

Y7 Citizenship and Character								
		Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7
Autumn I Health & Wellbeing	Autumn I Module Two Hope (Second Booklet) (RE)	Transition Session: DAY 1 and 2 Information about the school and ice-breaker tasks including a letter to yourself in Year 11	Transforming Communities	Team Building Community -What are the foundations of community? -What skills are needed in a team to transform a community?	Learning to Serve -What does it mean to serve others in a community?	Building Unity in Our Community	Building Community: Looking after the most vulnerable in our community -How can we help the most vulnerable?	Building Community: Looking after the most vulnerable in our community -How can we help the most vulnerable?
Autumn II Health & Wellbeing	Autumn II Module Two Hope (Second Booklet) (RE)	Planning to Serve -How do we plan for a volunteering project? -Apply the ADARE model to the planning process	Personal Volunteering Project -Share what you have achieved: personal project Set home volunteering project in this half term: students to track their progress and provide evidence. Deadline Summer.	School Community Project -Plan using ADARE model Set school project in this half term – School projects and personal 'home' projects can be continued and evidenced throughout the rest of the year. Deadline Summer II	School Community Project -Plan using ADARE model Set school project in this half term – School projects and personal 'home' projects can be continued and evidenced throughout the rest of the year. Deadline Summer II	Local Community Project -Plan, organise and prepare for Local Community Project (The Christmas Fair)	Local Community Project -Plan, organise and prepare for Local Community Project (The Christmas Fair)	Local Community Project -Plan, organise and prepare for Local Community Project (The Christmas Fair)
Spring I Relationships and Sex Education	Spring I Module Two Hope (Second Booklet) (RE)	What is leadership? -Identify and examine what makes a good leader	What is leadership? -Identify and examine what makes a good leader	What is Faith and how does it affect people's lives? -Consider own belief and those of others.	What is Faith and how does it affect people's lives? -Consider own belief and those of others.	What's the Bible got to do with it? -Consider how faith and leadership are influenced by the bible -The leadership of Jesus (New Testament)	What's the Bible got to do with it? -Consider how faith and leadership are influenced by the bible -The leadership of Jesus (New Testament)	Pause Lessons review project progress
Spring II Relationships & Sex Education	Spring II Archbishop Award KS3 Module One Faith (RE)	Where does the church fit in?	Where does the church fit in?	Explore the life and work of 2 or 3 people from the past (Complete work in tutor time Character Book) (choice of 8 options) -Corrie Ten Boom -Elizabeth Fry -James Clerk Maxwell -Mahatma Gandhi -Martin Luther King -Mother Teresa -Nelson Mandela -William Wilberforce	Explore the life and work of 2 or 3 people from the past (Complete work in tutor time Character Book) (choice of 8 options) -Corrie Ten Boom -Elizabeth Fry -James Clerk Maxwell -Mahatma Gandhi -Martin Luther King -Mother Teresa -Nelson Mandela -William Wilberforce	Explore the life and work of 2 or 3 people from the present (Complete work in tutor time character booklet) -The Archbishop of York -Bear Grylls -Bethany Hamilton -Andy Hawthorne -Canon Andrew White -J.K. Rowling -Malala Yousafzai -Maro Itoje	Explore the life and work of 2 or 3 people from the present (Complete work in tutor time character booklet) -The Archbishop of York -Bear Grylls -Bethany Hamilton -Andy Hawthorne -Canon Andrew White -J.K. Rowling -Malala Yousafzai -Maro Itoje	
Summer I Health and Wellbeing	Summer I Archbishop Award KS3 Module One Faith (RE)	Finish the work on the real people and leaders from last half term	The role of charities: Vision into Action -Investigate how charities influence change in our world and put vision into action.	The role of charities: Vision into Action -Investigate how charities influence change in our world and put vision into action.	Module Three ACTION: Review the students' projects Students and staff need to complete the review forms/ booklets	Module Three ACTION: Review the students' projects Students and staff need to complete the review forms/ booklets	Module Three ACTION: Review the students' projects Students and staff need to complete the review forms/ booklets	
Summer II Health & Wellbeing	Summer II Understanding Self, Character Development & Employability Skills Financial Wellbeing: Understanding Money	Self Managers: Managing my behaviours to achieve my targets. Resilience. Support	Self Confidence: How can boosting our self-confidence improve our achievement?	Communication Skills: Why are good communication skills so important?	How can I pay for things?	How can I use a bank account?	How can I plan a simple budget?	How do I keep my money safe?

