



Coverage	RSHE KS3	RSHE KS4	RHSE KS5	Curriculum Area KS3	Curriculum Area KS4	Assembly Programme
Relationships and Sex Education						
<p>Families</p> <ul style="list-style-type: none"> That there are different types of committed, stable relationships. How these relationships might contribute to human happiness and their importance for bringing up children. What marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony. Why marriage is an important relationship choice for many couples and why it must be freely entered into. The characteristics and legal status of other types of long-term relationships. The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting. 	<p>Y7: Communication in relationships Y7: Healthy relationships Y8: Recognising fake news Y8: Where to seek support</p>	<p>Y10: Family conflict Y10: Identifying healthy and unhealthy relationships Y10: Managing conflict Y10: How to make informed decisions about marriage and other long-term commitments Y10: The legal status of long term commitments Y10: Parenting Y11: Types of relationships and families</p>	<p>Yr12: Health and Well Being: respect and relationships Yr12: Health and Well Being: Intimate and sexual relationships Yr12: Health and Well Being: LGBTQ+ Yr12: Health and Well Being: Mental Wellbeing Yr12: British Values: respect and tolerance Yr12: British Values: Protected Characteristics Yr12: British Values: Equality and Diversity Yr13: Preparing for Life: Relationships and Consent Yr13: Preparing for Life: Sexual Health Yr13: Preparing for Life: Sexual Violence</p>	<p>Y7 Geography: Population Y7 MFL: Family Y7 IT: E-safety – Child sexual exploitation and online grooming Y7 English: Moments in history Y7 English: Victorian Britain and Oliver Twist Y7 History: Normans – Family trees Y7 History: Tudors – Arranged marriages Y8 English: Blood Brothers Y8 English: Of Mice and Men Y8 IT: E-safety – Exploitation Y8 IT: E-safety – County lines Y9 MFL: Talking about different types of family Y9 IT: E-safety – Identifying healthy and unhealthy relationships Y9 IT: E-safety – Nudes in Relationships Y9 IT: E-safety – Online Blackmail Y9 History: Holocaust Y9 English: Animal Farm Y10 English: Macbeth Y9 RE: ‘How have attitudes to relationships and family life changed?’</p>	<p>Y10 History: Nazi Germany policies on women and family Y10 Media: Print advertisements Y10 Media: TV crime drama Y10 English: A Christmas Carol Y10 English: Macbeth Y10 English Anthology poetry Y10 Health & Social: Factors affecting growth and development Y11 History: American West – Native American lifestyles Y11 GCSE PE: Engagement patterns, social groups, family, friends and peers Y11 Media: Radio Y11 English: An inspector calls Y10 & 11 RE: Thematic unit - ‘Families and relationships’</p>	<p>Week 3 Respect Kindness and Tolerance</p> <p>Week 7 Celebrating Diversity and Equality Week 8 Integrity and Honesty Week 10 Respect and Tolerance Week 28 Healthy mind and body Week 29 Empathy Week 35 Community</p>



<ul style="list-style-type: none"> How to: determine whether other children, adults or sources of information are trustworthy: judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed. 				<p>Y9 RE: Religious and non religious arguments in support of and against marriage Y9 RE: Changing attitudes to marriage and cohabitation Y9 RE: Same-sex marriage and civil partnerships Y9 RE: The role of parents</p>		
<p><u>Respectful relationships, including friendships</u></p> <ul style="list-style-type: none"> The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship. Practical steps they can take in a range of different contexts to improve or support respectful relationships. How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might 	<p>Y7: Skills to make and maintain new friendships Y7: Anti-bullying week Y7: How to empathise with, and show compassion for peers Y7: How to deal with abuse, bullying or hate speech online Y7: Cyberbullying Y8: Managing online presence Y8: The importance of equality and diversity Y8: Anti-bullying week Y8: How to celebrate equality and diversity