

Year 7		
Health & Well-Being Autumn 1	Autumn 1 W1	How to live a healthy lifestyle.
	Autumn 1 W2	How to eat a balanced diet.
	Autumn 1 W3	Reading food labels and what they tell us about our food.
	Autumn 1 W4	What are the dangers of energy drinks?
	Autumn 1 W5	What are the consequences of unhealthy living?
	Autumn 1 W6	Why is it important to exercise?
	Autumn 1 W7	RSE - Puberty, How do our bodies change?
Mental Health & Well-Being Autumn 2	Autumn 2 W1	How to manage our emotions.
	Autumn 2 W2	Personal safety and first aid.
	Autumn 2 W3	The difference between medicines and illegal drugs.
	Autumn 2 W4	How can we look after our mental health?
	Autumn 2 W5	RSE - Puberty, What are periods and the menstrual cycle?
Relationships Spring 1	Spring 1 W1	How to manage friendships.
	Spring 1 W2	What are the different types of families?
	Spring 1 W3	What are romantic feelings and how do we manage them?
	Spring 1 W4	What is bullying?
	Spring 1 W5	RSE - How to recognise consent.
Relationships	Spring 2 W1	Healthy & kind online relationships
	Spring 2 W2	What is radicalisation?

Spring 2	Spring 2 W3	Positive relationships with ourselves.
	Spring 2 W4	What are stereotypes and why are they wrong?
	Spring 2 W5	RSE - Appropriate touch vs inappropriate touch.
Living in the Wider World Summer 1	Summer 1 W1	Wants vs needs.
	Summer 1 W2	Online Safety.
	Summer 1 W3	Money & its uses.
	Summer 1 W4	Spending money
	Summer 1 W5	RSE - Puberty, How do our bodies change?
Living in the Wider World Summer 2	Summer 2 W1	What are financial products and how do we use them?
	Summer 2 W2	Debt and overspending
	Summer 2 W3	Ethical buying, what is it?
	Summer 2 W4	Cancer awareness.
	Summer 2 W5	Community & why it is important
	Summer 2 W6	RSE - Puberty, What are periods and the menstrual cycle?

Year 8		
Mental Health & Well-Being Autumn 1	Autumn 1 W1	How to manage our behaviour.
	Autumn 1 W2	How to keep good mental health.
	Autumn 1 W3	How can we practise mindfulness?
	Autumn 1 W4	Being self aware.
	Autumn 1 W5	RSE - Puberty and hormones

Health & Well-Being Autumn 2	Autumn 2 W1	Smoking and Vaping
	Autumn 2 W2	Personal safety and first aid.
	Autumn 2 W3	Bullying
	Autumn 2 W4	Cancer Awareness
	Autumn 2 W5	RSE - Teenage Relationships
Relationships Spring 1	Spring 1 W1	Disability awareness
	Spring 1 W2	LGBTQ
	Spring 1 W3	Cyber-safety
	Spring 1 W4	Online grooming
	Spring 1 W5	Online bullying
	Spring 1 W6	RSE - Different types of consent
Relationships Spring 2	Spring 2 W1	Relationships over time
	Spring 2 W2	British values - diversity.
	Spring 2 W3	Mental health awareness
	Spring 2 W4	Far right & far left radicalisation
	Spring 2 W5	RSE - Appropriate vs inappropriate touch.
Living in the Wider World Summer 1	Summer 1 W1	How can we look after the environment?
	Summer 1 W2	What is hate crime?
	Summer 1 W3	The importance of Teamwork
	Summer 1 W4	Banking & digital money.
	Summer 1 W5	RSE - Periods and the menstrual cycle.
Living in the Wider World Summer 2	Summer 2 W1	Budgeting and saving
	Summer 2 W2	Debit vs credit
	Summer 2 W3	How are taxes used?
	Summer 2 W4	Disease, infection & health care
	Summer 2 W5	RSE - Puberty and hormones

Year 9		
Health & Well-Being Autumn 1	Autumn 1 W1	Managing stress
	Autumn 1 W2	Growth mindset vs fixed mindset
	Autumn 1 W3	How do rules help us?
	Autumn 1 W4	Body Image
	Autumn 1 W5	Eating disorders
	Autumn 1 W6	RSE - Consent and the law
Health & Well-Being Autumn 2	Autumn 2 W1	Alcohol awareness
	Autumn 2 W2	Drugs and the law
	Autumn 2 W3	Knife crime
	Autumn 2 W4	Diseases, Vaccinations & illnesses
	Autumn 2 W5	RSE - Sexual health and fertility
Relationships Spring 1	Spring 1 W1	Healthy relationships
	Spring 1 W2	Peer pressure
	Spring 1 W3	Discrimination, LGBTQ & race.
	Spring 1 W4	RSE - Sexting (Image share danger)
	Spring 1 W5	Multiculturalism
Relationships Spring 2	Spring 2 W1	Equality Act
	Spring 2 W2	Self Harm
	Spring 2 W3	RSE - STD's
	Spring 2 W4	Interpersonal skills
	Spring 2 W5	Moral Thinking
Living in the	Summer 1 W1	Unicef

