

Long Term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Independence & Aspirations <i>Aim: Goal setting, organisational skills and self-awareness</i> - Personal identity - Skills needed for KS3 - The 3 R's - Introduction to Careers (C)	Autonomy & Advocacy <i>Aim: Empathy, compassion and communication</i> - Making and maintaining friendships - Challenging bullying - Communicating online - Skills for the workplace (C)	Choices & Influences <i>Aim: strategies to manage influence & decision making, empathy & compassion</i> - Respectful relationships - Communication - The law on consent	Autonomy & Advocacy <i>Aim: confidence, respect, advocacy</i> - Managing physical & emotional change - Body positivity & self-esteem	Choices & Influences <i>Aim: Managing influence, access support</i> - Healthy, balanced lifestyle - The law on smoking, vaping, caffeine - Wider health issues	Citizenship <i>Aim: Celebrating being British, understanding what unites everyone.</i> - British Values - British Heritage - The future of Britain - Future goals in careers (C)
	Autonomy & Advocacy <i>Aim: Respect for beliefs, values and opinions, advocacy skills</i> - Stereotypes, prejudice & discrimination - Bullying - Body image	Independence & Aspirations <i>Aim: Risk management skills, analytical skills and critical thinking</i> - Managing online presence - Digital footprint - Fake news	Choices & Influences <i>Aim: agency, strategies to manage influence & access support</i> - The healthcare system - Health risks on long-term health - Healthy lifestyle choices	Autonomy & Advocacy <i>Aim: Communication and negotiation skills, clarifying values, strategies to manage influence</i> - Boundaries & consent - Healthy Relationships - Medical consent	Independence & Aspirations <i>Aim: Goal setting, motivation and self-awareness</i> - Aspirations for the future (C) - Career Choices (C) - The world of work (C)	Choices & Influences <i>Aim: agency, strategies to manage influence & access support</i> - Intro to contraception - Harmful behaviours & subcultures - Impact of peer influence
9	Citizenship <i>Aim: develop pupils' understanding of democracy, government and the rights and responsibilities of citizens.</i> - Government - Elections/Voting - The Budget - Public Services	Choices & Influences <i>Aim: empathy, compassion & strategies to access support</i> - Change, loss & bereavement - Healthy coping strategies - Mental health (incl self-harm & eating disorders)	Independence & Aspirations <i>Aim: Goal setting, analytical skills and decision making</i> - GCSE options (C) - Post 16 options (C) - Employability (C) - Voting/Active Citizen (C)	Autonomy & Advocacy <i>Aim: Assertive communication, clarifying values and strategies to manage influence</i> - Substance abuse - Vaping - Exploitation and harmful practice	Independence & Aspirations <i>Aim: Analytical skills and strategies to identify bias and manage influence</i> - Financial literacy - In-game spending - Managing negative peer influences	Choices & Influences <i>Aim: decision making, risk management & support seeking skills</i> - STI/STD - Contraception - Teenage pregnancy
	Independence & Aspirations <i>Aim: Self-awareness, goal-setting, adaptability and organisational skills</i> Work experience preparation- finding a placement, contacting employers, expectations in the work place (C)	Autonomy & Advocacy <i>Aim: Empathy & compassion, strategies to manage influence & assertive communication</i> - Relationship expectations - Impact of pornography - Responding to abuse & harassment	Choices & Influences <i>Aim: confidence, agency and support-seeking skills</i> - Making safe and healthy lifestyle choices - Understanding masculinity and language use	Autonomy & Advocacy <i>Aim: respect for diversity, risk management & support-seeking skills</i> - Respecting diversity - Human trafficking & modern slavery - Contraception advocacy	Choices & Influences <i>Aim: confidence, strategies to manage influence & decision making</i> - Racism - Hate crime - Radicalisation	Independence & Aspirations <i>Aim: Self-awareness, goal-setting, adaptability and organisational skills</i> - Work experience reflection - Labour market trends
11	Autonomy & Advocacy <i>Aim: communication & negotiation skills, risk management</i> - Bank accounts - Wage slips - Budgeting	Choices & Influences <i>Aim: confidence, strategies to manage influence & decision making</i> - Health monitoring - Cosmetic & aesthetic procedures	Independence & Aspirations <i>Aim: Goal setting, leadership and organisational skills</i> - Revision techniques - Goal setting - Reframing setbacks	Autonomy & Advocacy <i>Aim: respect for diversity, risk management & support-seeking skills</i> - Contraception - Respect, pleasure & equity in relationships		

HT5- Students will consider their future and begin to formulate their future aspirations & next steps	Careers: What comes after school: The main learning pathways	Careers: Decision making: Choosing what to study at KS4	Careers: Are A Levels right for me?	Careers: Money Talks: Apprenticeships VS Higher Education	Careers: What type of career is best for me?	Unifrog IT lesson		
HT6- Students will understand the impact of peer influences on choices.	WK 33	WK 34	WK 35	WK 36	WK 37	WK 38	WK 39	
	Choices & Influences							
	Do I understand power and respect within a relationship?	How can I challenge misogyny and everyday sexism?	What is the law around harmful behaviours?	What are my choices on contraception?	What does a positive role model look like? Can I be one?	How can I resist negative peer influences?	How can I build a respectful peer culture?	