Y8: The Equality Act Y8: What is prejudice? Y8: What is discrimination? Y8: What is racism? Y8: How to assertively communicate and negotiate relationship boundaries Y8: Consent Y8: Managing requests for intimate images</p>	<p>Y10: Family conflict Y10: Identifying healthy and unhealthy relationships Y10: Addressing relationship abuse Y10: Managing conflict Y10: Anti-bullying week Y10: Sexualisation of the media Y10: Analyse strategies to challenge discrimination and prejudice based bullying Y10: How to manage the influence of gender and sexual norms and stereotyping Y11: How to communicate personal values in relationships Y11: Recognise the importance of respect, pleasure and equality in intimate relationships</p>	<p>Yr12: Health and Well Being: respect and relationships Yr12: Health and Well Being: Intimate and sexual relationships Yr12: Health and Well Being: LGBTQ+ Yr12: Health and Well Being: Mental Wellbeing Yr12: British Values: respect and tolerance Yr12: British Values: Protected Characteristics Yr12: British Values: Equality and Diversity Yr13: Preparing for Life: Relationships and Consent Yr13: Preparing for Life: Sexual Health Yr13: Preparing for Life: Sexual Violence</p>	<p>Y7 English: Journey into the English Canon Y7 English: Moments in history Y7 English: Gothic Literature Y7 English: Much Ado About Nothing Y7 English: Individual voices poetry Y7 English: Victorian Britain and Oliver Twist Y7 Geography: Fantastic places, amazing Africa Y7 Geography: Urban environments – London and Mumbai Y7 RE: 'Why do people suffer?' Y8 IT: E safety searching Y8 English: Romeo and Juliet Y8 English: Blood Brothers Y8 English: Of Mice and Men Y8 Geography: The North and South divide Y8 History: Slavery Y8 RE: 'What is prejudice and discrimination?'</p>	<p>Y10 Media: Print advertisements Y10 Media: Music videos Y10 Media: Magazines Y10 English: A Christmas Carol Y10 English: Macbeth Y10 English: Anthology poetry Y10 & 11 RE: Thematic unit - 'Families and relationships' Y11 Media: Radio Y11 English: An Inspector Calls Y11 Health & Social: Barriers in accessing services and the impact on health Y10 MFL: Social media and mobile technology Y11 GCSE PE: Factors affecting participation in sport Y11 Sport Studies: Understand the issues which affect participation in sport Y10 English: Macbeth</p>	<p>Week 3 Respect Kindness and Tolerance Week 7 Celebrating Diversity and Equality Week 8 Integrity and Honesty Week 10 Respect and Tolerance Week 28 Healthy mind and body Week 29 Empathy Week 35 Community</p>



<p>normalise non-consensual behaviour or encourage prejudice).</p> <ul style="list-style-type: none"> • That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs. • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help. • That some types of behaviour within relationships are criminal, including violent behaviour and coercive control. • What constitutes sexual harassment and sexual violence and why these are always unacceptable. • The legal rights and responsibilities regarding equality (particularly with reference to protected characteristics as defined in the Equality Act 2010) and that everyone is unique and equal. 	<p>Y9: Managing friendships Y9: Relationship abuse Y9: Starting out in romantic relationships Y9: Anti-bullying week Y9: Healthy relationships - expectations</p>			<p>Y7 & 9 MFL: Adjectives to describe friends Y9 English: Animal Farm Y9 English: Diverse voices Y9 English: Letters in time Y9 English: All the World's a Stage Y9 History: Holocaust Y8 History: Civil rights movement Y9 RE: Situation ethics and agape Y9 RE: Same sex marriage, civil partnerships and surrogacy Y9 RE: Consent in relationships Y9 RE: What is appropriate sexual behaviour? All years RE: Embedded throughout the curriculum as students explore a range of religions and viewpoints such as Christianity, Sikhism, Islam and Humanism and students can reflect on and discuss their own points of view. Students are taught about respect and the importance of this from the very first lesson in Y7 and this is a culture in the RE classroom.</p>		
