

Area of study

Your child will ... (Knowledge)

Your child will be able to... (Skills)

Autumn Term 1

Me and my Community

- How to manage the challenges of moving to a new school.
- How to establish and manage friendships.
- Know how the Fundamental British Values link to the Cantell Cs and Cantell EMPOWER Skills and support them to be positive active citizens.
- Know what it means to be a part of a diverse community.
- Know how to challenge prejudice, stereotypes and discrimination.
- What human rights are and why they are important.
- What bullying is, the different types of bullying, why it happens and what to do if worried about bullying.
- Know practical steps of dealing with conflict
- Know about the qualities and behaviour relating to different types of positive relationships.
- Be able to recognise unhealthy relationships.
- Know what consent is and be able to recognise and respond to inappropriate and unwanted contact.
- Know why support is important, the support available inside and outside school and how to get support.

- Recognise how FBV shape society
- Identify ways to help improve society
- Describe what diversity is
- Recognise the importance of good role models and how responsible behaviour has a positive impact on society
- Explain what stereotyping and prejudice are and why these are wrong
- Describe what human rights are and explain why they are important
- Describe what bullying is and explain the effects
- Recognise the characteristics of good and bad relationships
- Explain what consent means
- Explain where and how to get help

Autumn Term 2

Me and my Health

- Know what a balanced diet is, the effects food has on health and what good oral hygiene involves.
- What hygiene is, why it is important and the effects of poor hygiene.
- Why exercise and sleep are important to good health.
- What mental health is and how to look after your mental health.
- Consider a range of strong emotions and know how they make them feel including how to manage negative emotions.
- Identify ways to keep safe both online and offline.
- That risks exist in society including internet risks, substance use and misuse and exploitation and how to stay safe.

- Describe what a balanced diet is and what good oral hygiene involves
- Explain why good hygiene is important
- Explain how exercise and sleep support good health
- Describe what mental health is and suggest ways to support good mental health
- Recognise how self-esteem can be developed and damaged
- Explain the positive and negative effects social media and on-line use has on one's mental and physical health

Area of study

Your child will ... (Knowledge)

Your child will be able to... (Skills)

Spring Term 1

Me and my Future

- That interests are important when considering career aspirations.
- That apprenticeships provide workplace learning and qualifications.
- The importance of labour market information when considering future career options.
- That entrepreneurs create business opportunities.

- To form an opinion and share this with others
- Reflect appropriately on the knowledge covered through note taking.
- Explain why interests are important when considering future career options
- Recognise that apprenticeships provide workplace learning and qualifications
- Explain why LMI is important (specifically main responsibilities for job roles)
- Describe what an entrepreneur is

Spring Term 2

Me and my relationships

- Know what is meant by identity.
- Consider what makes up someone's identity.
- Understand the link between values and identity.
- How to develop self worth and self-efficacy.
- Know about relationship boundaries.
- Know about consent and how to assertively communicate.
- How to resolve conflict peacefully
- Be able to identify what abuse is.
- Learn the different forms of abuse and strategies for dealing with potential dangerous situations. and the harmful practices of FGM and forced marriage.
- Know unacceptable behaviours including child on child abuse, and Forced marriage.
- Know the difference between expressing your opinion, peaceful protest, extremism and radicalisation.

- To form an opinion and share this with others
- Reflect appropriately on the knowledge covered through note taking.
- Describe diversity and explain why respect is important and why it is important to know and respect yourself
- Explain how to resolve conflict peacefully
- Recognise harmful practices and behaviours
- Describe what freedom of speech is
- Recognise responsibilities where freedom of speech is concerned
- Explain the effects of free speech
- Describe how radicalisation can happen and what extremism is

Area of study

Your child will ... (Knowledge)

Your child will be able to... (Skills)

Summer Term 1

Me and my Health

- Know about healthy routines
- Know how to manage different physical and emotional changes that come with puberty.
- Know about FGM and how to access support.
- Reinforce consent and how to respond to unwanted/inappropriate contact
- Know basic first aid - cuts, grazes, nose bleeds, burns and scalds are and how to treat them.
- Know how to respond to a medical emergency.

