

KS3

	Yr 7	Yr 8	Yr 9
Personal	<ul style="list-style-type: none"> • Managing change/ transition (including friendships, relationships, resisting bullying) • Study skills • Independent Learning 	<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
Social	<ul style="list-style-type: none"> • Developing and maintaining friendships • Managing peer group pressure • Resisting bullying • 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/self-esteem) • Internet safety and social media/cyber bullying • Road safety (pedestrian and cycling) • Personal hygiene • Balanced lifestyle/diet 	<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 • Where to get help • First Aid • Crime
Economic	<ul style="list-style-type: none"> • Differences between ‘wants’ and ‘needs’ • Getting to know own attitudes towards money- managing finance on school trip • 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 • Charity 	<ul style="list-style-type: none"> • Current affairs

KS4

	Yr 10	Yr 11
Personal	<ul style="list-style-type: none"> • Mental Wellbeing (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 Wellbeing (see 'Personal') • Relationships and Sex Education • Keeping safe and acting responsibly online 	<ul style="list-style-type: none"> • Developing mental resilience (mental wellbeing) • Healthy lifestyle • External speaker on cancer awareness
Economic	<ul style="list-style-type: none"> • Finance [Barclays resources] • Careers/ Post-16 education/ future pathways 	<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 • Sensible and safe use of social media/ internet 	<ul style="list-style-type: none"> • 'Prevent' awareness • Sensible and safe use of social media/ internet
Health/ Managing risks	<ul style="list-style-type: none"> • AA • Drugs and the law • 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) • Exploring Future Pathways • UCAS/ Personal statement/ letter of application/ CV writing 	<ul style="list-style-type: none"> • UCAS/ Future Pathways applications • 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