T1		T2		Т3		
	HT1-Identity and Change (7 Weeks)	HT2- Health and Well-being (7 Weeks)	HT3- Relationships and Society (5.5 Weeks)	HT4- Managing Risks (6 Weeks)	HT5- Living in the Wider World (6 Weeks)	HT6- Being a Good Citizen (7 Weeks)
Year 7 LTP- Tuesday	MANAGING CHANGE Key Knowledge – This unit will equip year 7 students with the knowledge and skills that they need in order to successfully transition to secondary school and manage their new journey effectively.  Week 1- The School Community Week 2- Challenges of a new school Week 3- Friendships Week 4- Expressing and managing emotions Week 5- Personal Safety Week 6- Travel Safety Week 7- Goal Setting  Statutory covered:  Respectful relationships Being safe Mental and physical well being Online safety  Assessments- Quizzes Self-assessment 'I can'	HEALTH AND WELL-BEING Key Knowledge – This unit will be focused on the health and well-being of young people. In particular, exploring personal hygiene, self-care and online safety.  Week 1- Basic first aid Week 2- Body hygiene Week 3- Dental care Week 4- Healthy eating Week 5- Exercise and fitness Week 6- Impact of sleep Week 7- Puberty and hormones  Statutory covered:  Personal hygiene Mental well being Physical health and fitness Basic first aid Healthy eating Changing adolescent bodies  Assessments- Quizzes Self-assessment 'I can'	RELATIONSHIPS AND SOCIETY Key Knowledge – This unit will focus on positive and negative relationships within society and how to spot signs of each.  Week 1- What is bullying? What is cyberbullying? Week 2- Spotting the signs of bullying Week 3- The effects of bullying Week 4- Recognising unhealthy	STAYING SAFE ONLINE & OFFLINE Key Knowledge – This unit will explore the dangers of the online world and how to keep the students safe in a world so reliant and focused on social media, gaming and technology. It will also identify the negative effects of alcohol and smoking.  Week 1- Online safety- Screen time	LIVING IN THE WIDER WORLD  Key Knowledge – This unit is all about society and the wider world and will provide students with the opportunity to explore institutions which run society and its working order. We will look at politics, the monarchy and human rights. As well as encouraging students to follow their British values.  Week 1- Human Rights Week 2- British Values Week 3- Monarchy Week 4- UK government Week 5- Democracy/Voting Week 6- Law  Statutory covered:  Human rights Politics British values  Assessments- Quizzes Self-assessment 'I can'	CELEBRATING DIFFERENCES Key Knowledge – This unit is all about celebrating differences in society, combating discrimination and
Year 8 LTP- Monday	IDENTITY  Key Knowledge – This unit will explore various identities, including sexual orientation, gender identity and religious identity. This will encourage students to think about their own identities.  Week 1- Self-esteem and the media Week 2- Body dysmorphia Week 3- Positive body image Week 4- Sexual Orientation	HEALTH AND WELL-BEING Key Knowledge – This unit of work will explore the effects of mental health and the negative coping mechanisms young people may use. It will advise students on how to manage their negative emotions effectively and appropriately and who they can contact if in need of advice.  Week 1- What is mental health? Week 2- Anxiety and depression	RELATIONSHIPS AND SOCIETY Key Knowledge – This unit will cover families and relationships. It will explore the importance and benefits of marriage and family life. Additionally, it will help students to identify the characteristics of healthy and unhealthy relationships.  Week 1- Types of Families	DANGEROUS SOCIETY ONLINE  AND OFFLINE  Key Knowledge – This unit will educate students on the dangers online and offline and how to protect themselves. It will also students on where they can go for advice if they are struggling with any of the issues discussed.  Week 1- County lines- What is it?  Week 2- County lines- Who is it?	Week 1- Racism Week 2- Religious Identity Week 3- Extremism Week 4- Radicalisation Week 5- Terrorism	LAW, CRIME AND SOCIETY Key Knowledge – This unit explores laws within the UK and the process for making laws in the UK. It also identifies the purpose and aims of punishment and various types of punishment.  Week 1- Criminals, Laws and Society Week 2- Statistics Week 3- Law making in the UK Week 4- Aims of Punishment