- To form an opinion and share this with others
- Reflect appropriately on the knowledge covered through note taking.
- Describe the effects of puberty and explain how to cope with changes
- Describe how to treat cuts, grazes, nose bleeds, burns and scald

Summer Term 2

My Future and being WISE

- What money is and why it is important.
- What consumerism is, what influences spending and consumer rights.
- Learn about saving, borrowing and budgeting.
- Know how to open a bank account.
- Explore the benefits of saving.
- Explore what influences consumer decisions.
- Explore money use in a digital age
- Know how to be WISE (well informed, safe and empowered) online when spending - gambling, quick loans,
- Know what other forms of currency there are and why they originated - bitcoin, cryptocurrency

- To form an opinion and share this with others
- Reflect appropriately on the knowledge covered through note taking.
- Explain what money is and why it is important
- Recognise what influences spending
- Describe what consumer rights are
- Understand the different options
- Know how to keep themselves and their money safe on-line

Area of study

Your child will ... (Knowledge)

Your child will be able to... (Skills)

Autumn Term 1

Me and My Community

- Know how the Fundamental British Values foster a safe and inclusive community for all.
- Communicate how the Fundamental British Values link to the Cantell Cs and Cantell EMPOWER Skills and support them to a citizen who promotes inclusivity.
- How Fundamental British Values underpin and shape our diverse society.
- Know what protected characteristics are.
- Know how active citizenship improves society.
- Know why crime exists and the effect on victims.
- Know how antisocial and criminal gang culture affects individuals and society.
- Know how radicalisation and extremism affect society.
- Know human rights exist and how they have developed.
- Know what civil law is, why it exists and the effects on society.
- Understand democracy exists, what a constitutional monarchy is and the effects of democracy on UK society.
- Know what the European Union (EU) is and Britain's relationship with the EU.

- To share ideas and opinions with others and develop confidence in articulating them.
- Explain how Fundamental British Values shape and have a positive effect on society.
- Explain why active citizenship is important and the effects on society.
- Recognise antisocial and criminal behaviour and describe the effects on society.
- Explain what radicalisation and extremism is and describe the effects on society.
- Describe what the judicial process involves and explain why it is important
- Describe our judicial system
- Describe the effects of democracy on life in the UK

Me and my Health

- What bacteria and viruses are, how to treat and prevention infection including antibiotics, immunisation and vaccination
- Know how exercise can have positive effects on stress and anxiety, obesity, infirmity, illness and disease.
- How exercise can have positive effects on stress and anxiety, obesity, infirmity, illness and disease and the effects of sleep on health
- What the possible effects of poor mental health are and what can be done to support good mental health
- What an allergic reaction, asthma and choking are, how to treat an allergic reaction and asthma and what to do if someone is choking
- Understand why young people start using substances and the effects of this on behaviour, health and relationships.
- Know how to assess the risks of alcohol, tobacco, nicotine, vaping use and energy drink use
- Know how to manage influences in relation to substance abuse

- To share ideas and opinions with others and develop confidence in articulating them.
- Explain how reasonable precautions help to
- Describe what bacteria and viruses are
- Recognise how to treat and prevent infection
- Describe the positive effects of exercise
- Recognise the possible effects of poor mental health
- Suggest ways to support good mental health
- Recognise the signs and symptoms of an asthma attack and choking
- Describe what to do if someone suffers an allergic reaction, asthma attack or is choking
- Explain why young people start smoking, drinking alcohol or taking drugs and describe the effects of this

Area of study

Your child will ... (Knowledge)

Your child will be able to... (Skills)

Spring Term 1

My Future

- Know why EMPOWER skills and labour market information (LMI) are important to career aspirations.
- Understand why apprenticeships and employment with training are important to careers.
- Know what KS4 options are and why they exist.
- Know how entrepreneurial skills are used to start and grow a business.
- Explore what types of bank accounts are available.
- Explore consumer rights.
- Explore budgeting and know how to budget.
- Know how to challenge stereotypes and discrimination in the workplace.

- To share ideas and opinions with others and develop confidence in articulating them.
- Describe the empower skills and explain why they are important to careers
- Explain what LMI is and why it is important to career aspirations
- Explain why workplace learning and qualifications are important to careers
- Describe what KS4 options are and why they exist
- Recognise how entrepreneurial skills help entrepreneurs start and grow businesses
- Describe what bank accounts are and the different types
- Recognise why bank accounts are important
- Describe what budgeting is and how to budget
- Recognise the importance of consumer rights

Spring Term 2

My relationships

- Know what relationships are, why they are important and how to recognise unacceptable behaviours.
- Understand how protected characteristics help keep members of our community safe.
- Understand how diversity and inclusion foster positive relationships in our community.
- Understand what gender identity and sexual orientation is.
- Understand what abuse is, the effects, why it is not always reported and how to report it.
- What honour based abuse is including forced marriage the barriers to reporting and how these can be overcome
- Know what an intimate relationship is.
- Know the reasons for the age of consent law and the importance of a loving relationship.
- Recognise pressures young people may feel in relation to starting sexual activity and how pressures can be managed including nudes and semi nudes.
- Introduction to contraception is and how contraception works.
- What parenthood involves and the pressures of teenage parenthood.

