



| Year | Half term 1 | Half term 2 | Half term 3 | Half term 4 | Half term 5 | Half term 6 |
|-------------------------|---|---|--|--|--|---|
| Theme | Health & Wellbeing | Relationships | Health & Wellbeing | Living in the wider world | Relationships | Living in the wider world |
| 7 | Transition to secondary school Personal safety, including first aid | Building relationships Self-worth, romance and friendships (including online) and relationship boundaries | Healthy routines, influences on health, puberty, period health | Careers, teamwork and enterprise skills, raising aspirations | Diversity, prejudice and bullying | Financial decision making Saving, borrowing, budgeting and making financial choices |
| Theme | Health & Wellbeing | Living in the wider world | Relationships | Health & Wellbeing | Living in the wider world | Relationships |
| 10 | Mental health Mental health & ill health, stigma, safe guarding health, including during periods of transition or change | Financial decision making The impact of financial decisions, debt, gambling and the impact of advertising on financial choices | Healthy relationships Relationships and sex expectations, pleasure and challenges, including the impact of the media and pornography | Exploring influence The influence and impact of drugs, gangs, role models and the media | Careers Readiness for work | Addressing extremism and radicalisation Communities, belonging and challenging extremism |
| Theme | Health & Wellbeing | Living in the wider world | Relationships | Health & Wellbeing | GCSE Preparation | |
| 11 | Building for the future Self-efficacy, stress management, and future opportunities | Next Steps Application process, and skills for further education, employment and career progression | Communication in relationships Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse | Study skills and interventions | Lifestyle choices Independent responsible health choices, and safety (STI, alcohol and decision making) | |
| Theme | Health & Wellbeing | Living in the wider world | Relationships | Living in the wider world | Relationships | Health & Wellbeing |
| Sixth Form (Y1) (23/24) | Mental health and emotional wellbeing <ul style="list-style-type: none"> • Mental health and emotional wellbeing • Managing stress • Body image • Healthy coping strategies | Readiness for work <ul style="list-style-type: none"> • Career opportunities • Preparing for the future | Diversity and inclusion <ul style="list-style-type: none"> • Living in a diverse society • Challenging prejudice and discrimination | Planning for the future <ul style="list-style-type: none"> • Exploring future opportunities • Post-18 options • The impact of financial | Respectful relationships <ul style="list-style-type: none"> • Consent • Assertive communication • Positive relationships and recognising abuse • Strategies for managing dangerous situations or relationships | Health choices and safety <ul style="list-style-type: none"> • Independence and keeping safe • Travel • First aid • The impact of substance use |



| Theme | Relationships | Relationships | Health & Wellbeing | Wider world | Wider world |
|-------|---|---|---|---|---|
| 8 | Family & Friends Healthy relationships Romantic relationships Physical intimacy Unhealthy relationships Online relationships Consent Contraception | Identity – similarities and differences Community – diversity & bullying | Know your rights Online safety Media influence Physical and mental wellbeing Attitudes to mental health | Income Tax & NI Budgeting | Entrepreneurs Teamwork Communication |
| Theme | Relationships | Relationships | Health & Wellbeing | Wider world | Wider world |
| 9 | Transition | Identity Community | Body awareness Developing independence | Discipline to achieve Workplace skills | Debt Financial institutions Consumer rights |

| Theme | Health & Wellbeing | Living in the wider world | Relationships | Living in the wider world | Relationships | Health & Wellbeing |
|-------------------------|---|---|--|---|--|--------------------|
| Sixth Form (Y2) (24/25) | Independence <ul style="list-style-type: none"> Responsible health choices Managing change Health and wellbeing, including sexual health, into adulthood | Next steps <ul style="list-style-type: none"> Application processes Future opportunities and career development Maintaining a positive professional identity | Intimate relationships <ul style="list-style-type: none"> Personal values, including in relation to contraception and sexual health Fertility Pregnancy | Financial choices <ul style="list-style-type: none"> Managing money Financial contracts Budgeting Saving Debt Influences on financial choices | Building and maintaining relationships <ul style="list-style-type: none"> New friendships and relationships, including in the workplace Personal safety Intimacy Conflict resolution Relationship changes | |