Week 5- LGBTQ+	Week 3- Managing conflict at home	Week 2- Marriage and Civil	Week 3- Gangs	Statutory covered:	Week 5- Prisons and Punishment
Week 6- Transphobia	Week 4- Keeping yourself safe	Partnerships	Week 4- Child Exploitation &	Being safe	Week 6- Case Study (You be a Judge)
Week 7- Gender Identity	Week 5- Substance abuse and	Week 3- Importance of Marriages	Online Protection	Families	Week 7- Case Study (You be a Judge)
	possession of drugs (recreational and	Week 4- Roles and responsibilities	Week 5- Human Trafficking	Respectful relationships	
	non-recreational)	of a parent	Week 6- Online gambling and in-	·	Statutory covered:
	Week 6- The dangers of smoking	Week 5- Social media and digital	game purchases	Assessments-	<ul> <li>Legal rights and</li> </ul>
Statutory covered:	Week 7- Alcohol abuse and its effects	relationships		Quizzes	responsibilities
Online safety			Statutory covered:	Self-assessment 'I can'	
Social media	Statutory covered:		Online safety		Assessments-
<ul> <li>Internet safety and harm</li> </ul>	Mental well-being	Statutory covered:	Social media		<ul> <li>Quizzes</li> </ul>
<ul> <li>Respectful relationships</li> </ul>	Physical health	• Families	<ul> <li>Internet safety and harm</li> </ul>		<ul> <li>Self-assessment 'I can'</li> </ul>
	Mental health	<ul> <li>Respectful relationships</li> </ul>	<ul> <li>Respectful relationships</li> </ul>		
Assessments-	<ul> <li>Drugs, alcohol and tobacco</li> </ul>	Online safety	Being safe		
Quizzes	<ul> <li>Internet safety and harms</li> </ul>	Social media	• Prevention		
Self-assessment 'I can'		<ul> <li>Internet safety and harm</li> </ul>			
	Assessments-	Being safe	Assessments-		
	<ul> <li>Quizzes</li> </ul>	• Prevention	Quizzes		
	Self-assessment 'I can'		<ul> <li>Self-assessment 'I can'</li> </ul>		
		Assessments-			
		Quizzes			
		Self-assessment 'I can'			
			][		][

Year

# **BODY CONFIDENCE AND IDENTITY**

Key Knowledge – This unit will explore puberty, body issues and how to gain body confidence. It will identify how social media, celebrities them for their futures. and influencers can negatively influence young people.

- Week 1- Puberty- Changes
- Week 2- Media and Airbrushing
- Week 3- Media Expectations
- Week 4- Diets vs. healthy lifestyles
- Week 5- Body Confidence
- Week 6- Keeping up with the
- Week 7- Dealing with grief and loss

# Statutory covered:

- Mental health
- **Changing adolescent bodies**
- **Healthy eating**
- **Physical health**
- **RSE- Puberty**
- Social media
- Online safety

# Assessments-

- Quizzes
- Self-assessment 'I can..'

## **ESSENTIAL LIFE SKILLS**

Key Knowledge – This unit will look at the essential life skills all pupils should Key Knowledge – This unit will have by year 9 and start preparing

- Week 1- Life saving skills- CPR, recovery position
- Week 2- First aid
- Week 3- Cooking safety
- Week 4- Fire safety
- Week 5- Saving and managing money
- Week 6- Financial management and banks
- Week 7- Decision making and problem | Week 5- Contraception solving

## Statutory covered:

- Basic first aid
- Being safe
- Physical health

#### Assessments-

- Quizzes
- Self-assessment 'I can..'

# **RELATIONSHIP AND SEX EDUCATION**

cover RSE contents such as reproduction health, fertility, adoption, abortion and adoption. It will also inform students about sexual health such as contraception and STI's.

- Week 1- Reproduction health
- Week 2- Fertility
- Week 3- Pregnancy
- Week 4- Alternative options
- Week 6- STI's

#### Statutory covered:

- Respectful relationships
- Intimate and sexual relationships, including sexual health

#### Assessments-

- Quizzes
- Self-assessment 'I can..'

# **LEGAL AND ILLEGAL DRUGS**

Key Knowledge – In this unit we will cover the use of drugs and the laws surrounding drug use and possession. This unit will also educate pupils on the risks of recreational drugs and binge drinking.

