you live morally without religion?		Future careers

Assessments take form in the place of knowledge quizzes and confidence checkers at the end of every topic

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 1	1. What is body shaming and body shaming?		2.How to recognise mental ill-health and how can support be access?		2.How to recognise mental ill-health and how can support be access 2.		3 How can tough times be managed such as change, grief and bereavement ?		1.What national insurance and income tax and why do I need to know about this?		2. Finances – renting, buying, cars, mortgages and more – what does it all mean?		3.Is saving for the future really important?

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 9	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 2	1.What do personal values and expectations look like in a healthy relationship?		2. What is the impact of pornography on expectations around relationships?		3. What is sexual health and how can a young person keep themselves safe?		1.How can we tell the difference between healthy and abusive relationships?		2. Forced and arranged marriages – what do we need to know?		3.How can young people stay aware of unhealthy influences online?		4. Women's health – what's 'normal' and when to seek support?

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 9	Week 9	Week 10	Week 11	Week 12	Week 13
Cycle 3	1.Understanding stress what is healthy vs unhealthy coping strategies?		2. Self-Care, grounding & how can I manage overwhelm?		3. Mindset motivation and how can I boost exam confidence?		Left						