

#WorldReady 7 Year Plan

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
7	Growing up health and body changes • Puberty • Health conditions	Families and healthy relationships • Your impact on others • Communication in relationships	Growing up health and body changes • Healthy eating and physical health and fitness • Personal hygiene, sleep and dental health • First aid	Personal identity and wellbeing • Self awareness • Happiness • Self-esteem and resilience	Respect, equality and online behaviour • Rights, responsibilities and opportunities online • Sexting • Online bullying • Online risks • Body image • Time spent online	Personal safety and safe relationships • Alcohol • Tobacco and vaping • Rail and water safety
8	Respect, equality and online behaviour • Social media • Online content • Information and data • Misinformation and disinformation • Harmful online behaviours	Career aspirations • Self-awareness and careers • Labour market information	Respect, equality and online behaviour • Democracy in the UK • Tolerance and respect • The Equality Act • Prejudice • Discrimination	Families and healthy relationships • Consent • Positive relationships • Boundaries in relationships • Ending relationships or friendships	Personal identity and wellbeing • Mental health • Gambling • Drug and alcohol use and mental health	Personal safety and safe relationships • Drugs • Water safety
9	Growing up health and body changes • Pregnancy • Vaccinations and immunisations • Self examination	Personal identity and wellbeing • Mental health • Change, loss and grief	Career aspirations • Values and career choices • Routes to employment • Employability • Preparing for interview	Respect, equality and online behaviour • Deep fakes • Fraud and online scams • Online gambling • AI chatbots	Personal safety and safe relationships • Consent • Contraception and STIs • Domestic abuse • FGM, virginity testing and hymenoplasty • Skills to increase safety from involvement in conflict	Personal safety and safe relationships • Safety in public spaces • Grooming and exploitation • Knife crime and violence • Water safety

10	Families and healthy relationships • Marriage and long term commitments • Parenting	Growing up health and body changes • Health care • Gillick competence	Career aspirations • Goals • Future careers • Post-16 • Employability	Personal identity and wellbeing • Mental health • Coping strategies • Reframing negative thinking	Personal safety and safe relationships • Sexual harassment and violence • Pornography • Substance use	Personal safety and safe relationships • Incels • Stalking • Abusive behaviour • Water safety
11	Growing up health and body changes • Gynaecological health • Reproductive health • Sexual health • Blood, organ and stem cell donation • Skin cancer	Families and healthy relationships • Unsafe relationships • Subcultures and sexual ethics	Citizenship • Income and expenditure • Credit and debit • Insurance • Savings and pensions • Financial products and services • Public money	Respect, equality and online behaviour • Inequalities of power • Technology as part of abusive or illegal behaviour • Gambling, fraud and cybercrime • Misogyny and the internet	Career aspirations • Online reputation • The labour market • Career opportunities online	

Sex education

Year 12	Study Skills – Developing Study Skills and Independent Working • Notetaking, skimming and scanning. • Independent working • Time management • Boosting memory	Sexual Health – Developing empathy and compassion to access supportive strategies. • Consent • Contraception • Pregnancy • STI's • Fertility	Lifestyle Choices – Developing analytical skills to identify bias and manage influence. • Resilience and motivation • Stress and self-care • Alcohol consumption and drug use • Sleep • Dental hygiene	Careers and Next Steps – Developing goalsetting, motivation, and self-awareness to identify next steps. Employability skills • Writing a CV • Employment Law • Social responsibility and careers	UCAS and Employability – Developing goal setting adaptability, decision- making and presentation skills. • Apprenticeships • Employment and Self-employment • UCAS information and personal statements	Revision & UCAS – Developing motivation, organisation, study skills and independent working • UCAS Personal Statement writing. • Revision skills • Time management • Preparing for work experience
Year 13	Future Choices – Developing goal setting and presentation skills • Personal Statements • Choosing a university • Life as a student • Critical thinking	Healthy Relationships – Developing life skills and self-awareness • Sexual health • STI's • Relationship Abuse • Relationships and consent	Health and Wellbeing – Developing analytical skills to identify bias and manage influence. • Diet and exercise. • Sleep • Wellbeing • Emotional Wellbeing	Money Matters – Developing numeracy skills, self-discipline, and money management to support future finances. • Budgeting • Tax and pay slips. • Personal Finances • Student finance applications and debt	Revision and Next Steps – Developing Study Skills and Independent Working • Revision skills • Time management • Managing stress and anxiety	

Parents have the right to withdraw their child from anything highlighted in green. Please contact the school if you would like to discuss this further.