- Week 1- Drug classifications
- Week 2- Peer pressure
- Week 3- Legality surrounding drugs
- Week 4- Risks of recreational drugs
- (NPS)
- Week 6- Binge drinking

# Statutory covered:

- Being safe Laws
- Physical health
- Drugs, alcohol and tobacco
- Health and prevention

#### Assessments-

- Quizzes
- Self-assessment 'I can..'

# **CAREERS AND ASPIRATIONS**

Key Knowledge – This unit encourages students to think about their options for the the issue of consent and the right to following academic year and to start considering potential career paths. Additionally, it explores employment rights and responsibilities and online footprints and how it can affect employability.

- Week 1- Types of employment and pathways
- Week 2- Careers
- Week 3- 5 year plan and dreams to action
- Week 4- Employment rights and responsibilities
- Week 5- New Psychoactive Drugs | Week 5- Employability- managing your personal online brand
  - Week 6- Interview Techniques

# Statutory covered:

- Human rights
- Online and media

# Assessments-

- Quizzes
- Self-assessment 'I can..'

#### **CONSENT**

Key Knowledge – This unit explores withdraw consent. It also investigates how alcohol and drugs may lead to sexual relationships and the dangers surrounding that.

- Week 1- Consent
- Week 2- Withdrawing consent
- Week 3- Sexual harassment and pressure
- Week 4- Alcohol and drugs leading to sexual relationships
- Week 5- Sexual violence
- Week 6- Rape
- Week 7- No means no campaign

# Statutory covered:

- RSE
- Content
- Mental wellbeing
- Respectful relationships
- Intimate and sexual relationships, including sexual health
- Being safe
- Drugs, alcohol and tobacco

#### Assessments-

- Quizzes
- Self-assessment 'I can..'



# MENTAL HEALTH AND WELL-BEING

Key Knowledge – This unit will identify the dangers of cosmetic surgery, sunbed addictions, eating disorders and self-harm. It will also promote emotional well-being and advise students of where they can access help and support.

Week 1- Self-examination and screening

- Week 2- Sunbeds
- Week 3- Eating disorders
- Week 4- Positive and negative role models
- Week 5- Dangers of body alterations Week 7- Employment rights and cosmetic surgery
- Week 6- Self-harm
- Week 7- Promoting emotional wellbeing

# Statutory covered:

- Mental health
- **Changing adolescent bodies**
- Healthy eating
- **Physical health**
- Being safe
- Drugs, alcohol and tobacco
- **Health and prevention**

## Assessments-

- Low stakes quizzes
- Self-assessment 'I can..'

## **RIGHTS AND RESPONSIBILITES**

Key Knowledge – This unit will encourage students to stay safe online cover sensitive topics surrounding Key Knowledge – This unit will and be aware of the negative impacts that social media can have on mental health. It will also explore rights that the students are entitled to when they enter the working world.

Week 1- Instagram generation (Instagram vs. Real life)

- Week 2- Data protection
- Week 3- Digital footprint
- Week 4- Targeted advertising
- Week 5- Consumer rights
- Week 6- Exploring a pay check

# Statutory covered:

- Online and media
- Internet safety and harms
- Mental health

#### Assessments-

- Low stakes guizzes
- Self-assessment 'I can..'

## **RSE**

Key Knowledge - This unit will RSE and advise students on how they are able to keep themselves safe; online and offline.

- Week 1- Pornography
- Week 2- Sexual Exploitation
- Week 3- Sexual assault
- Week 4- Rape
- Week 5- 'Sexting'
- Week 6- Sending explicit photos

# Statutory covered:

- Being safe
- Respectful relationships
- Online and media
- Intimate and sexual relationships
- Internet safety and harms
- **Health and prevention**

# Assessments-

- Low stakes quizzes
- Self-assessment 'I can..'

# **EXPLORING WORLD ISSUES AND CURRENT AFFAIRS**

explore the current world issues

- Week 1- FGM
- Week 2- Forced marriages
- Week 3- Honour-based violence
- Week 4- Preventing knife crime
- Week 5- Modern day slavery Week 6- Religious Persecution

## Statutory covered:

- Families
- Respectful relationships
- Being safe
- Intimate and sexual relationships
- Health and prevention

# Assessments-

- Low stakes quizzes
- Self-assessment 'I can..'

