	T1		T2		Т3	
	HT1-Identity and Change (8 Weeks)	HT2- Health and Well-being (7 Weeks)	HT3- Relationships and Society (6 Weeks)	HT4- Managing Risks (6 Weeks)	HT5- Living in the Wider World (5 Weeks)	HT6- Being a Good Citizen (7 Weeks)
Year 7 LTP- Tuesday	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 Week 8 – Reflecting Statutory covered: Respectful relationships Being safe Mental and physical well being Online safety Assessments- Quizzes Self-assessment 'I can' Check in / Check Out	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	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- Changing Friendships Week 3- Characteristics of positive relationships Week 4- Recognising unhealthy relationships Week 5- Romantic Relationships Week 6- Family life Statutory covered: Respectful relationships Friendships Being safe Mental-wellbeing Prevention Assessments- Quizzes Self-assessment 'I can' Check in / Check Out	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	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 / Democracy and Voting Week 5- Law Statutory covered: Human rights Politics British values Assessments- Quizzes Self-assessment 'I can'	students on the laws surrounding prejudice and discrimination. Week 1- Equality (Equality Act 2010) Week 2- Protected Characteristics
Year 8 LTP-	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.	health and the negative coping mechanisms young people may use. It will advise students on how to manage their negative emotions	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	educate students on the dangers online and offline and how to protect themselves. It will also students on where	and national threats which are faced within society. Week 1- Racism Week 2- Religious Identity Week 3- Extremism and 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- Law making

Quizzes

Self-assessment 'I can..'

who they can contact if in need of characteristics of healthy and are struggling with any of the Week 2- Breaking a law Week 1- Self-esteem and the Week 5- Religious persecution unhealthy relationships. issues discussed. Week 3- Aims of punishment media Week 2- Body dysmorphia Statutory covered: Week 4- Prisons Week 3- Positive body image Week 1- Types of Families Week 1- County lines- What is Week 5- Capital punishment Week 1- What is mental health? Being safe Week 2- Marriage and Civil Week 4- Sexual Orientation Week 2- Anxiety and depression Week 6- Case Study (You be a • Families Week 5- Transphobia and Gender Week 3- Managing conflict at home Partnerships Week 2- County lines- Who is Judge) Respectful relationships Week 3- Importance of Week 7- Case Study (You be a Identity Week 4- Keeping yourself safe Week 6- Christian Identity Week 5- Substance abuse and Week 3- Gangs Marriages Judge) Assessments-Week 4- Child Exploitation & Week 7- Other Faiths possession of drugs (recreational Week 4- Roles and • Quizzes Statutory covered: Week 8 - Disability Pride and non-recreational) responsibilities of a parent Online Protection Self-assessment 'I can..' Week 6- The dangers of smoking Week 5- Effects of Puberty Week 5- Human Trafficking Legal rights and Week 7- Alcohol abuse and its Week 6 - Self love Week 6- Online gambling and responsibilities Statutory covered: effects in-game purchases Online safety Assessments-Statutory covered: Statutory covered: Statutory covered: Social media Quizzes Mental well-being Families Online safety Internet safety and harm Self-assessment 'I can..' Physical health Respectful relationships Social media Respectful relationships Mental health Mental well-being Internet safety and Drugs, alcohol and tobacco Physical health harm Assessments-Internet safety and harms Being safe Respectful Quizzes relationships Self-assessment 'I can..' Prevention Being safe Assessments-

Prevention

Quizzes

can..'

Self-assessment 'I

Assessments-

Assessments-

Quizzes

Self-assessment 'I can..'

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 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

Frid

o

ear

Week 6- Keeping up with the 'Kardashians'

Week 7- Dealing with grief and loss

Week 8 - The "perfect" man

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 have by year 9 and start preparing them for their futures.

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 monev

Week 6- Financial management and Week 3- Pregnancy banks

Week 7- Decision making and problem solving

Statutory covered:

- Basic first aid
- Being safe
- Physical health

Assessments-

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

RELATIONSHIP AND SEX EDUCATION

Key Knowledge - This unit will 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 4- Alternative options Week 5- Contraception

Week 6- STI's

Statutory covered:

- Respectful relationships Statutory covered:
- Intimate and sexual relationships, including sexual health

Assessments-

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

LEGAL AND ILLEGAL DRUGS Key Knowledge – In this unit

binge drinking.

