

Term	Week Number	Tutor time lessons	Timetabled lessons
Autumn 1	1		-
	2	What are first impressions? (selected activities)	1 - Who am I?
	3	What is self-esteem? (first half)	
	4	What is self-esteem? (second half)	2. How are families different? (second half)
	5	What makes a relationship healthy? (Part 1)	
	6	What makes a relationship healthy? (Part 2)	3 - What do healthy friendships look like?
	7	What is bullying? (first half)	
	8	What is bullying? (second half)	4 - What is cyberbullying?
Autumn 2	9	How can I take a stand when I see bullying happening? (first half)	
	10	How can I take a stand when I see bullying happening? (second half)	5 - Is everyone treated equally?
	11	What are stereotypes? (first half)	
	12	What are stereotypes? (second half)	6 - How might people with disabilities be treated?
	13	How can we deal with racism? (first half)	
	14	How can we deal with racism? (second half)	7 - What support can I offer to others?
	15	<i>Spare lesson to catch up on any missed content</i>	
Spring 1	16	What is health? (selected activities for this session)	8 - Careers content – TBC
	17	How can screentime affect my health? (first half)	
	18	How can screentime affect my health? (second half)	9 - Careers content – TBC
	19	How much sleep should I be getting? (first half)	
	20	How much sleep should I be getting? (second half)	10 - Careers content – TBC
	21	What makes vaping addictive? (first half)	
Spring 2	22	What makes vaping addictive? (second half)	11 - How can I manage my personal hygiene?
	23	How can I look after my teeth? (selected activities for this session)	
	24	What are the physical changes of puberty? (selected activities for this session)	12 - What happens during menstruation?
	25	What are the emotional aspects of puberty? (first half)	
	26	<i>What are the emotional aspects of puberty? (second half)</i>	13 - How can I share key information about puberty with young people?
Summer 1	28	What is a risk? (second half)	14 - How can I be safe on, and near, the road?
	29	How can I be safe near train lines? (first half)	
	30	How can I be safe near train lines? (second half)	15 - How can I be safe around water?
	31	How can I be safe online? (first half)	
	32	How can I be safe online? (second half)	16 - What do young carers do?
	33	Can young people make a change? (first half)	
Summer 2	33	Can young people make a change? (first half)	
	34	Can young people make a change? (second half)	17 – What is Parliament?
	35	How are political parties similar and different? (first half)	
	36	How are political parties similar and different? (second half)	18 - What happens in a General Election?
	37	What would my platform for election look like? (first half)	
	38	What would my platform for election look like? (second half)	19 - What do MPs do?
	39	<i>Spare lesson to catch up on any missed content</i>	

Unit 1 Identity

Unit 2 Healthy Relationships

Unit 3 Equality and Discrimination

Unit 4 My Body

Unit 5 Safety First

Unit 6 Parliaments and Politics

Careers As directed