# **POLITICS AND PARLIAMENT**

on the importance of democracy and the voting system in the UK. It will also educate and how each can be prevented. students of the main political parties within the UK and their manifestos.

- Week 1- UK government
- Week 2- Why is politics important?
- Week 3- Elections and voting
- Week 4- Conservative Party
- Week 5- Labour Party Week 6- Liberal Democrats

# Statutory covered:

#### Assessments-

- Low stakes quizzes
- Self-assessment 'I can..'

## **EXPLORING BRITISH VALUES**

Key Knowledge – This unit will inform pupils Key Knowledge – This unit will identify our British values and explore the importance of them, as well as educate pupils on the human rights which they are all entitled to.

- Week 1- British Values
- Week 2- Human rights
- Week 3- LGBTQ+ rights
- Week 4- Women's rights
- Week 5- #metoo movement
- Week 6- Racism
- Week 7- Hate crime

# Statutory covered:

- Respectful relationships
- Intimate and sexual relationships
- **British values**
- Rights

# Assessments-

- Low stakes quizzes
- Self-assessment 'I can..'

PREPARING FOR YOUR FUTURE

# Statutory covered:

careers options

training

writing

Mental well-being

Week 5- Apprenticeships and

Week 6- Sixth form and colleges

Week 7- CV and personal statement

# Assessments-

 Low stakes guizzes Self-assessment 'I can..'

# **ADULT HEALTH & LOOKING AFTER** YOURSELF

Key Knowledge – This unit will explore explore sexual health and how adult health care and inform students on how they can look after themselves.

Week 1- Vaccinations and Immunisations Week 2- Donating Blood

Week 3- Organ Donation

Week 4- Testicular and prostate cancer Week 4- Respect and relationships procedures Week 5- Cervical, breast and ovarian

cancer Week 6- Abortion Week 7- Parenthood

# Statutory covered:

- Mental well-being
- Being safe
- **Families**
- Respectful relationships
- **Physical health**
- Health and prevention

#### Assessments-

- Low stakes quizzes
- Self-assessment 'I can..'

#### **SEXUAL HEALTH**

Key Knowledge - This unit will young adults are able to protect themselves.

Week 1- Peer on peer Week 2- Alcohol/ drugs and bad choices

Week 3- Importance of sexual health

Week 5- Revisiting contraception

# Statutory covered:

- SRE
- Sexual health
- Health and prevention
- Being safe
- Respectful relationships
- Intimate and sexual relationships
- Drugs, alcohol and tobacco
- Physical health

# Assessments-

- Low stakes quizzes
- Self-assessment 'I can..'

#### STAYING SAFE

Key Knowledge – This unit will advise pupils on how they can stay safe in relationships, within society and online.

Week 1- Domestic violence Week 2- Festivals & Drugs

Week 3- New Psychoactive Drugs Week 4- Pay day loans (NPS)

Week 4- Cosmetic and aesthetic

Week 5- Online reputation and digital footprint

Week 6- Gambling

# Statutory covered:

- Health and prevention
- Being safe
- Respectful relationships
- Intimate and sexual relationships
- Drugs, alcohol and tobacco
- Physical health
- **Families**
- Online and media
- Internet safety and harms

#### Assessments-

- Low stakes guizzes
- Self-assessment 'I can..'

# **CAREERS AND FINANCE**

Key Knowledge - This will explore with students the issues surrounding finance and how to prevent debt.

Week 1- Bank accounts

Week 2- Budgeting and Credit Rating

Week 3- Mortgages

Week 5- Debt and Bankruptcy

Week 6- Fraud

# Statutory covered: -

#### Assessments-

- Low stakes guizzes
- Self-assessment 'I can..'