Wider World Summer 1	Summer 1 W2	Sustainability
	Summer 1 W3	How the law deals with crime
	Summer 1 W4	Consumers and the law
	Summer 1 W5	Right to education
	Summer 1 W6	RSE - Contraception
	Living in the Wider World Summer 2	Summer 2 W1
Summer 2 W2		World events & how we can help
Summer 2 W3		Work/enterprise skills
Summer 2 W4		Our Rights and responsibilities
Summer 2 W5		Cancer awareness
Summer 2 W6		Extremism and radicalisation

Year 10		
Health & Well-Being Autumn 1	Autumn 1 W1	Grief and bereavement
	Autumn 1 W2	Social media and self esteem
	Autumn 1 W3	Screen time
	Autumn 1 W4	Managing social anxiety
	Autumn 1 W5	Suicide awareness
	Autumn 1 W6	RSE - Consent and sexual assault
Health & Well-Being Autumn 2	Autumn 2 W1	Binge Drinking
	Autumn 2 W2	RSE - Pregnancy & parenting
	Autumn 2 W3	Managing time effectively
	Autumn 2 W4	Living sustainably
	Autumn 2 W5	What is Hate crime?

Relationships Spring 1	Spring 1 W1	Harassment and stalking
	Spring 1 W2	Safe relationships with role models
	Spring 1 W3	Forced and arranged marriages
	Spring 1 W4	Break ups
	Spring 1 W5	RSE - What is Pornography?
Relationships Spring 2	Spring 2 W1	RSE - Same sex relationships
	Spring 2 W2	Gender and trans identity
	Spring 2 W3	The importance of community
	Spring 2 W4	Prejudice
	Spring 2 W5	Teenage & adult romantic relationships
Living in the Wider World Summer 1	Summer 1 W1	Rights and responsibilities & what it means to you?
	Summer 1 W2	STEM Careers
	Summer 1 W3	Self advocacy & disability
	Summer 1 W4	Preparing for adulthood
	Summer 1 W5	RSE - Safe sex & independence.
Living in the Wider World Summer 2	Summer 2 W1	Financial crime and scams Money laundering
	Summer 2 W2	Animal rights
	Summer 2 W3	RSE - Masturbation
	Summer 2 W4	Sentencing and punishment (justice systems)
	Summer 2 W5	Extremism and rise of the far right

Year 11

Health & Well-Being Autumn 1	Autumn 1 W1	Homelessness
	Autumn 1 W2	Body positivity
	Autumn 1 W3	Different forms of Privilege
	Autumn 1 W4	RSE - Fertility and reproductive health
	Autumn 1 W5	Anxiety & mindfulness
Health & Well-Being Autumn 2	Autumn 2 W1	Identity & Diversity
	Autumn 2 W2	Perseverance vs Procrastination
	Autumn 2 W3	The importance of sleep
	Autumn 2 W4	Risk taking & decision making
	Autumn 2 W5	Gambling & online gambling
	Autumn 2 W6	RSE - What is good sexual intercourse?
Relationships Spring 1	Spring 1 W1	Bullying & body shaming
	Spring 1 W2	Types of relationships
	Spring 1 W3	RSE - Consent, rape & sexual harrassment
	Spring 1 W4	Relationship break-ups
	Spring 1 W5	Happiness & Positivity
Relationships Spring 2	Spring 2 W1	Our digital footprint
	Spring 2 W2	Personal safety in the wider world
	Spring 2 W3	What is CPR? How do we perform this and find sources of life-saving help?
	Spring 2 W4	Independent living
	Spring 2 W5	RSE - What makes a healthy sex life?
Living in the Wider World	Summer 1 W1	Pollution, plastics & the environment

Summer 1	Summer 1 W2	Health & safety at work
	Summer 1 W3	Applying to college or university
	Summer 1 W4	Right-wing extremism
	Summer 1 W5	GCSE revision & study skills
	Summer 1 W6	RSE - Safe sex & Chem sex
	Living in the Wider World Summer 2	Summer 2 W1
Summer 2 W2		Cyber crime & online fraud
Summer 2 W3		Why is PSHE important?
Summer 2 W4		What are Trade unions?
Summer 2 W5		Preparing for job interviews
Summer 2 W6		RSE - Revenge pornography