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<p>Online and media</p> <ul style="list-style-type: none"> • Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online. • About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online. • Not to provide material to others that they would not want shared further and not to share personal material which is sent to them. • What to do and where to get support to report material or manage issues online. • The impact of viewing harmful content. • That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partners. • That sharing and viewing indecent 	<p>Y7: Sharing information safely online Y7: Balancing time online with other activities Y7: Body image – impact of social media Y7: Sexting Y8: Managing online presence Y8: Health balance (real life vs. digital life) Y8: Recognising fake online news Y8: Managing requests for intimidate images Y8: Screen time and mental health Y9: Digital resilience</p>	<p>Y10: Sexualisation of the media Y10: Pornography – blurred lines Y10: The law, sex and the internet Y11: How and why to maintain a healthy balance between time online and other activities</p>	<p>Yr13: Finance – online safety and money management, budgeting and bank accounts</p>	<p>Y7 IT: E safety searching Y8 Geography: The North and South divide Y8 Geography: Climate change in the news Y8 IT: E safety searching Y9 IT: E safety searching</p>	<p>Y10 Geography: UK economy and internet access Y10 Media: Magazines Y11 Media: Video games Y10 Photography: Identity Y10 Food Technology: Assessing and gathering primary and secondary research Y11 Food Technology: Assessing and gathering primary and secondary research Y11 Photography: Renewal and decay Y10 MFL: Social media and mobile technology</p>	<p>Week 3 Respect Kindness and Tolerance</p> <p>Week 5 Bullying...we don't tolerate it</p> <p>Week 7 Celebrating Diversity and Equality</p> <p>Week 8 Integrity and Honesty</p> <p>Week 10 Respect and Tolerance</p> <p>Week 29 Empathy</p> <p>Week 34 Anti-Bullying...reaching out</p> <p>Week 35 Community</p>
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<p>images of children (including those created by children) is a criminal offence which carries severe penalties including jail.</p> <ul style="list-style-type: none"> How information and data is generated, collected, shared and used online. 						
<p>Being safe</p> <ul style="list-style-type: none"> The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships. How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online). 	<p>Y7: Rights, responsibilities and how to advocate for them Y7: Communication in relationships Y7: Healthy relationships Y7: Introducing consent Y7: Sexting Y7: Cyberbullying Y8: Consent Y8: Managing requests for intimate images Y9: Honour based violence and FGM Y9: Relationship abuse Y9: Capacity to consent</p>	<p>Y10: Healthy relationships – family conflict Y10: Addressing relationship abuse Y10: Healthy relationships – managing conflict Y10: The law, sex and the internet Y11: How to communicate personal values in relationships</p>	<p>Yr12: Health and Well Being: respect and relationships Yr12: Health and Well Being: Intimate and sexual relationships Yr12/13: Health and Well Being: Mental Wellbeing Yr13: Preparing for Life: Relationships and Consent Yr13: Preparing for Life: Sexual Health Yr13: Preparing for Life: Sexual Violence</p>	<p>Y7 IT: E safety searching Y8 IT: E safety searching Y9 English: All the World’s a Stage Y9 IT: E safety searching</p>	<p>Y10 Media: Music videos Y11 English: An Inspector Calls</p>	<p>Week 21 Cybercrime and online safety</p>
