

Key Stage 3 and 4 Curriculum Map

		Autumn 1	Autumn 2	Spring 3	Spring 4	Summer 5	Summer 6
<b>Year 7</b> 1 hour per week	<b>CURRICULUM</b> Health and Wellbeing Starting at secondary school Friendships and managing change	Health and Wellbeing Starting at secondary school Friendships and managing change	Living in the Wider World Teamwork and managing conflicts Learning from mistakes	Health and Wellbeing Talking about feelings Respect Peer influence	Relationships Bullying or banter Identity and difference Stereotypes	Relationships Impacts of prejudice and discrimination Social and emotional changes during puberty	Living in the Wider World Personal safety and first aid
	<b>CURRICULUM CAROUSEL</b> These modules are delivered on a carousel rotation.	Health and Wellbeing Fit and active Food choices Personal hygiene and oral health	Living In the Wider World What's school all about? This is my story This is me today Looking ahead The power of stereotypes	Health and Wellbeing Mental health and stigma Feeling low and boosting your mood Managing disappointment and developing resilience	Relationships Families Family Disputes Bereavement and Loss	Living in the Wider World Your Online Personality Social Media Online Bullying	
<b>Year 8</b> 1 hour per fortnight	<b>CURRICULUM</b> Health and Wellbeing Caffeine and energy drinks Tobacco and vaping Alcohol Gangs and county lines	Health and Wellbeing Caffeine and energy drinks Tobacco and vaping Alcohol Gangs and county lines	Living in the Wider World Grooming and online safety Extremism and radicalisation Gambling	Relationships Gender identity and gender-based discrimination Homophobia and biphobia Racism and religious discrimination	Health and Wellbeing Taking responsibility for my health Body image and body shaming The importance of sleep	Relationships Relationship feelings Perceptions/expectations in a romantic relationship	Relationships Consent and the law Positive online relationships Sexting and nude image sharing (inc revenge porn)
	<b>CURRICULUM CAROUSEL</b> These modules are delivered on a carousel rotation.	Health and Wellbeing Stress, anxiety and depression Unhealthy strategies, warning signs and triggers Developing Self-Esteem Bullying and Mental Health	Living in the Wider World GCSE options preparation	Relationships Managing peer approval Family diversity Sex and consent Pornography	Living in The Wider World Making decisions Influences on choice Choosing subjects Getting help Preparing for KS4	Living in the Wider World Media influence Substances and the media Different online behaviour Respectful online relationships	
<b>Year 10</b> 1 hour per fortnight	<b>CURRICULUM</b> Relationships The Equality Act Values and beliefs Valuing diversity	Relationships The Equality Act Values and beliefs Valuing diversity	Relationships Understanding and preventing extremism Radicalisation Sexual readiness Paths to parenthood	Relationships Marriage partnership and rights Relationship loss and change Gender diversity	Relationships Relationship abuse, coercion and exploitation Impact of the media Role models and influence	Health and Wellbeing Recreational drug use and the law Substances and communities Gangs and county lines	Health and Wellbeing Healthy strategies to promote emotional wellbeing Recognising signs of mental and emotional ill health
	<b>CURRICULUM</b> Health and Wellbeing Preparing for change Common mental health concerns	Health and Wellbeing Preparing for change Common mental health concerns	Living in the Wider World Harmful digital content County lines	Relationships Values and beliefs Understanding and preventing extremism	Health and Wellbeing Drugs Alcohol	Relationships Sex – The law, rights and responsibilities Safer sex	
<b>Year 11</b> 2 hours per term	<b>CURRICULUM</b> Health and Wellbeing Preparing for change Common mental health concerns	Health and Wellbeing Preparing for change Common mental health concerns	Living in the Wider World Harmful digital content County lines	Relationships Values and beliefs Understanding and preventing extremism	Health and Wellbeing Drugs Alcohol	Relationships Sex – The law, rights and responsibilities Safer sex	

