



Y7	Key content	How is it assessed?	Assembly and form time connection
Autumn 1	Understanding myself: <ol style="list-style-type: none"> 1. Transition 2. Resilience and wellbeing 3. Being unique 4. Social media 5. Mental health intro 6. Self development 7. Self esteem 8. British values 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	<i>Assembly and form time activities to encourage a smooth transition from primary to secondary.</i> <i>Black history month assembly and form time activities.</i>
Autumn 2	Staying healthy and safe: <ol style="list-style-type: none"> 1. Self esteem to achieve 2. Personal hygiene 3. Legal and illegal substances 4. Smoking and second hand smoking 5. A balanced lifestyle 6. Healthy food choices 7. Internet safety 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	Online safety assembly and form time activities. Anti bullying week assembly and form time activities. Remembrance day assembly Parliament day assembly tasks and form time activities.
Spring 1	British values and debate <ol style="list-style-type: none"> 1. Ethical shopping 2. Prejudice and stereotype 3. Aspirational students 4. Personal identity 5. Extremism 6. Discrimination 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	New year, new you assembly and form tasks National Obesity awareness assembly and form tasks. World religions day assembly and form tasks Holocaust memorial day.



			LGBTQ+ history month assembly and form time tasks.
Spring 2	<p>Religious Education</p> <ul style="list-style-type: none"> - Hinduism - Sikhism - Buddhism - Christianity - Islam 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	<p>Random acts of kindness day assembly and form time activities.</p> <p>National careers week assembly and form time tasks.</p> <p>International woman’s day assembly and form time task.</p> <p>World water day assembly and form time activities.</p>
Summer 1	<p>Growing up:</p> <ol style="list-style-type: none"> 1. Puberty 2. Periods 3. Healthy lifestyles 4. Unhealthy diet 5. Energy drinks 6. Social media 7. Wants and needs 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	<p>Sun awareness week assembly and form time activities.</p> <p>World mental health awareness week assembly and form time activities.</p>
Summer 2	<p>Relationships:</p> <ol style="list-style-type: none"> 1. Safe relationships 2. Family relationships 3. Bully or banter 4. Keeping friendships 5. Falling in love 6. Discrimination teens and the media 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	<p>World environment day assembly and form time activities.</p> <p>My money week assembly and form time activities.</p> <p>Mens health week assembly and form time tasks.</p> <p>World refugee day assembly and form time activities.</p>



			RSE day
Y8	Key content	How is it assessed?	Assembly and form time
Autumn 1	<p>Healthy lifestyles:</p> <ol style="list-style-type: none"> 1. Self confidence and goals 2. Physical activity and mental health 3. Personal development 4. Emotional literacy 5. Healthy eating choices 6. FGM 7. Sustainability 8. British values recap 	<p><i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i></p>	<p><i>Black history month assembly and form time activities.</i></p>
Autumn 2	<p>Unhealthy lifestyles:</p> <ol style="list-style-type: none"> 1. Nicotine and vaping 2. Eating responsibly 3. Running away 4. Caring for the environment 5. Cyberbullying 6. Online grooming 7. Cancer awareness 	<p><i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i></p>	<p>Online safety assembly and form time activities.</p> <p>Anti bullying week assembly and form time activities.</p> <p>Remembrance day assembly</p> <p>Parliament day assembly tasks and form time activities.</p>
Spring 1	<p>Introduction to careers</p> <ol style="list-style-type: none"> 1. Communication skills 2. Entrepreneuers 3. Teamwork and leadership 4. Budgeting and saving 5. Income and expenditure 	<p><i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i></p>	<p>New year, new you assembly and form tasks</p> <p>National Obesity awareness assembly and from tasks.</p> <p>World religions day assembly and form tasks</p>