Y7 PSHE/RSHE

		Session 1	Session 2	Session 3	Session 4
Autumn I Health & Wellbeing	Managing on- and off-line friendships and relationships	Families and Relationships - What are the different types of families and does it matter what kind I have? - Roles within the family	Friends and Friendship - How do I maintain genuine friendships and avoid toxic ones? - Characteristics of genuine friends	Bullying or Banter? - When does banter become bullying? - What is and isn't acceptable? On and offline - Racism link	Cyberbullying (E-safety) - Types of online bullying - How can we prevent cyber bullying? - Who can I talk to?
Autumn II Health & Wellbeing	The risks of alcohol, tobacco & other substances.	Introduction to Drugs Education -Understanding drugs: focus on caffeine and energy drinks - Impact of caffeine on the body - Reasons why people think they need caffeine	Introduction to Drugs Education -Tobacco risk and influences. The law - Peer influences	Introduction to Drugs Education -Alcohol risks and influences. The law - Risks - Managing influences	Energy Drinks -Caffeine, Dopamine & Diabetes -The effects and dangers of energy drinks on teens
Spring I Health & Wellbeing	Personal Safety & Awareness/ First Aid	Activity to be healthier -How can I commit to a healthy life? -Exercise types and a healthy heart	Mental Health -Why do we need self-esteem & how do we build it up? Support	Mental wellbeing: Recognising concerns	
Spring II Relationships & Sex Education	Managing puberty & issues of unwanted contact	Puberty -What can I expect, what is normal and why does it happen? Male and female focus	Puberty and Hygiene -How does my changing body need me to take care of it? Male and female focus	Understanding Periods -The menstrual cycle and PMS – what do I need to know?	
Summer I Relationships & Sex Education	Managing puberty & issues of unwanted contact	Healthy relationships -What are healthy and unhealthy relationships and what are the consequences? Pressure statements, coercion	Introduction to the concept of consent -What does consent means, both legally and ethically, and why it is so important? Personal safety. Personal space – support for victims and where to get help	Sexting and Nudes (E-safety) -What is sexting and how does it impact me? The law. Social media. Where to get help, avoid pressure	
Summer II Health & Wellbeing	Personal Safety & Awareness/ First Aid	Female Genital Mutilation-FGM – CSE	Personal Safety & Basic First Aid - What do we need to know about personal safety and basic first aid? -What to do in medical emergencies. CPR & Defibrillator.	Dental Hygiene -What is good dental hygiene and why is it important to look after our teeth?	Healthy Lifestyles -Exercise and sleep -Nutrition & Diet -Medical Care & Hygiene

Y8 Citizenship and Character

		Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7
Autumn I Character, Citizenship and Careers Programme	Character: Mental Health and Emotional Wellbeing	Attitudes to mental health	Promoting emotional wellbeing & Resilience	Digital resilience	Unhealthy coping strategies (self-harm & eating disorders)	Healthy coping strategies	Self-awareness & Emotional Intelligence	Anger management, how can I control my temper?
Autumn II Character, Citizenship and Careers Programme	Citizenship, British Values and Government	Origins of Democracy	How does the British Parliament System Work?	Democracy, Voting and elections	Law making and Parliament	How is local government different to national government?	What do local councils do?	How do local elections work?
Spring I Character, Citizenship and Careers Programme	Understanding Money & Financial Wellbeing	How do I understand about money from around the world?	What affects my choices about money?	What is fraud?	How does money affect my feelings	What are the links between jobs and money?	What are my aspirations?	
Spring II Character, Citizenship and Careers Programme	Citizenship - rights, justice and law	What rights are we entitled to?	What does a right to education really mean?	What can I do as a citizen to protect the rights of others?	How do we protect the right to health?	Are you getting your right to reliable and accurate information?	Deliberative Debate: How well are children's' rights protected and supported in the UK?	
Summer I Character, Citizenship and Careers Programme	Citizenship, Fundamental British Values & Prevent	Introduction to Citizenship: What is it?	What does it mean to be a British Citizen/ Identity?	Can you have British Values & Religious View that are not Christian?	What is online radicalisation and why is it a problem?	How can we prevent radicalisation and extremism?	Inclusion, belonging & addressing extremism	
Summer II Character, Citizenship and Careers Programme	Citizenship - rights, justice and law	What is crime?	What reasons are behind criminal behaviour?	What is the role of the police in dealing with crime?	Is youth crime really as serious as the media suggest?	The Monarch: How Britain became a constitutional Monarchy	How does the Criminal Justice system work?	SMART LAW: Youth Justice & the Law