## Carre's Grammar School – 2022/2023 Personal Development Curriculum – Key Stages 3, 4 and 5

### Key Stage 3 and 4 Tutor Programme

Date -Week beginning	Year 7	Year 8	Year 9	Year 10	Year 11
12 <sup>th</sup> Sept	What is Personal Development?	What is Personal Development?	What is Personal Development?	What is Personal Development?	What is Personal Development?
19 <sup>th</sup> Sept	Current Events	Current Events	Current Events	Current Events	Current Events
26 <sup>th</sup> Sept	Healthy Living	Bullying	Advertising Influence	Race Commission	Race Commission
3 <sup>rd</sup> Oct	Fake News	What are British Values?	Domestic Abuse	What are British Values?	Positive Role Models
10 <sup>th</sup> Oct	Positivity	Prescription Drugs	Divorce	Testicular Cancer	Sexual Pressure
17 <sup>th</sup> Oct	What are British Values?	Healthy Eating	What are British Values?	Coercive Control	What are British Values?
<b>HALF TERM</b>					
31 <sup>st</sup> Oct	Dental Hygiene	Organ Donation	Gaslighting	Tattoos	Stem Cell Donation
7 <sup>th</sup> Nov	Cyberbullying (Social Media Kindness Day)	Emotional Literacy (Social Media Kindness Day)	The Equality Act	Social Media Addiction (Social Media Kindness Day)	Privilege
14 <sup>th</sup> Nov	Extremism	Anxiety	Sustainability	Rights and Responsibilities at Work	Body Shaming
21 <sup>st</sup> Nov	Personal Identity	Right wing extremism	LGBTQIA+ Community	Sexism	Plastic Pollution
28 <sup>th</sup> Nov	Character Education	Nitrous Oxide	Blood Donation	Suicide	Adoption and Fostering
5 <sup>th</sup> Dec	British Values - Democracy	British Values - Democracy	British Values - Democracy	British Values - Democracy	British Values - Democracy
12 <sup>th</sup> Dec	What have we learnt?	What have we learnt?	What have we learnt?	What have we learnt?	What have we learnt?
<b>CHRISTMAS</b>					
2 <sup>nd</sup> Jan	Facing Challenges	Perseverance	Self-discipline	Memory	Right wing radicalisation
9 <sup>th</sup> Jan	Online Stress	Self-confidence	Knife Crime	Anti-Social Behaviour	British Values – Rule of Law
16 <sup>th</sup> Jan	British Citizens	Homelessness	Perseverance	British Values – Rule of Law	Multiculturalism
23 <sup>rd</sup> Jan	Sleep	Young Offenders	Avoiding Debt	Community Cohesion	Personal Safety
30 <sup>th</sup> Jan	British Values – Rule of Law	British Values – Rule of Law	British Values – Rule of Law	Time Management	British Values - Tolerance
6 <sup>th</sup> Feb	Staying Safe Online (Safer Internet Day)	Grooming (Safer Internet Day)	Selfie Safety (Safer Internet Day)	Image Based Abuse (Safer Internet Day)	Cybercrime (Safer Internet Day)
<b>HALF TERM</b>					
20 <sup>th</sup> Feb	British Values – Mutual Respect	Target Setting	UNICEF	British Values – Mutual Respect	County Lines
27 <sup>th</sup> Feb	Self-Esteem	Tax	Exam Skills	Money Laundering	Gambling Addiction
6 <sup>th</sup> March	Women's Day	Women's Rights	British Values – Mutual Respect	Harassment	British Values - Mutual Respect
13 <sup>th</sup> March	Vaping	Finance	Exam Stress	Revision Skills	Sex in the Media
20 <sup>th</sup> March	Racism	British Values – Mutual Respect	Extremism – Prevent	Binge Drinking	Relationship Types
27 <sup>th</sup> March	What have we learnt?	What have we learnt?	What have we learnt?	What have we learnt?	What have we learnt?
<b>EASTER</b>					
17 <sup>th</sup> April	British Values - Individual Liberty	LGBTQAI+ History	British Values – Individual Liberty	Drugs - Amyl Nitrate	Relationship Break-Up
24 <sup>th</sup> April	Religious Festivals	Alcohol Awareness	Foreign Aid	Marriage	Drugs – Ketamine
1 <sup>st</sup> May	Families	Charity Volunteering	Drugs – Cannabis etc.	Conflict Management	British Values – Individual Liberty
8 <sup>th</sup> May	Budgeting	British Values – Individual Liberty	Payday Loans	Grief and Bereavement	CPR Revisited
15 <sup>th</sup> May	Keeping Safe	Cancer Awareness	Vaccinations	STEM Industries	Growing Up
22 <sup>nd</sup> May	Ethical Shopping	Body Positivity	Human Rights	British Values – Individual Liberty	EXAMS
<b>HALF TERM</b>					
5 <sup>th</sup> June	Mindfulness	Meditation	Acid Attacks	Eating disorders	
12 <sup>th</sup> June	Immigration	Passive Smoking	HIV & AIDS	County Lines	
19 <sup>th</sup> June	Brexit Britain	Seeking Asylum	Self-Harm	British Values - Tolerance	
26 <sup>th</sup> June	British Values - Tolerance	British Values - Tolerance	British Values – Tolerance	Terrorism	
3 <sup>rd</sup> July	Discrimination	Religious Tolerance	Human Trafficking	Modern Day Slavery	
10 <sup>th</sup> July	Body Image	Disability Prejudice	Sexual Harassment	Mental Illness- Bipolar	
17 <sup>th</sup> July	End of year review	End of year review	End of year review	End of year review	

