

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Who Am I? Be The Best We Can Be: Preparation for Conwy Residential	Who Am I? Understanding key strengths and weaknesses and start to look at their future, introduction to money	Thinking about Others Diversity and Empathy	Prevent Challenging Stereotyping and the Media	Healthy Body & Healthy Mind inc dental health Importance of sleep Healthy eating , healthy weight and healthy mind and dental health, importance of sleep	Revision and Look What I've Done Revision power point highlighting different techniques with opportunities given to try and practice
	Activities; Completion of booklet and worksheets which explore what qualities they and their friends have which have given them skills that have got them to this point. Be aware of how we can respond to events learned through Newsround programme	Learn the year 7 prayer and it's meaning, the prayer before meals and understand the Contract for Conway The 'Do's and Don't's of Conway', Conwy 4 day residential and then send 'Thank You's'	Through power points, worksheets and discussions they will consider what makes us all different, look at specific characteristics, eg Deafness How to collaborate with others, (Honest Cards) Be introduced to the idea of Empathy	Through power points, worksheets and discussions they will consider; How do you want others to treat you? Understand and Preventing stereotypes Analyse this in the Newsround stories.	Through power points, worksheets and discussions Make a food diary, understand the different food types and the need for balance. Food for healthy bones, teeth, etc. The value of exercise and a healthy life-style. The value of sleep	Different revision styles will be explored, and different learning styles. Students will work together to find different ways to revise subjects. An evaluation of the year and what they have learned. Understand they learn more than is taught in class.
Literacy Focus	Capital Letters	End sentence punctuation	Spelling	Ambitious vocabulary	Ambitious punctuation	Paragraphing
Revision	Flashcards	Use of ICT/podcasts	Mind maps	Memory techniques	Exam questions	Note taking
Year 8	Am I at Risk? (Social Media, Sexting) Be Safe Drugs/alcohol	Prevent Challenging Stereotype Keeping Safe - Bonfire Night Careers – Thinking and planning for your future career	Mental Health Stamp out the stigma (review to coincide with World Mental Health Day Oct)	We Can Make A Difference UK Political system	Better Safe Than Sorry First Aid	Revision and Look What I've Done
	Activities; Power point/youtube and class discussions. Social Media, Sexting Be Safe Question and Answer section in student booklet based on discussion and information from presentations. Assembly	Power point/youtube and class discussions. Prevent Keeping Safe - Bonfire Night – poster on safety and protocols of bonfire night and fireworks.	Mental Health: Stamp out the stigma Students take part in externally led day highlighting mental health and positive mental wellbeing. student booklet based on discussion and information	We Can Make A Difference Understanding the UK Political system Power point with discussion tasks based on our right to vote the importance of having knowledge to make educated choices	Better Safe Than Sorry First Aid Students follow a course in basic first aid including dealing with wounds, fractures and common injury. Students are shown and	Revision and Look What I've Done Revision power point highlighting different techniques with opportunities given to try and practice. Celebration of years success. To produce a

	from PCSO Drugs/alcohol Effects of alcohol and drugs on body positives and negatives discussion topic		from presentations you tube clips and discussion. Assembly on World Mental Health Day. Wellbeing activities.	What are Manifestos & Mandates Referendums Students show knowledge through Q and A in student workbook Students partake in opinion based discussion and record in workbook	experience how to perform CPR. Assessment through demonstrations and test.	Collage/Montage to celebrate your successes this year. It is to include academic, sporting, performing and personal goals reached. Use photos and supporting statements to celebrate the little milestones you have reached this year
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Revision	Flashcards	Use of ICT/podcasts	Mind maps	Memory techniques	Exam questions	Note taking
Year 9	Risking it all; Lifestyle Choices: Serious violence, peer on peer abuse, county lines. Assessing behaviours (Social Media, Sexting, Online Grooming, Drugs, Alcohol) Teenage Parenting Prevent Keeping Safe Bonfire Night	Who Do People Say I Am? Sharing Strengths Who do people say I am? UK Media How do I see others? Prejudices and discrimination in society Questionnaire	Careers: The Choice Is Yours: Growth Mind-set Options/choices Identify strengths Education at 16 Types of qualifications Thinking and planning for future career	Revision techniques and exam, preparation Cues and Mind maps	Love the Skin you're In Body Image Inc. Media Mind Matters Can we talk: Recognising it in others	Inequality: Home and Away (Social Class, Poverty, Fair Trade/Charity/Recognising and accepting People)
	Activities; Risking it All performance, Social media self-audit, Why do people drink worksheet Bonfire night poster	Prejudice questionnaire Social media accountability class discussion Self-esteem spider diagram	Options booklet SWOT analysis Online careers toolkit	Revision timetable Mindmaps cuecards	Body image / media worksheet Mental health audit Mind tracker Stress management Bingo	What is diversity? Worksheet Fair Trade poster
Literacy	Capital Letters	End sentence punctuation	Spelling	Ambitious vocabulary	Ambitious punctuation	Paragraphing
Revision	Flashcards	Use of ICT/podcasts	Mind maps	Memory techniques	Exam questions	Note taking
Year 10	Harmful Influences & Reducing Risk (Risking)	Tolerance & Respect: We Are Family	Money Manager	The Big Wide World Work experience:	The Big Wide World Work experience:	The Big Wide World Work experience:

	<p>it all) Serious violence, county lines, gangs Marriage and forced marriage Human Trafficking Domestic Violence</p>	<p>Prevent and Tolerance; keeping an open mind New Consent in relationships Respect in Relationships (Peer on peer abuse inc upskirting)</p>		<p>Barclays, Life skills, Smart Profile</p>	<p>Expectations & self-perception. Self-placement Form & CV</p>	<p>Expectations & self-perception. Self-placement Form & CV</p>
	<p>Activities; Year 10 PSHCE Booklet written task and videos with facts and strategies on how to manage with issues such as Harmful Influences & Reducing Risk (Risking it all) Gangs new Marriage and forced marriage Human Trafficking Domestic Violence</p>	<p>Year 10 PSHCE Booklet with written task and videos discussing ways to manage key issues such as consent, harassment, Tolerance & Respect: Prevent and Tolerance; keeping an open mind Respect in Relationships.</p>	<p>Year 10 PSHCE Booklet Tasks include maths tasks and activities/ strategies on how to manage money.</p>	<p>Year 10 PSHCE Booklet Links via firefly Careers Smart Profile. Potential army Engagement course for Students interested in a career in the army.</p>	<p>Year 10 PSHCE Booklet Tasks/ Activities on Firefly. Students will demonstrate and prepare the following activities in preparation for work experience. Work experience: expectations & self-perception- looking at interview skills/ questions self-presentation. Self-placement Form & CV</p>	<p>Year 10 PSHCE Booklet Tasks on Firefly. Work experience: expectations & self-perception- looking at interview skills/ questions self-presentation. Self-placement Form & CV</p>
Literacy Focus	Capital Letters	End sentence punctuation	Spelling	Ambitious vocabulary	Ambitious punctuation	Paragraphing
Year 11	<p>Risking it all What is abuse? Peer on peer inc upskirting Positive Relationships</p>	<p>Revision Skills The Final Countdown Exam prep, revision, stress management & relaxation strategies</p>	<p>Which Way Now? Careers Day preparation: prepare for interview & CV</p>	<p>Mental Health Contentment & Resilience, stress busting & Mindfulness</p>	<p>My Start Profile & Core subject revision sessions These take place on one day a week, leaving two sessions a week for PSHCE</p>	STUDY LEAVE
	<p>Which Way Now? Activities; Year 11 PSHCE Booklet 'Risking it all' – Core tasks 3 & 4 – (Alcohol, Smoking, Prevent Training, Sexting & Healthy Relationships)</p>	<p>Year 11 PSHCE Booklet 'Revision Skills' – Core tasks 5, 6 & 7 Time Management, condensing & memory, and final countdown</p>	<p>Year 11 PSHCE Booklet 'Which Way Now?' Core tasks 1 & 2 Work experience, Where Next? Application Forms</p>	<p>Year 11 PSHCE Booklet Core tasks 8, 9 & 10 Contentment & Resilience, stress busting & Mindfulness</p>		
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Year 12	Induction to Sixth Form Including: Folder checks & organisation. Form Tutor & Tutor group relationships. Vision – Goal setting	Mental Health – Including: applying strategies for maintain positive mental health, strategies to manage stress and anxiety	Community Cohesion & Social Enterprise Including: prepare an charitable activity for lower school	Living in the Wider World Including: Where to access support, knowing your rights, time management and ambitions, online safety	Exam Preparation & Revision Techniques Including: Mock Timetable Revision Packs / Timetables. Study Groups.	Introduction to HE and Progression Pathways Including: External speakers, UCAS process etc
	Activities; Goal setting, 20 questions, folder checks,	Yoga, dancing, meditation, research into mental illnesses	Enterprise activities, marketing, creativity	Managing key issues such as travel, consent, harassment, financial issues	Organising revision, remembering, exam questions and timings, dealing with stress	Personal statements and information gatherings, Assemblies on Gap Year, Apprenticeships, Volunteering, Start Profile
Literacy Focus	Capital Letters	End sentence punctuation	Spelling	Ambitious vocabulary	Ambitious punctuation	Paragraphing
Year 13	UCAS & Progression Pathways Including: Folder checks & organisation. Form Tutor & Tutor group relationships. Driving Information / age related activities	Mental Health – Including: applying strategies for maintain positive mental health, strategies to manage stress and anxiety	Staying Safe & Evaluating Risk – Including: Drugs, Alcohol, Consent, Travel, Online safety, Self-esteem	Living in the Wider World Including: Budgeting, Saving, Citizen’s Advice, Spending – Needs and Wants	Exam Preparation & Revision Techniques Including: Preparation for Study Leave Dinner Dance / Leavers Mass / Final Day	STUDY LEAVE
	Activities; research into post-16 choices, writing Personal statement, CV writing,	yoga, dancing, meditation, research into mental illnesses	Driving preparation, personal safety, online safety activities, travel, alcohol and drugs information session	Calculating interest, budgets for university, essential items for uni, case studies, Your Money Matters booklet	Organising revision, remembering, exam questions and timings, dealing with stress	
Literacy Focus	Capital Letters	End sentence punctuation	Spelling	Ambitious vocabulary	Ambitious punctuation	Paragraphing

Highlighted Content; Reflects updates to the Keeping Children Safe in Education 2019 document.