Y8 PSHE/RSHE

		Session 1	Session 2	Session 3	Session 4
Autumn I Health & Wellbeing	Tackling prejudice & discrimination- promoting human rights	What is discrimination and prejudice (links to bullying and unfair treatment of others) and how are people protected (the law)? Online & offline	How are disabled people treated in society & by the media? -Is a disability a disability (barrier)?	Why is racism and stereotyping wrong? Law and treatment of others	What is religious discrimination & Why does it still happen? -Islamophobia & religious prejudice. Radicalisation/extremism
Autumn II Health & Wellbeing	Tackling prejudice & discrimination- promoting human rights Online safety and digital literacy	What are LGBTQ+ rights like across the world? Law	Why must we be so careful with social media & the internet? Online safety, settings. Peer on Peers abuse	What is online grooming /CSE how can we recognise the warning signs? Where to get help	Sexual harassment
Spring I Relationships and Sex Education	Relationships & Sex Education and consent	When is a relationship no longer healthy and how can it be ended? Pressure statements, control & manipulation	What is the difference between sexual orientation and gender identity?	What is consent and how do we ask for it? How do we give it? Pressure statements, coercion. The law	
Spring II Relationships & Sex Education	Relationships & Sex Education and consent	What is contraception and why is it important? Staying safe. The law	What qualities are required to be a good parent?	Menstrual Wellbeing; options available and environmental impact.	
Summer I Health and Wellbeing	Mental health & emotional wellbeing: body image	Is the body perfect an illusion?	Are you really you on social media? Safety online.	Why is body talk a bad idea?	
Summer II Health & Wellbeing	Alcohol and drug misuse and managing peer influence	How dangerous are drugs & what are the different types of drugs? Addiction.	Drugs, risks, and the law; what do I need to know? How can people get help? Domestic abuse due to addiction	Smoking and vaping. Is smoking really that bad and is vaping a better option?	What are the short-term and long-term risks of alcohol

Y9 Citizenship and Character

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Autumn I Character, Citizenship and Careers Programme	Health and Wellbeing: Character Development	Tobacco Marketing and the effect	Alcohol; what is normal? Avoiding peer pressure	NPS and resisting peer pressure - Resilience	Risky situations/ Real life risks. The law. Support and how to avoid situations	Exploring Ethical dilemmas in a safe setting	SMART LAW: Police Powers	SMART LAW: Family Law
Autumn II Character, Citizenship and Careers Programme	Citizenship –Starting Out: your employment rights and responsibilities Citizenship & Human Rights	Basic Rights & Discrimination Issues	Information Sources & Work Experience	Health & Safety & Bullying in the workplace	Human Rights: What are our rights and responsibilities?	Human Rights in action: Do we still need the Human Rights Act in the UK today?	Human rights & Education: Why can't some children gain an education?	UNICEF: Who is UNICEF and how do they help to enforce Human Rights for Children?
Spring I Character, Citizenship and Careers Programme	Citizenship, British Values, Justice: Crime & Punishment	What are the debates around identity in the UK?	What is identity and how can we be defined?	British Values: What is multiculturalism and what do we gain from this? Acceptance	Overcoming Prejudice: Britain, immigration, refugees and asylum seekers. Acceptance	Reasons for crime: Why do people commit crimes?	Capital Punishment: The death penalty today and arguments for and against	
Spring II Character, Citizenship and Careers Programme	Understanding Money & Financial Wellbeing	Non-Democratic Governments	Options process; assemblies organised by KSH	Why does my online presence matter when applying for jobs?	How can I understand credit and debit?	How do I keep my finances secure?	When might I need insurance?	
Summer I Character, Citizenship and Careers Programme	Citizenship & the Environment	The Environment: How is it changing, should we worry & what can be done?	Sustainability: What is sustainability & how can we personally live a more sustainable way? Meat Eating	Global Issues: How can we live more sustainably & reduce our Carbon Footprint?	The climate change protests- what's going on and will this bring change?	Plastics: How is plastic damaging our environment & what can we do about it?	Climate change	
Summer II Character, Citizenship and Careers Programme	Citizenship & Economic Wellbeing: Eco Me Health and Wellbeing	How the economy influences our decisions & the role of the Bank of England	How to manage risk in relation to financial decisions	Financial choices and our responsibility as consumers Understanding Money & Financial Wellbeing	The risk of sending nude images (the law) Pressure	Understand that it is abusive to pressure others into sending nudes. Support	How to support a victim in seeking help. Victim support	SMART LAW: Cyber bullying and the Law. Support