**Key Stage 3 and 4 External Provision and Workshops**

	Autumn 1	Autumn 2	Spring 3	Spring 4	Summer 5	Summer 6
YEAR 7	Workshop – School of Sexuality Education (11 <sup>th</sup> October) <i>Identity and Reproduction</i>	Prime Agency Performance (P1 30 <sup>th</sup> November)	5 Steps to Wellbeing Assembly with Healthy Minds (17 <sup>th</sup> January)  HSBC Workshop Money 101 (22 <sup>nd</sup> February)	Workshop - Stay Safe Day (23rd March) 1. Alcohol/drug awareness 2. Antisocial behaviour 3. Fire safety 4. Healthy relationships 5. Online safety		
YEAR 8		Prime Agency Performance (P1 30 <sup>th</sup> November) Workshop – Vaping (P1 5 <sup>th</sup> December)	Being Emotionally Aware Assembly with Healthy Minds (20 <sup>th</sup> January) Workshop - School of Sexuality Education (7 <sup>TH</sup> February) <i>Identities</i>		<i>Magistrates in the court (TBC)</i>	
YEAR 9		Workshop – Vaping (P1 5 <sup>th</sup> December)	Being Emotionally Aware Assembly with Healthy Minds (20 <sup>th</sup> January)  Workshop - School of Sexuality Education (13th January) <i>Infections and protection</i>	Workshop - Stay Safe Day (15th March) 1. Road safety 2. Online Safety 3. Drugs awareness 4. County lines and knife crime 5. Healthy relationships	Assembly – Testicular Cancer (9 <sup>th</sup> May)  Workshop – Girls Like That (DATES TBC) <i>What is sexual harassment and how do we tackle it?</i>	
YEAR 10	Workshop – Nationwide (5 <sup>th</sup> October) <i>Current accounts and savings Borrowing and debt The world of work Keeping money safe</i>	Workshop – Vaping (P2 5 <sup>th</sup> December)	Risky Behaviour Workshop – Positive Health (18 <sup>th</sup> January) Assembly – Oddballs (24 <sup>th</sup> January) Workshop – School of Sexuality Education (6 <sup>th</sup> February) <i>Consent and digital literacy</i>	Stress Busters Healthy Minds (TBC)		
YEAR 11	Workshop – Nationwide (12 <sup>TH</sup> October) <i>Current accounts and savings Borrowing and debt The world of work Keeping money safe</i>	Workshop – School of Sexuality Education (29 <sup>TH</sup> November) <i>Sexual violence and media</i>  Workshop - Vaping (P2 5 <sup>th</sup> December)	Assembly – Oddballs (24 <sup>th</sup> January)  <i>Stress Busters Healthy Minds (TBC)</i>	Careers Fair (Date TBC)		

Key Stage 5 Tutor Programme

		Autumn 1	Autumn 2	Spring 3	Spring 4	Summer 5	Summer 6
<b>Sixth Form</b>	TUTOR TIME CYCLE 1	<b>Living in the Wider World</b> What is your dream job? What does success mean to you? Remember to dream. Work towards plan A How to choose your life's path Who do you want to be?	<b>Health and Wellbeing</b> Introduction to resourcefulness Secrets to resilience What is resilience? Stop making excuses Who am I going to be? Getting stuck in the negatives.	<b>Relationships</b> We are all different Introduction to equality Who am I? Debate around equality What makes us different? Access ain't inclusion	<b>Living in the Wider World</b> How to live with integrity Why respect is good for future prospects Respect – pay it forward Traits of people with integrity The illusion of rudeness	<b>Relationships</b> The power of relationships My own wellbeing The beach ball Grow your jam jar How to be a relationship ninja	<b>Living in the Wider World</b> You don't know what you don't know How many hellos Will you dare Assumptions and influences What drives you Careers quiz
	TUTOR TIME CYCLE 2	<b>Living in the Wider World</b> Alcohol and decision making Travel safety Drink spiking Festival safety Substance misuse and safety Suicide prevention	<b>Health and Wellbeing</b> Sexual health and STI's Contraception and choices Healthy eating on a budget Unplanned pregnancy Body Image Keeping physically healthy while studying	<b>Relationships</b> Managing my online profile Managing strong emotions Maintaining online relationships Being a resilient student De-escalating aggressive social situations Prioritising mental health	<b>Living in the Wider World</b> Managing contracts and debt Payslips and salaries Taxes Savings Renting and Mortgages Being in financial debt	<b>Relationships</b> Evaluating attitudes to sexual assault Managing changes in relationships Communication in relationships Challenging work relationships The law, rights and responsibilities in sexual relationships Online dating	