

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Core theme</b>	<b>Health &amp; Wellbeing</b>	<b>Living in the wider world</b>	<b>Relationships</b>	<b>Health and Wellbeing</b>	<b>Relationships</b>	<b>Living in the wider world</b>
<b>Y7</b>	How to manage change and the transition to secondary school. The features of positive friendships. Basic first aid	Developing skills and aspirations, Wants and needs, Debt and credit	Diversity, prejudice, and bullying. The Notre Dame Hallmarks and Ethos	Healthy routines, influences on health, puberty.	Self-worth, friendships and boundaries, different types of relationships	Saving, borrowing, budgeting and making financial choices
<b>Y8</b>	The difference between medicinal and recreational drugs. UK law on drugs. The effect of drugs on health and wellbeing	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Protected characteristics, discrimination and prejudice	Mental health and emotional wellbeing	Different types of gender identities and sexual orientation	Online safety, digital literacy, media reliability, and gambling hooks
<b>Y9</b>	Positive and respectful friendships. Methods of communication. Managing peer pressure and influence from gangs	Financial decision making, the impact of financial decisions, debt, gambling and the impact of advertising on financial choices	Respectful relationships and healthy relationships,	Diet, exercise, lifestyle balance and healthy choices, and first aid	How to communicate assertively, respecting others, being inclusive of others	Employability and online presence. An introduction to politics and voting

<b>Y10</b>	Reframing negative thinking. Developing routines for good mental health. How and when to access support	Heathy revision routines and effective revision techniques	Conflict resolution, and relationship changes	The influence of Drugs and alcohol on health and society. The influence of peers and media on wellbeing	Life in work, skills for the workplace, communicating strengths in a job application	The UK political system, political parties, voting and law
<b>Y11</b>	Planning for the future. Different post 16 choices and the careers they can lead to	Heathy revision routines and effective revision techniques	Preparing for exams, stress management			