Y9 PSHE/RSHE

		Session 1	Session 2	Session 3	Session 4
Autumn I Health & Wellbeing	Mental health and ill health, tackling stigma.	How can we keep good mental health and deal successfully with stress?	What is Depression and how do you deal with a panic attack?	What is self-harm and why do people do it? How do we help ourselves and others?	How can we recognise and prevent eating disorders? How to get help
Autumn II Health & Wellbeing	Mental health and ill health, tackling stigma. Online safety	Why do people commit suicide and what are the warning signs? How to help others.	What is mindfulness and how can it help us with our mental health?	What are the online risks?	Sharing and removing material online
Spring I Relationships and Sex Education	Sex education including healthy relationships, consent, Contraception and STIs.	Beginning a romantic relationship: How can I identify and ignore pressure statements?	Consent: What is sexual consent? What does the law say? Support and guidance. Taking away consent. CSE Victim support.	STI Types and Prevention: What are STIs and what should you do if you are worried you have an STI?	
Spring II Health and Wellbeing	Gangs, crime and risky behaviour (Links to bullying & Drugs & Alcohol included implicitly)	Why do teenagers get involved with knife crime and what are the consequences? The law. Support and help.	Personal Safety: Why are acid attacks increasing and what can we do if we see one?	How does the law deal with young offenders? Age of legal responsibility	
Summer I Health and Wellbeing	Gangs, crime and risky behaviour (Links to bullying & Drugs & Alcohol included implicitly)	Anti-Social Behaviour: Why do people do it and what are the consequences? The law	Are gangs really that glamorous? Support, avoiding peer pressure and dangerous situations	County Lines: What is it and how are people being exploited? How to get help and support. The law	
Summer II Relationships and Sex Education	Sex education including healthy relationships, consent, Contraception and STIs.	Contraceptives: What are the contraceptive options?	Condom Negotiation: How do I use a condom safely?	Unplanned Pregnancy: What are the options available if you have an unplanned pregnancy? Support & guidance	Session 7: -Why is pornography so dangerous? The law. Support

Y10 Citizenship and Character

		Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7
Autumn I Character, Citizenship and Careers Programme	Citizenship –Starting Out: your employment rights and responsibilities	How can I improve on my skills &/or behaviour? Analysing & planning personal development	Taking control of my future: Personal Development Plan	How and why do role models influence us and is this always a good thing?	What are Interpersonal Skills and why are they important?	Time management: How can I organise myself to succeed?	Basic Rights, Discrimination Issues, Information Sources, Work Experience, Health & Safety & Bullying in the workplace	Basic Rights, Discrimination Issues, Information Sources, Work Experience, Health & Safety & Bullying in the workplace
Autumn II Character, Citizenship and Careers Programme	Revision and Character	How can I successfully revise and prepare for my exams?	Study skills: harnessing the power of memory and the mind	Perseverance and procrastination: why is the ability to persevere an essential life-skill?	What is mindfulness and how can it help us with our mental health and stress from exams?	How can we relax and de-stress in a healthy way?	The benefits of rest and getting enough sleep	How much screen time is too much and why does it matter?
Spring I Character, Citizenship and Careers Programme	Understanding Money: Citizenship & Financial Wellbeing	What are the implications of borrowing money? - Part 1	What are the implications of borrowing money? - Part 2	How do I understand payment slips and deductions?	How do I stay in control of my money?	What are consumer rights?	How can I plan for my retirement?	
Spring II Character, Citizenship and Careers Programme	Employability, Careers and the Law: Citizenship & Character	Career Planning: how do I chose a career that is right for me?	Enterprising Personalities: their characteristics and suitable qualities for the workplace.	Working towards rewarding careers: how can English and STEM subjects help us?	Employability: CV Writing: A Company’s first impression of you!	Employability: The Job Interview: Preparing for and ‘nailing’ the job interview	Employment Law, Employee Protection & Trade Unions	
Summer I Character, Citizenship and Careers Programme	Extremism & Radicalisation: Citizenship	What are critical thinking skills and why do we need them in the modern world (preparation for the skills needed when completing the Extremism & Radicalisation lessons)	Understanding and preventing extremism. Support	How can language divide us? Peer on peer abuse. Victim support. Acceptance	How can people’s actions be affected by others’ influence?	How can you help your community?	How is UK society diverse and changing?	
Summer II Character, Citizenship and Careers Programme	Citizenship and the Economy Citizenship a Privilege or a Right? British Values	Economic cycles: understand the cycle of growth, recession and recovery	The Government and the Economy: Understand key economic terms	Be your own councillor	Who is eligible to become a UK citizen and what rights and responsibilities do they have?	Should citizenship ever be revoked?	Exploring the case of Shamima Begum and the rule of law.	Explore the law and rights that people have if they choose to migrate