Week 1- Drug classifications Week 2- Peer pressure

Week 3- Legality surrounding drugs

Week 4- Risks of recreational drugs

Week 5- New Psychoactive Drugs (NPS) Week 6- Binge drinking

- 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 we will cover the use of drugs students to think about their options for and the laws surrounding drug the following academic year and to start use and possession. This unit considering potential career paths. will also educate pupils on the Additionally, it explores employment risks of recreational drugs and rights and responsibilities and online footprints and how it can affect employability.

> Week 1- Types of employment and pathways

Week 2- Careers

responsibilities

Week 3- 5 year plan and dreams to action to sexual relationships Week 4- Employment rights and

Week 5- Interview Techniques

Statutory covered:

- Human rights
- Online and media

Assessments-

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

CONSENT

Key Knowledge – This unit explores the issue of consent and the right to 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

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..'

BEING

MENTAL HEALTH AND WELL-

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

Week 1- Self-examination and screening

Week 2- Sunbeds

Thursday

- Week 3- Eating disorders
- Week 4- Positive and negative role Week 6- Exploring a pay check models
- Week 5- Dangers of body alterations and cosmetic surgery | Statutory covered:
- Week 6- Self-harm

Week 7- Promoting emotional well-being

Week 8 - Mental effects of alcohol and drugs

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 and be aware of the negative surrounding RSE and advise impacts that social media can have students on how they are able will also promote emotional well- explore rights that the students are and offline. 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 7- Employment rights

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

Assessments-

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

RSE

Key Knowledge – This unit will cover sensitive topics to keep themselves safe; online prevented.

- Week 1- Pornography
- Week 2- Sexual Exploitation
- Week 3- Sexual assault
- Week 4- Rape
- Week 5- 'Sexting'

Week 6- Sending explicit photos Week 5- Modern day slavery

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 and how each can be

- Week 1- FGM
- Week 2- Forced marriages
- Week 3- Honour-based
- violence
- Week 4- Preventing knife crime
- 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

Key Knowledge - This unit will inform Key Knowledge – This unit will pupils on the importance of democracy and the voting system in the UK. It will also educate 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-Labour Party
- Week 5- Conservative Party
- Week 6- Liberal Democrats

Statutory covered:

Assessments-

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

EXPLORING BRITISH VALUES

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 guizzes
- Self-assessment 'I can..'

PREPARING FOR YOUR FUTURE

Key Knowledge – This unit will prepare students for their near future after St Nics. It will advise them on how to deal with exam stress and time management particularly with revision. It will also inform students about the opportunities and post 16 options available to them, as well as equip students with the time to coin their CVs and personal <mark>statements.</mark>

Week 1- Time management

Week 2- Exam stress

Week 3- Revision Techniques

Week 4- Options for post 16 and careers options

Week 5- Apprenticeships and training

Week 6- Sixth form and colleges

Week 7- CV and personal statement writing

Statutory covered:

Week 8 - University

Mental well-being

Assessments-

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

ADULT HEALTH & LOOKING AFTER YOURSELF

Key Knowledge - This unit will explore 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 5- Cervical, breast and ovarian cancer Week 6- Abortion

Statutory covered:

Week 7- Parenthood

Mental well-being

Being safe

Families

Respectful relationships

Physical health

Health and prevention

Assessments-

Low stakes guizzes

Self-assessment 'I can..'

SEXUAL HEALTH

Key Knowledge - This unit will explore sexual health and how young adults are able to protect stay safe in relationships, themselves.

Week 1- Child on Child Week 2- Alcohol/ drugs and bad | Week 2- Festivals & Drugs choices Week 3- Respect and

relationships Week 4- Importance of sexual health

Week 5- Revisiting contraception

Week 6 - Revisiting consent

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 within society and online.

Week 1- Domestic violence Week 3- New Psychoactive Drugs (NPS) Week 4- Cosmetic and aesthetic procedures Week 5- Online reputation and

Statutory covered:

Week 6- Gambling

digital footprint

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 quizzes

Self-assessment 'I can..'

FINANCE

advise pupils on how they can 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- Pay day loans

Week 4- Debt and Bankruptcy

Week 5- Fraud

Week 6- Mortgages

Statutory covered: -

Assessments-

Low stakes quizzes

· Self-assessment 'I can..'