	6. Tax NI and how its spent		Holocaust memorial day. LGBTQ+ history month assembly and form time tasks.
Spring 2	Religious Education <ol style="list-style-type: none"> 1. Islam 2. Atheism 3. Christianity 4. Prejudice and discrimination 5. Prevent radicalisation 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	Random acts of kindness day assembly and form time activities. National careers week assembly and form time tasks. International woman’s day assembly and form time task. World water day assembly and form time activities.
Summer 1	Relationships: <ol style="list-style-type: none"> 1. Managing behaviour to achieve 2. Managing anger 3. Sex, gender, identity and sexual orientation 4. Body image male focus 5. Body image female focus 6. Homophobia 7. British values - tolerance 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	Sun awareness week assembly and form time activities. World mental health awareness week assembly and form time activities.
Summer 2	Evolving relationships: <ol style="list-style-type: none"> 1. Consent 2. Contraception 3. STI’s 4. Sexting and image sharing 5. Dangers of pornography 6. First aid 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	World environment day assembly and form time activities. My money week assembly and form time activities. Mens health week assembly and form time tasks.



			World refugee day assembly and form time activities.
Y9	Key content	How is it assessed?	Assembly and form times RSE day assembly and form time activities
Autumn 1	Knowing myself: <ol style="list-style-type: none"> 1. Managing anxiety 2. Media and body image 3. LGBTQ community 4. Coping with stress 5. Dealing with peer pressure 6. Developing interpersonal skills 7. British values recap 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	Black history month assembly and form time activities. Exam choices assembly and form time activities.
Autumn 2	Understanding risk: <ol style="list-style-type: none"> 1. Alcohol awareness 2. Drugs and the law 3. Why do people self harm? 4. Legal highs 5. Contraception 6. Knife crime 7. Addiction and gambling 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	Online safety assembly and form time activities. Anti bullying week assembly and form time activities. Remembrance day assembly Parliament day assembly tasks and form time activities.
Spring 1	Preparing for your GCSEs and Finance <ol style="list-style-type: none"> 1. Employability 2. Workplace skills 3. Enterprising qualities 4. Self discipline 5. Financial insitutions 6. Avoiding debt 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	New year, new you assembly and form tasks National Obesity awareness assembly and from tasks. World religions day assembly and form tasks



			Holocaust memorial day. LGBTQ+ history month assembly and form time tasks.
Spring 2	<p>Religious Education</p> <ol style="list-style-type: none"> 1. Beliefs about the afterlife 2. Community cohesion 3. Human rights - Genocide and trafficking 4. Human rights – sending aid 5. British community, religion and culture 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	<p>Random acts of kindness day assembly and form time activities.</p> <p>National careers week assembly and form time tasks.</p> <p>International woman’s day assembly and form time task.</p> <p>World water day assembly and form time activities.</p>
Summer 1	<p>Taking responsibility for my own health:</p> <ol style="list-style-type: none"> 1. First aid booster 2. Teen pregnancy and parenting 3. Forced and arranged marriages 4. Sun safety and the dentist 5. Vaccinations and organ/blood donation 6. Self examination 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	<p>Sun awareness week assembly and form time activities.</p> <p>World mental health awareness week assembly and form time activities.</p>
Summer 2	<p>Being a responsible adult:</p> <ol style="list-style-type: none"> 1. Why are people selfie obsessed? 2. Child exploitation 3. Sex in the media 4. Domestic violence and abusive relationships 5. Sexism and gender prejudice 6. Democracy and voting 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	<p>World environment day assembly and form time activities.</p> <p>My money week assembly and form time activities.</p> <p>Mens health week assembly and form time tasks.</p> <p>World refugee day assembly and form time activities.</p>



			RSE day
Y10	Key content	How is it assessed?	Assembly and form times
Autumn 1	Work experience: <ol style="list-style-type: none"> 1. The right career for me 2. STEM careers 3. Interview techniques 4. Preparing for work experience 5. CV and personal statement 6. Health and safety at work 7. British value overview 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	<i>Black history month assembly and form time activities.</i>
Autumn 2	Physical Health: <ol style="list-style-type: none"> 1. Importance of sleep 2. Screen time 3. Binge drinking 4. Parenting 5. Screening and self examination 6. Fertility and reproductive health 7. Wider risks of substance misuse 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	Online safety assembly and form time activities. Anti bullying week assembly and form time activities. Remembrance day assembly Parliament day assembly tasks and form time activities.
Spring 1	<u>Society</u> <ol style="list-style-type: none"> 1. Gender and trans identity 2. Overt and covert racism 3. Animal testing 4. Criminal justice system 5. Privilege 6. Gang culture 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	New year, new you assembly and form tasks National Obesity awareness assembly and form tasks. World religions day assembly and form tasks Holocaust memorial day.