Y10 RSHE								
		Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7
Autumn I Health & Wellbeing	Personal Safety, Health, Wellbeing, and hygiene: CPR	Responsible Health Choices - Vaccinations, organ and blood donations, stem cells and hygiene	What is cancer and what causes cancer? Support	Testicular cancer and how to check your testicles. Support	Breast cancer, how to check your breasts and the importance of cervical screening to prevent cervical cancer. Support	Fertility and reproductive health including menopause -What do we need to know about fertility & our reproductive health? Support	What is CPR? How do we perform this and find sources of life-saving help? -Defibrillators	Managing tough times, change, grief and bereavement CHECKOUT Assessments throughout
Spring I Relationships and Sex Education	Sex education including healthy relationships, consent, Contraception and STIs.	Relationship Abuse: Disrespect NoBody -understanding the different types of relationship abuse. How to avoid pressure & coercion. Unhealthy relationships and how to get out of these kinds of relationships: CSE	Consent & Rape: Disrespect NoBody -understanding the law around consent & what consent looks like. Avoiding pressure statements: CSE	Nudes and sexual images the law and the consequences: Disrespect NoBody. Taking away consent. When is consent not given? CSE	How do date rape and sexual assault happen and how can we report it? Victim support	Contraception, STIs & GUM Clinics: - How do I take responsibility for my sexual health and access advice and treatment?	Good Sex -What makes 'good sex' and is it best to wait for someone you care about? Respectful relationships	
Summer I Health and Wellbeing	E-safety, social media and self-esteem (including bullying) Drugs: Class A, B and C drugs: Risk management and managing addiction.	Social media: How can we manage the pressures of life online and keeping up with other people?	Social media image sharing and the law. What is revenge porn?	What is body shaming? Is it bullying and why do people do this? Support	What is body shaming? Is it bullying and why do people do this? Support	Cannabis, Shisha & Spice. What are these and are they really dangerous? The Law. Support, dangers	MDMA/Ecstasy and the impact on society. Physical & mental impact Magic Mushrooms. Help and support for addiction.	Crack Cocaine and the impact this drug has on society. Physical and mental impact. Support networks & addiction

Y11 Citizenship and Character

		Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7
Autumn I Character, Citizenship and Careers Programme	Mental Health & Emotional Wellbeing Character & Citizenship- Gambling Addiction	New challenges	Reframing negative thinking	Recognising mental ill health and when to get help: coping with stress	Promoting emotional wellbeing	How can we manage risk?	How can we manage impulses and influences to gamble?	How can we help people who have developed problems with gambling?
Autumn II Character, Citizenship and Careers Programme	Citizenship: Understanding Money/ Financial Wellbeing	When might I need to borrow money?	How can I plan for the unexpected?	How will education and job chances affect my finances?	How can I understand financial risks and rewards?	How can I avoid identity theft and fraud?	How do I choose financial products and services	When can my money choices affect my mental wellbeing?
Spring I Character, Citizenship and Careers Programme	Citizenship & Human Rights	-what is the UN & what does it do? -what is the UK's role in the United Nations?	Human Trafficking & Modern Slavery- how are these still happening?	What is Genocide?	Free speech & hate speech: why do we have hate speech laws in the UK?	Basic Rights, Discrimination Issues, Information Sources, Work Experience, Health & Safety & Bullying in the workplace	Basic Rights, Discrimination Issues, Information Sources, Work Experience, Health & Safety & Bullying in the workplace	
Spring II Character, Citizenship and Careers Programme	Citizenship, British Values Citizenship: The Environment	What can different religions teach us about tolerance?	Why is xenophobia, racism & extreme nationalism so dangerous in Britain?	Fair Trade, sweat shop & Ethical Financial Decisions	Fracking: What is it and why is it so controversial?	Ethics, innovation & the law	Revision	
Summer I	Revision							