- Explain what relationships are and why they are important
- Recognise unhealthy relationship behaviours
- Explain what diversity is and the importance of inclusivity
- Describe what protected characteristics are name them
- Recognise gender identities and sexual orientations
- Recognise abusive behaviour and describe the effects
- Analyse and suggest why it is not always reported
- Describe what an intimate relationship is
- Recognise that sex is an umbrella term and what this term covers
- Explain why the age of consent law exist
- Recognise the importance of a loving relationship in respect to sex
- Recognise the pressures young people may feel in relation to sex and explain how these pressures can be managed
- Know what contraception is and describe how it works
- Recognise the pressures of teenage parenthood

Area of study

Your child will ... (Knowledge)

Your child will be able to... (Skills)

Summer Term 1

Me and my health

- Explore culture expectations on the body.
- Explore how the media presents body image and the effect this can have on our health and self-esteem
- Know what Female Genetal mutilation is, why it occurs and how to seek support in order to report it.
- Know how to critically assess different media sources.

- To share ideas and opinions with others and develop confidence in articulating them.
- Recognise both the positive and negative effects the media has on body image and self esteem
- Know how to maintain positive mental health and self- esteem
- Recognise harmful behaviours and why they are not reported.
- Be able to identify 'fake-news'

Summer Term 2

My Future and being WISE

- Know how to use social networking sites safely.
- Know to recognise online grooming in different forms, e.g. in relation to sexual or financial exploitation, extremism and radicalisation.
- Know how to respond and seek support in cases of online grooming.
- Understand how to recognise biased or misleading information online.
- Understand how to distinguish between content which is publicly and privately shared.
- Know about age restrictions when accessing different forms of media and how to make responsible decisions,
- Know how to protect financial security online.
- Know how to assess and manage risks in relation to gambling and chance-based transactions.
- Understand how to manage and avoid situations that may lead to extremism and radicalisation and why it goes against our British Values
- Learn how to be WISE online and why and how exploitation happens.

- To share ideas and opinions with others and develop confidence in articulating them.
- Identify internet risks and explain how safety tips will help you stay safe.
- Explain how reasonable precautions help to manage risk

Area of study

Your child will ... (Knowledge)

Your child will be able to... (Skills)

Autumn Term 1

Me and My Community

- Know how to access the support services available.
- Explore why Fundamental British Values (FBV) are important to our society and what the effects of not having these values might be.
- Explore what action should be taken, as an active citizen to help promote a united society.
- Why responsibilities are important in respect to rights
- What gun and knife crime is and how to avoid becoming a victim or involvement
- Why society must be vigilant and continue to educate in respect of radicalisation and extremism
- Understand about conflict, its causes and learn strategies to resolve it.

- To build on arguments presented by others and to challenge where appropriate.
- Explain why Fundamental British Values are important to our society
- Describe what might happen if we did not have Fundamental British Values underpinning society
- Explain what action could be taken as an active citizen to solve societal issues
- Describe what social structure is and recognise how it shapes society
- Explain the importance of responsibilities in respect to rights
- Describe what gun and knife crime are and explain what precautions can be taken to further limit the chances of becoming a victim or involvement
- Recognise the importance of vigilance and education in respect of radicalisation and extremism

Me and My Health

- Know what a balanced diet is in relation to a meat, vegetarian and vegan diet
- What blood and organ donation involve and why they are important.
- The benefits and pitfalls of excessive exercise
- The effects of sleep deprivation and what affects sleep
- What different types of mental health issues there are and why strategies to support good mental health are important
- How to perform a first aid, put a casualty in the recovery position and administer CPR

- To build on arguments presented by others and to challenge where appropriate.
- Describe the effects of a balance diet
- To build on arguments presented by others and to challenge where appropriate.
- Explain the effects of poor oral hygiene
- Describe what blood and organ donation involves and recognise their importance
- Explain how exercise affects health
- Recognise the impact of sleep deprivation and explain what affects sleep
- Recognise that there are different types of mental health issues
- Describe strategies to support good mental health and explain why these are important
- Demonstrate how to perform a primary survey and put a casualty in the recovery position and describe how to administer CPR

Area of

Your child will ... (Knowledge)

Your child will be able to...

