

KS3

	Yr 7	Yr 8	Yr 9
Personal	<ul style="list-style-type: none"> Managing change/ transition (including friendships, relationships, resisting bullying) Building Learning Power – introduction to concepts and terms Study skills 	<ul style="list-style-type: none"> Mental health: Emotional intelligence <ul style="list-style-type: none"> Recognising emotions in self and others Moving from pessimism to optimism Consistent selves/Integrity Making choices/ prioritising Study Skills Days 	<ul style="list-style-type: none"> Self-evaluation: making use of my strengths; challenging/ overcoming obstacles to progress (internal and external) Study skills: how to plan; how to make notes; memory techniques Building Learning Power
Social	<ul style="list-style-type: none"> Developing and maintaining friendships Managing peer group pressure Resisting bullying (see above) Learning about differences (special needs, disabilities, medical conditions etc) 	<ul style="list-style-type: none"> Social responsibility – homelessness (Rough Sleep) 	<ul style="list-style-type: none"> Social responsibility and effective team work – raising money for charity (Yr 9 Fair) Relationships and feelings
Health/ Managing risks	<ul style="list-style-type: none"> Mental health (including dealing with stress, and mindfulness) Internet safety and social media Road safety (pedestrian and cycling) Personal hygiene 	<ul style="list-style-type: none"> Keeping safe at night/ in public spaces Keeping safe online/ using IT/ phones responsibly Smoking and Alcohol – risks and how to avoid 	<ul style="list-style-type: none"> Mental health: managing stress and developing emotional resilience Dealing with aggression/ personal and global conflict Where to get help
Economic	<ul style="list-style-type: none"> Differences between ‘wants’ and ‘needs’ Getting to know own attitudes towards money Basic banking terminology and bank accounts Simple budgeting 	<ul style="list-style-type: none"> Fundraising Introduction to careers/ jobs Dragon’s Den – business plan and competition 	<ul style="list-style-type: none"> Christmas Fair preparation (budgeting and marketing) Enterprise/ Insight to Industry Days Careers: Cascaid Launchpad and planning for long term goals
Citizenship	<ul style="list-style-type: none"> Rights and responsibilities at home and at school 	<ul style="list-style-type: none"> Current affairs 	<ul style="list-style-type: none"> Current affairs

KS4

	Yr 10	Yr 11
Personal	<ul style="list-style-type: none"> • Mental Health (managing stress; coping strategies; mindset; self-efficacy; thinking traps etc) • Study Skills 	<ul style="list-style-type: none"> • Planning for future/ making choices about Post-16 education/ training • Study Skills
Social	<ul style="list-style-type: none"> • Relationships and Sex Education 	
Health/ Managing risks	<ul style="list-style-type: none"> • Mental Health (see 'Personal') • Relationships and Sex Education • Keeping safe and acting responsibly online 	<ul style="list-style-type: none"> • Developing mental resilience (mental health) • Healthy lifestyle
Economic	<ul style="list-style-type: none"> • Finance [Barclays resources] <ul style="list-style-type: none"> ○ Financial vocabulary ○ Personal attitudes to money ○ Budgeting ○ Managing a bank account/ bank statements ○ Needs and wants over a personal financial life cycle • Careers/ Post-16 education/ future pathways (including use of New Kudos) 	<ul style="list-style-type: none"> • Finance [Barclays resources] • Careers/ Post-16 education/ future pathways
Citizenship	<ul style="list-style-type: none"> • Current affairs 	<ul style="list-style-type: none"> • Current affairs

KS5

	Yr 12	Yr 13
Personal	<ul style="list-style-type: none"> • Reflection on academic progress; creation of SMART targets • Study Skills • Time management • Planning • Revision skills • CVs/ letters of application/ Rotary Club interview practice 	<ul style="list-style-type: none"> • Reflection on academic progress; creation of SMART targets • Preparing for university (eg living at home or moving away; sewing, ironing, cooking)
Social	<ul style="list-style-type: none"> • 'Prevent' awareness (HOPE not Hate talk) • Sensible and safe use of social media/ internet 	<ul style="list-style-type: none"> • 'Prevent' awareness (HOPE not Hate talk)
Health/ Managing risks	<ul style="list-style-type: none"> • AA • Drugs and the law (including 'legal highs') • Driving safety • Keeping healthy (physically and mentally) • Relationships and Sex Education 	<ul style="list-style-type: none"> • Driving safety • Keeping healthy (physically and mentally) • Relationships and Sex Education
Economic	<ul style="list-style-type: none"> • Interview skills (Rotary Club) • UCAS/ Personal statement/ letter of application/ CV writing 	<ul style="list-style-type: none"> • Financial planning for university/ after school
Citizenship	<ul style="list-style-type: none"> • Current affairs • External speakers – broadening horizons 	<ul style="list-style-type: none"> • Current affairs • External speakers – broadening horizons