<p>Intimate and sexual relationships, including sexual health</p> <ul style="list-style-type: none"> How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual 	<p>Y7: Puberty – body changes Y7: Puberty – physical and emotional changes Y7: Puberty – periods Y7: Personal hygiene Y7: Communication in relationships Y7: Healthy relationships</p>	<p>Y10: Healthy relationships – identifying healthy and unhealthy relationships Y10: Healthy relationships – addressing relationship abuse</p>	<p>Yr12: Health and Well Being: respect and relationships Yr12: Health and Well Being: Intimate and sexual relationships Yr12: Health and Well Being: LGBTQ+</p>	<p>Y7 Science: Male and female reproductive system Y7 Science: Menstrual cycle, fertilisation and foetal development Y8 Science: Organisms Y9 RE: Contraception – natural and artificial</p>	<p>Y10 Geography: Demographic transition Y10 History: Weimar Germany – Wall Street crash Y10 Science: Homeostasis and response Y10 Science: Evolution and inheritance Y10 Science: Infection and response</p>	<p>Week 3 Respect Kindness and Tolerance Week 4 Being the best version of yourself Week 5 Bullying....we don’t tolerate it Week 6 Mental Health and wellbeing Week 17 Doing the Right Thing</p>



<p>respect, consent, loyalty, trust, shared interests and outlook, sex and friendship.</p> <ul style="list-style-type: none"> • That all aspects of health can be affected by choices they make in sex and relationships, positively or negatively, e.g. physical, emotional, mental, sexual and reproductive health and wellbeing. • The facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause. • That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others. • That they have a choice to delay sex or to enjoy intimacy without sex. • The facts about the full range of contraceptive choices, efficacy and options available. • The facts around pregnancy including miscarriage. • That there are choices in relation to pregnancy (with medically and 	<p>Y7: Introducing consent Y7: Sexting Y7: Understanding drugs Y7: Alcohol – risks and influences Y8: How to assertively communicate and negotiate relationship boundaries Y8: Sexual orientation and gender identity Y8: Consent Y8: Introduction to contraception Y8: Managing requests for intimate images Y9: Drugs and alcohol – exploring attitudes Y9: Drugs and alcohol – the law and managing risk Y9: Starting out in romantic relationships Y9: Capacity to consent Y9: Preventing STI's Y9: Contraception Y9: Condom negotiation Y9: Unplanned pregnancy Y9: Relationship expectations</p>	<p>Y10: Healthy relationships – managing conflict Y10: Sexualisation of the media Y10: Pornography – blurred lines Y10: Substance use – assessing risks Y10: Substance use managing influences Y11: How to communicate personal values in relationships Y11: Recognise the importance of respect, pleasure and equality in intimate relationships Y11: Choosing and negotiating contraception Y11: Explore sexual health services, locally, nationally and online Y11: How to use and access sexual health services Y11: Recognise that fertility can change over time and evaluate the implications of this</p>	<p>Yr12: Health and Well Being: Mental Wellbeing Yr12: British Values: respect and tolerance Yr12: British Values: Protected Characteristics Yr12: British Values: Equality and Diversity Yr13: Preparing for Life: Relationships and Consent Yr13: Preparing for Life: Sexual Health Yr13: Preparing for Life: Sexual Violence</p>	<p>methods, religious and non-religious teachings Y9 RE: 'How have attitudes to relationships and family life changed?' Y9 RE: Abortion – The law, religious and non-religious arguments in support of and in opposition to abortion</p>	<p>Y10 RE: Thematic unit – Families and relationships Y11 English: An Inspector Calls</p>	<p>Week 29 Empathy</p>
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<p>legally accurate, impartial information on all options, including keeping the baby, adoption, abortion and where to get further help).</p> <ul style="list-style-type: none"> • How the different sexually transmitted infections (STIs), including HIV/AIDs, are transmitted, how risk can be reduced through safer sex (including through condom use) and the importance of and facts about testing. • About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment. • How the use of alcohol and drugs can lead to risky sexual behaviour. • How to get further advice, including how and where to access confidential sexual and reproductive health advice and treatment. 						