			LGBTQ+ history month assembly and form time tasks.
Spring 2	<p>Mental health</p> <ol style="list-style-type: none"> 1. Social media and self esteem 2. Managing time effectively 3. Mindfulness 4. Social anxiety 5. Homelessness 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	<p>Random acts of kindness day assembly and form time activities.</p> <p>National careers week assembly and form time tasks.</p> <p>International woman’s day assembly and form time task.</p> <p>World water day assembly and form time activities.</p>
Summer 1	<p>Strength of character:</p> <ol style="list-style-type: none"> 1. Role models and self esteem 2. Building resilience 3. Personal safety 4. Working out relationships 5. Digital footprint 6. Gambling and support 7. Hate crime 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	<p>Sun awareness week assembly and form time activities.</p> <p>World mental health awareness week assembly and form time activities.</p>
Summer 2	<p>Sexual relationships:</p> <ol style="list-style-type: none"> 1. Same sex relationships 2. Readiness for sex and impact of substances 3. Online relationships and revenge porn 4. First aid booster 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	<p>World environment day assembly and form time activities.</p> <p>My money week assembly and form time activities.</p> <p>Mens health week assembly and form time tasks.</p> <p>World refugee day assembly and form time activities.</p>



			RSE day
Y11	Key content	How is it assessed?	Assembly and form time
Autumn 1	Healthy relationships: <ol style="list-style-type: none"> 1. Marriage and civil partnerships 2. Change in personal relationships 3. Consent and support 4. Unwanted attention and support 5. Managing grief 6. Choice and consequence 7. British values overview 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	<i>Black history month assembly and form time activities.</i>
Autumn 2	Sexual activity and substance misuse: <ol style="list-style-type: none"> 1. Pleasure in intimate relationships 2. Healthy pregnancy and support 3. Miscarriage and support 4. Sexual health barriers and support 5. Body shaming 6. Tattoos and piercings 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	Online safety assembly and form time activities. Anti bullying week assembly and form time activities. Remembrance day assembly Parliament day assembly tasks and form time activities.
Spring 1	<u>Choice</u> <ol style="list-style-type: none"> 1. Abortion 2. International womans day 3. Why do people commit suicide? 4. Legal highs 5. Extremism 6. First aid booster 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	New year, new you assembly and form tasks National Obesity awareness assembly and from tasks. World religions day assembly and form tasks Holocaust memorial day.



			LQBTQ+ history month assembly and form time tasks.
Spring 2	<p>Your next steps</p> <ol style="list-style-type: none"> 1. Colleges and colleges 2. Preparing for interviews 3. Revision techniques and exam stress 4. Trade unions 5. Independent living 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	<p>Random acts of kindness day assembly and form time activities.</p> <p>National careers week assembly and form time tasks.</p> <p>International woman’s day assembly and form time task.</p> <p>World water day assembly and form time activities.</p>
Summer 1	<p>Adult life:</p> <ol style="list-style-type: none"> 1. Cosmetic and aesthetic procedures 2. Using the NHS 3. Blood, organ and stem cell donation 4. Pollution, plastic and the environment 5. Why do we take risks? 6. The dark web 	<i>Exit pass at the end of each lesson – these must be stored by class teacher as evidence.</i>	<p>Sun awareness week assembly and form time activities.</p> <p>World mental health awareness week assembly and form time activities.</p> <p>Sixth form and college assembly</p>
Summer 2			