	TRANSITION TO SIXTH FORM(CJ/JL)	HEALTH AND WELLBEING	RELATIONSHIPS AND SOCIETY	MANAGING PERSONAL RISK	WORLD OF WORK	SUCCESSFUL 'ADULTING'
	Key Knowledge –	Key Knowledge –	Key Knowledge –	Key Knowledge –	Key Knowledge –	Key Knowledge –
						Week 1- The 'new' you
	Week 1- Getting to know each other	,	Week 1- Contraception	Week 1- Catfishing	Week 1- Making yourself 'employable'	Week 2- Mental well-being
	Week 2- The Sixth form community		•	Week 2- Social media etiquette	Week 2- CV writing	Week 3- Managing anxiety
	Week 3- Use of independent study	, ,	our bodies	(What to include/not to include	Week 3- Cover letters and personal	Week 4- Healthy and unhealthy
	(Understanding and meeting	requirements)	Week 3- Consent	in your profile)	statements	relationships
>	deadlines, planning your week)	Week 3- Body image & eating	Week 4- Peer pressure and exit	Week 3- Social media etiquette	Week 4- Interview skills	Week 5- Managing influences
da	Week 4- Getting to know the ICT	disorders	strategies	(Be Kind campaign)	Week 5- Work place bullying	Week 6- Impact of alcohol and tobacco
es	systems (Teams and professional		Week 5- Sexual assault	Week 4- Data protection	Week 6- Rights, responsibilities & trade	Week 7- Dangers of recreational drug
ď	emails)	(LGBTQ+)		Week 5- Travel safety	Unions	use
Wed	Week 5- Study skills- revision	Week 5- Changes in mental health	Statutory covered:	Week 6- Young driver safety		
>	techniques	Week 6- Coping strategies				
LTP.	Week 6- Microsoft skills	Week 7- Getting help and support	Assessments-		Statutory covered:	
5	Week 7- Folder checks &		<ul> <li>Low stakes quizzes</li> </ul>	Statutory covered:		
12	organisation	Statutory covered:	<ul> <li>Self-assessment 'I can'</li> </ul>		Assessments-	
Ä				Assessments-	Low stakes quizzes	
ě	Statutory covered:	Assessments-		<ul> <li>Low stakes quizzes</li> </ul>	Self-assessment 'I can'	
		<ul> <li>Low stakes quizzes</li> </ul>		<ul> <li>Self-assessment 'I can'</li> </ul>		
	Assessments-	<ul> <li>Self-assessment 'I can'</li> </ul>				
	<ul> <li>Low stakes quizzes</li> </ul>					Statutory covered:
	<ul> <li>Self-assessment 'I can'</li> </ul>					
						Assessments-
						<ul> <li>Low stakes quizzes</li> </ul>
						<ul> <li>Self-assessment 'I can'</li> </ul>

		FINANCIAL WELLBEING (CJ)	<u>RSE</u>	PREPARING FOR THE FUTURE	STEWARDSHIP	
	UNIVERSITY LIFE (CJ/JL)	Key Knowledge –	Key Knowledge –	Key Knowledge –	Key Knowledge –	
	Key Knowledge –				Week 1- Climate change	
		Week 1- Bank accounts	Week 1- Safe sex	Week 1- Life outside Liverpool	Week 2- Global warming	
	Week 1- Post-18 options	Week 2- Finance, debt & Pay day loans	Week 2- Check ups	Week 2- Travelling the world	Week 3- Impact for future generations	
	Week 2- Traineeships and	Week 3- Financial independence	Week 4- Toxic relationships	(Places to see- EU)	Week 4- Giving back to the world	
	1	Week 4- Budgeting (Comparisons)	Week 5- Conflict	Week 3- Travelling the world	Week 5- Living in a sustainable way	
	Week 3- university- Choosing where	Week 5- Mortgages and savings	Week 6- Bereavement	(Places to see- Further afield)	Week 6- Animal rights	
	to study	Week 6- Tax, VAT and NI (Including pay		Week 4- Basic first aid		
	•	slips)		Week 5- Life saving skills- CPR,	Statutory covered:	
<b> </b>		Week 7- Risk of gambling	Statutory covered:	recovery position		
g	Week 6- Offers (How and what to			Week 6- Fire safety	Assessments-	
	· · ·	Statutory covered:	Assessments-		<ul> <li>Low stakes quizzes</li> </ul>	
Wedne	Week 7- Clearing process			Statutory covered:	Self-assessment 'I can'	
/e(		Assessments-	Self-assessment 'I can'			
	Statutory covered:	<ul> <li>Low stakes quizzes</li> </ul>		Assessments-		
LTP.		Self-assessment 'I can'		<ul> <li>Low stakes quizzes</li> </ul>		
11	Assessments-			<ul> <li>Self-assessment 'I can'</li> </ul>		
13	Low stakes quizzes					
Year	Self-assessment 'I can'					
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