Health education						
<p><u>Mental Wellbeing</u></p> <ul style="list-style-type: none"> • That mental wellbeing is a normal part of daily life, in the same way as physical health. • That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, 	<p>Y7: Ways to develop self-confidence and feelings of self-worth Y7: Anti-bullying week Y7: Ways of promoting positive mental health and emotional well-being</p>	<p>Y10: Improving adaptability and resilience Y10: Reframing negative thinking Y10: Recognising mental ill-health Y10: Being kind to yourself</p>	<p>Yr12: Health and Well Being: respect and relationships Yr12: Health and Well Being: Intimate and sexual relationships Yr12: Health and Well Being: LGBTQ+</p>	<p>Y7 English: Much Ado About Nothing Y7 English: Individual Voices Poetry Y7 English: Victorian Britain and Oliver Twist Y8 Science: Genes Y7 IT: E safety searching</p>	<p>Y10 Health & Social: Factors affecting growth and development Y10 Media: Print advertisements Y10 English: A Christmas Carol Y10 English: Macbeth</p>	<p>Week 4 Being the best version of yourself</p> <p>Week 6 Mental Health and wellbeing</p> <p>Week 20 Children’s Mental Health Week</p>



<p>nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.</p> <ul style="list-style-type: none"> • How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. • How to judge whether what they are feeling and how they are behaving is appropriate and proportionate. • The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness. • Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. • Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. • That bullying (including cyberbullying) has a 	<p>Y7: Importance of a healthy diet and exercise choices Y7: Good sleep habits Y7: Balancing time online with other activities Y7: Self-awareness: core values Y7: Coping with changes, loss and grief Y7: Building resilience Y7: Body image – impact of social media Y7: Body image – building body confidence Y7: Cyberbullying Y7: Understanding drugs Y7: Alcohol – risks and influences Y8: Anti-bullying week Y8: Managing online presence Y8: Healthy balance (real life vs digital life) Y8: Respect and kindness Y8: Managing emotions relating to the future Y8: Explore the link between physical and mental well-being Y8: Maintaining positive mental health Y8: Attitudes towards mental health Y8: Screen time and mental health Y8: Where to seek support Y9: Attitudes towards mental health Y9: Promoting emotional well-being</p>	<p>Y10: Anti-bullying week Y11: Anti-bullying week Y11: Strategies to manage grief and loss Y11: Revisit common mental health concerns Y11: How to build self-worth</p>	<p>Yr12/13: Health and Well Being: Mental Wellbeing Characteristics Yr13: Preparing for Life: Sexual Health Yr12/13: Exam stress and stress management</p>	<p>Y7 History: Reformation and counter-reformation Y8 English: Blood Brothers Y8 English: Romeo and Juliet Y8 English: Of Mice and Men Y8 IT: E safety searching Y8 History: English Civil War Y8 History: Slavery Y8 History: industrial revolution Y8 & 9 History: World War I Y8 Science: Organisms Y9 English: Animal Farm Y9 English: Diverse Voices Y9 IT: E safety searching Y9 History: World War II & Holocaust Y8 History: Black civil rights movement Y9 English: The Search for Truth</p>	<p>Y10 RE: 'What makes us human?' Y10 History: Rise of the Nazi's Y11 GCSE PE: Physical, emotional and social health and well-being Y11 History: American West, the extermination of the Native Americans Y9 Science: Bioenergetics / Respiration and photosynthesis</p>	<p>Week 25 Caring for others, our community and The Easter Message</p> <p>Week 28 Healthy mind and body Week 29 Empathy Week 32 Uniqueness Week 33 Talents</p>
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<p>negative and often lasting impact on mental wellbeing.</p> <ul style="list-style-type: none"> Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough. 	<p>Y9: Digital resilience Y9: Unhealthy coping strategies Y9: Healthy coping strategies Y9: Change, loss and grief Y9: Drugs and alcohol – the effects</p>					