Medium Term Planning

Year 9

HT1- develop pupils' understanding of democracy, government and the rights and responsibilities of citizens.	WK 1	WK 2	WK 3	WK 4	WK 5	WK 6	WK 7	WK 8
	Citizenship							
	How is our country run?	The UK voting system	What is the national budget? (including financial literacy on wages)	What is the role of the Royal Family?	Public services- The Police	Creating a manifesto	Creating a campaign	BHM: Activism
HT2- Students will understand how to stay safe online and develop critical thinking when faced with online dilemmas	WK 9	WK 10	WK 11	WK 12	WK 13	WK 14	WK 15	
	Choices & Influences							
	How can I be assertive when faced with risk-taking behaviours?	What are common mental health conditions?	What is body positivity?	How can I identify malicious, online scams?	How can I critically challenge harmful, online subcultures?	How can I think critically to examine AI and online algorithms?	Preparing for your Future	
HT3- Students will understand how their GCSE option choices contribute to future career pathways & employability	WK 16	WK 17	WK 18	WK 19	WK 20	WK 21		
	Independence & Aspirations							
	GCSE choices and careers	Career Research in depth	Pathways After GCSE	Labour Market and Future Opportunities	Employability Skills and CV Building	Decision Making and Next Steps		
HT4- Students will understand how to assertively communicate during challenging situations	WK 22	WK 23	WK 24	WK 25	WK 26			
	Autonomy & Advocacy							
	What are the risks and consequences of alcohol use?	What are the risks and consequences of vaping?	What are the risks and consequences of substance misuse?	What is controlling behaviour?	What is exploitation or harmful practice?			
	WK 27	WK 28	WK 29	WK 30	WK 31	WK 32		

HT5- Students will consider how to use their independence, and make sensible decisions during adolescence	Independence & Aspirations							
	What is the link between social media and consumerism?	What are the risks associated with gambling and gaming microtransactions?	How can I make sensible decisions in adolescence?	What are the risks, consequences and choices associated with knife crime?	What are safe strategies to challenge prejudice?	What is extremism and radicalisation?		
HT6- Students will understand how to make positive choices around their own sexual health	WK 33	WK 34	WK 35	WK 36	WK 37	WK 38	WK 39	
	Choices & Influences							
	LGBTQ+ awareness and understanding	What is contraception?	What is an STI/STD?	What are the options with a teenage pregnancy?	What is Child Sexual Exploitation? [CSE]	What are the dangers of pornography?	How can I keep myself safe?	

Medium Term Planning

Year 10

HT1- Students will start to consider their work experience placement and how this links into future career options	WK 2	WK 4	WK 6	WK 8	Remainder of curriculum time is Enrichment
	Independence & Aspirations				
	Careers- Review your journey/ Finding a work experience placement	Careers- Contacting employers	Careers- CV writing and applications for post 16	Careers- Employability skills	
HT2- Students will understand how they can assertively express their boundaries.	WK 10	WK 12	WK 14	Remainder of curriculum time is Enrichment	
	Autonomy & Advocacy				
	How can I identify coercion and assertively give or not give consent?	How can I evaluate and manage the influence of pornography?	Reflection on Alice Ruggles Trust Assembly		
HT3- Students will understand how lifestyle choices can impact personal safety	WK 16	WK 18	WK 20	Remainder of curriculum time is Enrichment	
	Choices & Influences				
	Gender Equality	Toxic Masculinity	Role Models and influences		
	WK 22	WK 24	WK 26	Remainder of curriculum time is Enrichment	
	Autonomy & Advocacy				

HT4- <i>Students will understand diversity, and how to advocate for their own protected characteristics</i>	How can I respect diversity in gender, sexual orientation, faith and race?	What is human trafficking & modern slavery?	What are my options when choosing contraception?	
HT5- <i>Students will understand how extreme personal belief systems may impact others.</i>	WK 28	WK 30	WK 22	Remainder of curriculum time is Enrichment
	Choices & Influences			
	What is racism?	What is a hate crime?	What is radicalisation?	
HT6- <i>Students will consider their career goals & aspirations, and where these fit in the current labour market</i>	WK 33	WK 35	WK 37	Remainder of curriculum time is Enrichment
	Independence & Aspirations			
	Uploaded Work Experience/ Evaluations/ researching Courses/ Next Steps	What is a hate crime?	Careers- Post 16 options Careers- How can I benefit from the changing patterns and trends in labour market information?	

Medium Term Planning

Year 11

HT1- <i>Students will understand important financial decisions they will make in the next 2 years.</i>	WK 2	WK 4	WK 6	WK 8	Remainder of curriculum time is Enrichment
	Autonomy & Advocacy				
	What is a bank account?	What is a wage slip? What are the different types of employment?	What is a budget?	What is student finance?	
HT2- <i>Students will understand how to advocate for their own health and understand how to make informed choices regarding their own health</i>	WK 9	WK 11	WK 13	Remainder of curriculum time is Enrichment	
	Choices & Influences				
	How can I assess and manage risks associated with cosmetic and aesthetic procedures?	How can I monitor my own health, how can I access health services?	How can I make informed choices around blood, organ and stem cell donation?		

HT3- <i>Students will understand the next steps in being successful as Year 11 draws to a close</i>	WK 15	WK 17	WK 19	Remainder of curriculum time is Enrichment
	Independence & Aspirations			
	Post 16 Options, finalising route, Unifrog Careers	CV's and employability skills	Understanding the world of work, labour market / next steps	
HT4- <i>Students will understand how to advocate for their own sexual health.</i>	WK 21	WK 23	WK 25	Remainder of curriculum time is Enrichment
	Autonomy & Advocacy			
	How can I negotiate and use contraception? How can I maintain good sexual health?	How do I recognise the importance of respect, pleasure and equity in intimate relationships?	What are the challenges and opportunities as I transition into adulthood?	