Me and my Future

- Know why aptitude, labour market information (LMI), workplace learning and qualifications are important to career aspirations and pathways.
- Know what a curriculum vitae and personal statement is.
- Know why work experience is important.
- Know what post 16 education and career opportunities there are and how they link to KS4 options.
- Know how to make a business plan.
- Why budgeting is important in adulthood, how to budget effectively and why consumer rights are important
- Where the government gets its finances from and what this money is spent on

- To build on arguments presented by others and to challenge where appropriate.
- Explain why aptitude, LMI, workplace learning and qualifications are important considerations relevant to career aspirations and pathways
- Describe what a curriculum vitae and personal statement is and when these would be used
- Recognise why work experience is important to personal development and career and education aspirations
- Recognise how post 16 education and career opportunities link to KS4 options
- Describe what a business plan is and what it is used for
- Recognise why budgeting is important in adulthood
- Describe how to budget effectively
- Explain why consumer rights are important
- Describe where the government gets its finances from and recognise the importance of government spending

Spring Term 2

Me and my relationships

- Know why relationships are important, the most important characteristics of good relationships and the worst characteristics of a bad relationship
- Understand how to manage relationship and family changes, including relationship breakdown, separation and divorce.
- Know what equality is and why it is important
- Understand the impact of child on child sexual abuse is, why it happens and what can be done to stop it.
- Understand the effects of honour based abuse on wellbeing including forced marriage and FGM, the importance of reporting and how support can make a difference.
- Know the effects of pornography on relationships and the law around this.

- To build on arguments presented by others and to challenge where appropriate.
- Explain what the most important characteristics of a good relationship are relevant to specific types of relationships
- Explain why certain characteristics of a bad relationship are unacceptable behaviours and should never be tolerated
- Recognise that diversity is about valuing difference
- Explain what protected characteristics are and why they are important
- Describe what equality means and recognise the importance of the 2010 Equalities Act
- Recognise what peer on peer sexual abuse is, explain why it happens and what can be done to stop it.
- Recognise what honour based abuse is and describe the effects on wellbeing
- Recognise how support can make a difference to victims of abuse
- Explain what an intimate relationship is
- Recognise the harmful effects of pornography and why there is an age restriction law

Area of study

Your child will ... (Knowledge)

Your child will be able to... (Skills)

Summer Term 1

Me and My Health

- Understand the effect an intimate relationship can have on your mental and physical health
- Know the common STIs, their symptoms, how they are caught and how to manage the risk of catching an STI.
- Evaluate the advantages and disadvantages for specific contraceptive methods.
- Know that a healthy family unit takes many forms
- Explore different types of family units, including single parents, same sex parents, blended families, adoption and fostering.
- Know about positive relationships in the home and ways to reduce homelessness amongst young people.
- What addiction is and the effects of substance use, misuse and gambling on wellbeing
- The impact of exploitation and how this affects wellbeing

- To build on arguments presented by others and to challenge where appropriate.
- Describe the effects intimate relationships can have on mental and physical health.
- Recognise common STIs, how they are caught and symptoms
- Describe how to manage the risk of catching an STI
- Recognise the advantages and disadvantages of different contraceptive methods
- Describe what a family unit is in modern Britain
- Explain how to prevent homelessness and who to go to in you need help
- Describe what addiction is
- Explain the effects of substance use and misuse and gambling on wellbeing
- Recognise the impact of exploitation and describe how this affects wellbeing

Summer Term 2

Me and my Future and being WISE:

- Know why budgeting is important in adulthood, how to budget effectively and why consumer rights are important
- Know where the government gets its finances from and what this money is spent on.
- Know how our human rights are protected.
- Know what Parliament is and how it works.
- Know what political parties are, why voting is important and how elections work.
- Understand how laws are created and reviewed and why this process is important.
- Understand why some people take part in risky behaviour and break the law
- How to manage risk effectively and deal with peer pressure where risky behaviour is concerned

- To build on arguments presented by others and to challenge where appropriate.
- Describe what protects our human rights and explain why this is important
- Explain what parliament is and describe how it works
- Describe what political parties are and how elections work
- Recognise why voting is important
- Describe how laws are created and explain why this process is important
- Explain how to manage risk effectively and deal with peer pressure
- Explain what safety advice is most relevant to specific internet risks