<p>Internet safety and harms</p> <ul style="list-style-type: none"> That for most people the internet is an integral part of life and has many benefits. About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. How to consider the effect of their online 	<p>Y7: Anti-bullying week Y7: Sharing information safely online Y7: How to deal with abuse, bullying or hate speech online Y7: Ways of promoting mental health and emotional well-being Y7: Balancing time online with other activities Y7: Sexting Y7: Cyberbullying Y8: Anti-bullying week Y8: Managing online presence</p>	<p>Y10: Sexualisation of the media Y10: The law, sex and the internet Y11: How and why to maintain a healthy balance between time online and other activities</p>		<p>Y7 Geography: Fantastic places – amazing Africa Y7 IT: E safety searching Y8 IT: E safety searching Y9 IT: E safety searching</p>	<p>Y10 Geography: UK economy and internet access Y10 Media: Print advertisements Y10 Media: Video games Y10 Media: Music videos Y10/Y11 iMedia: R091 Y10 MFL: Social media/mobile technology</p>	<p>Week 10 Respect and Tolerance Week 21 Cybercrime and online safety</p>



<p>actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private.</p> <ul style="list-style-type: none"> • Why social media, some computer games and online gaming, for example, are age restricted. • That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. • How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. • Where and how to report concerns and get support with issues online. 	<p>Y8: Healthy balance (real life vs digital life) Y8: Recognising fake news online Y8: Managing requests for intimate images Y8: Screen time and mental health Y8: Where to seek support Y9: Digital resilience</p>					
<p>Physical health and fitness</p> <ul style="list-style-type: none"> • The characteristics and mental and physical benefits of an active lifestyle. • The importance of building regular exercise into daily and weekly routines and 	<p>Y7: Importance of a healthy diet and exercise choices Y8: Healthy balance (real life vs digital life) Y8: Explore the link between physical and mental well-being Y8: Recognising and managing influences</p>	<p>Y10: Being kind to yourself Y11: How to manage influences to make healthy lifestyle choices Y11: How to access health services Y11: How to monitor health</p>	<p>Yr12/13: Exam stress and stress management Yr13: Preparing for future life: Independent living, diet, cholesterol, vaccinations and dental health Sports Leader Awards</p>	<p>Y7 Geography: Urban environments Y8 MFL: Sport and hobbies Y8 MFL: Healthy living Y8 Food Technology: Unbalanced diets and health implications Y8 Science: Organisms</p>	<p>Y10 Food Technology: Energy intake and usage Y10 MFL: Healthy lifestyles Y10 Health & Social: Factors affecting growth and development Y11 Health & Social: Accessing health and social care services</p>	<p>Week 4 Being the best version of yourself Week 6 Mental Health and wellbeing Week 28 Healthy mind and body Week 31 Doing your best...being your best</p>



<p>how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise.</p> <ul style="list-style-type: none"> The risks associated with an inactive lifestyle (including obesity). How and when to seek support including which adults to speak to in school if they are worried about their health. 	<p>that can impact our physical health Y9: Healthy coping strategies</p>		<p>Opportunities to work with clubs and societies in school</p>	<p>Y9 Geography: Green space Y9 Geography: Obesity rates in deprived UK urban areas Y9 Science: Photosynthesis Y9 MFL: Healthy living All years: Core PE lessons</p>	<p>Y11 GCSE PE: Physical, emotional and social health and well-being Y11 GCSE PE: The consequences of a sedentary lifestyle Y10 Science: Bioenergetics / Respiration and photosynthesis All years: Core PE lessons</p>	
<p>Healthy eating</p> <ul style="list-style-type: none"> What constitutes a healthy diet (including understanding calories and other nutritional content). The principles of planning and preparing a range of healthy meals. The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). 	<p>Y7: Importance of a healthy diet and exercise choices</p>	<p>Y11: How to manage influences to make healthy lifestyle choices</p>	<p>Yr13: Preparing for future life: Independent living, diet, cholesterol, vaccinations and dental health Yr12: Alcohol consumption and awareness</p>	<p>Y7 Maths: Charts and averages Y7 Maths: Ratio Y7 Food Technology: Eat Well Guide and healthy eating guidelines Y7 Food Technology: Impact of an unhealthy diet Y7 MFL: Food and drink Y7 Geography: International development Y8 Food Technology: Macro and micro nutrients and their function Y8 Food Technology: Health implications of an unbalanced diet Y8 Maths: Charts and averages Y8 Maths: Ratio Y8 MFL: Healthy living Y8 History: Industrial revolution Y8 History: Trench warfare</p>	<p>Y10 MFL: Healthy lifestyles Y10 Health & Social: Factors affecting growth and development Y11 GCSE PE: A balanced diet Y11 GCSE PE: Energy use All years – Food Technology: Preparing a range of healthy dishes Y10 History: Trench warfare</p>	<p>Week 4 Being the best version of yourself Week 6 Mental Health and wellbeing Week 28 Healthy mind and body Week 31 Doing your best...being your best</p>