HEALTH AND WELLBEING RELATIONSHIPS AND SOCIETY **MANAGING PERSONAL RISK SUCCESSFUL 'ADULTING'** TRANSITION TO SIXTH FORM **WORLD OF WORK** Key Knowledge -Key Knowledge -Key Knowledge -Key Knowledge – Key Knowledge -Key Knowledge -Week 1- The 'new' you Week 1- Getting to know each Week 1- Contraception Week 1- Catfishing Week 2- Mental well-being Week 1- Healthy diet & exercise Week 1- Making yourself 'employable' Week 3- Healthy and unhealthy Week 2- Personal Food Choices Week 2- Respect for ourselves Week 2- Social Media other Week 2- CV writing Week 2- The Sixth Form and our bodies Etiquette (What to include/not relationships (Vegan, Vegetarian, Religious Week 3- Cover letters and personal dietary requirements) Week 3- Consent Week 4- Democracy and voting community to include in your profile) statements Week 3- Use of independent study Week 3- Body image & Eating Week 4- Peer pressure and exit | Week 3- Social Media Week 5- Parties in the UK Week 4- Interview skills (Understanding and meeting Disorders strategies Etiquette (Be Kind campaign) Week 6- Impact of alcohol and Week 5- Work place bullying deadlines, planning your week) Week 4- Self-esteem & Identity Week 5- Sexual assault Week 4- Data protection tobacco Week 6- Rights, Responsibilities & Trade Week 7- Dangers of recreational Wedne Week 4- Getting to know the ICT (LGBTQ+) Week 6 - Rape Week 5- Travel safety Unions systems (Teams and professional | Week 5- Changes in mental health Week 6- Young driver safety drug use Week 6- Coping strategies Statutory covered: emails) Week 7- Getting help and support Week 5- Study skills- revision Statutory covered: techniques Assessments-Statutory covered: Week 6- Microsoft skills Statutory covered: Low stakes quizzes 12 Assessments-Week 7- Folder checks & Assessments-Self-assessment 'I can..' Low stakes quizzes organisation Assessments- Low stakes quizzes • Self-assessment 'I can..' Week 8 - Reflection Low stakes quizzes Self-assessment 'I Self-assessment 'I can..' can..' Statutory covered: Statutory covered: Assessments-Assessments- Low stakes quizzes Low stakes quizzes Self-assessment 'I can..' Self-assessment 'I can..'

	UCAS WRITING	FINANCIAL WELLBEING	RSE	PREPARING FOR THE FUTURE	STEWARDSHIP	
	Key Knowledge –	Key Knowledge –	Key Knowledge –	Key Knowledge –	Key Knowledge –	
	Week 1- UCAS Completion				Week 1- Climate change	
	Week 2- Personal Statement	Week 1- Bank accounts	Week 1- Safe sex	Week 1- Life outside Liverpool	Week 2- Giving back to the world	
	completion	Week 2- Finance, debt & Pay day	Week 2- Check ups	Week 2- Travelling the world	Week 3- Impact for future generations	
	Week 3- Personal Statement	loans	Week 3- Consent	(Places to see- EU)	Week 4- Living in a sustainable way	
	completion	Week 3- Financial independence	Week 4- Toxic relationships	Week 3- Travelling the world	Week 5- Food and agriculture	
	Week 4- Personal Statement	Week 4- Budgeting (Comparisons)	Week 5- Conflict	(Places to see- Further afield)	Week 6- Global warming	
	completion	Week 5- Mortgages and savings	Week 6- Bereavement	Week 4- Basic first aid	Week 7- Climate justice	
	Week 5- Offers (How and what to	Week 6- Tax, VAT and NI (Including pay		Week 5- Life saving skills- CPR,		
	accept)	slips)		recovery position	Statutory covered:	
,	Week 6- Bursaries and scholarships	Week 7- Risk of gambling	Statutory covered:	Week 6 – Learning to drive		
ll ll	Week 7- Student finance				Assessments-	
	Week 8- Clearing process	Statutory covered:	II .	Statutory covered:	 Low stakes quizzes 	
LT			Low stakes quizzes		Self-assessment 'I can'	
	Statutory covered:	Assessments-	Self-assessment 'I	Assessments-		
13		 Low stakes quizzes 	can'	 Low stakes 		
ear	Assessments-	Self-assessment 'I		quizzes		
e	 Low stakes quizzes 	can'		Self-assessment 'I		
	Self-assessment 'I			can'		
	can'					
		_	_	_		