				<p>Y9 Maths: Charts and averages Y9 Maths: Ratio and proportion Y9 MFL: Healthy living Y9 History: World War II, rationing Y9 Food Technology: Nutrients and their functions Y9 Food Technology: Excess and deficiency of key nutrients All years – Food Technology: Preparing a range of healthy dishes</p>		
<p>Drugs, alcohol and tobacco</p> <ul style="list-style-type: none"> The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking. 	<p>Y7: Understanding drugs Y7: Tobacco – risks and influences Y7: Alcohol – risks and influences Y9: Drugs and alcohol – exploring attitudes Y9: Drugs and alcohol – the law and managing risk Y9: Drugs and alcohol – the effects</p>	<p>Y10: Substance use and assessing risks Y10: Substance use and managing influences Y10: Help seeking and sources of support Y11: How to access health services with confidence Y11: How to monitor health</p>	<p>Yr12: Alcohol consumption and awareness</p>	<p>Y7 Geography: Fantastic places – alcohol consumption in Russia and the impact on life expectancy Y7 Geography: Urban deprivation Y7 Maths: Charts and averages Y8 Science: Organisms Y9 English: Animal Farm Y9 English: All the World's a Stage Y8 MFL: Healthy living</p>	<p>Y10 GCSE PE: Performance enhancing drugs Y10 MFL: Healthy lifestyles Y10 History: Crime and punishment Y11 Sport Studies: The use of performance enhancing drugs Y11 English: An Inspector Calls</p>	<p>Week 4 Being the best version of yourself Week 6 Mental Health and wellbeing Week 28 Healthy mind and body Week 31 Doing your best...being your best</p>
<p>Health and prevention</p> <ul style="list-style-type: none"> How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. The importance of sufficient good quality 	<p>Y7: Personal hygiene Y7: Importance of dental health Y7: Good sleep habits Y7: First Aid – asthma Y7: First Aid – allergies Y9: Testicular cancer Y9: Breast cancer</p>	<p>Y11: How to monitor health Y11: How to assess and manage risks associated with cosmetic and aesthetic procedures including the use of sunbeds</p>		<p>Y7 History: Medieval life, plague Y8 Science: Organisms</p>	<p>Y10 Health & Social: Factors affecting growth and development Y10 Science: Infection and response Y10 Science: Waves</p>	<p>Week 4 Being the best version of yourself Week 6 Mental Health and wellbeing Week 28 Healthy mind and body Week 31 Doing your best...being your best</p>



<p>sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.</p> <ul style="list-style-type: none"> About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. The facts and science relating to allergies, immunisation and vaccination. 						
<p>Basic first aid</p> <ul style="list-style-type: none"> How to make a clear and efficient call to emergency services if necessary. Concepts of basic first-aid, for example dealing with common injuries, including head injuries. 	<p>Y7: First Aid – asthma Y7: First Aid – allergies All years: Water safety</p>	<p>All years: Water safety</p>		<p>Y9 Food Technology: Allergies and intolerances</p>		
<p>Changing adolescent body</p> <ul style="list-style-type: none"> Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. About menstrual wellbeing including the 	<p>Y7: Puberty – body changes Y7: Puberty – physical and emotional changes Y7: Puberty – periods</p>			<p>Y8 Science: Genes</p>	<p>Y10 Science: Homeostasis Y11 Health & Social: Human growth and development</p>	<p>Week 4 Being the best version of yourself</p> <p>Week 5 Bullying....we don't tolerate it</p> <p>Week 6 Mental Health and wellbeing</p> <p>Week 25 Caring for others, our community and The Easter Message</p>



key facts about the menstrual cycle.						Week 27 Our Community – standards and expectations Week 28 Healthy mind and body Week 31 Doing your best...being your best
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