

	Health and Wellbeing Autumn Term 1	Families and Relationships Autumn Term 2	Families and Relationships Spring Term 3	Living in the Wider World Careers Spring Term 4	Health and Wellbeing Summer Term 5	Living in the Wider World Citizenship Summer Term 6
Year 7	<u>Transition and Online Safety</u> Transition to secondary school, managing change, getting to know Mayflower, making friends, learning how to learn and online safety.	<u>Building Relationships</u> Respects, bullying, types of relationships (including online) , healthy and changing friendships, relationship boundaries and consent.	<u>Diversity and Equality</u> Diversity and celebrating differences, stereotyping, exploring racism, understanding and respecting the LGBT+ community. Respectful behaviour online.	<u>Developing Aspirations</u> Your strengths and enjoyment, what is a career and different types of careers.	<u>Healthy living during puberty</u> Healthy living, looking after our body and our minds, puberty and how it affects us, personal hygiene.	<u>Making the right choice</u> Making right choices as a citizen, online, financially and environmentally. What happens when we make the wrong choices and put things right.
Curr Ref:	R1, R2, R4, O2, O3, O4, O7	B1, B2, F1, R1, R2, R4, R5	B1, B2, F1, R1, R2, R3, R4, R5, R8	CA1, CZ5, R4 CZ6, O2, I1, I2	M1, M2, M5, M6, H1, H2, H4, H5, C1, C2	R4, O1, O2, O3, O4
Year 8	<u>Mental and Emotional wellbeing</u> Mental health and wellbeing, emotional intelligence, healthy and unhealthy coping strategies.	<u>Families and Relationships</u> Healthy and unhealthy relations, anti bullying, what is love, families and parenting, marriage and understanding consent.	<u>Respect and Discrimination</u> Showing respect, discrimination in all its forms. Disrespect, sexism, misogyny and influence online.	<u>Careers Opportunities</u> Qualities and skills, challenges and rewards, creating a life you want, what does success look like, financial wants and needs and budgeting when gaming	<u>Addictions and Harmful Behaviour</u> Harmful behaviours, gangs, drugs, vaping, alcohol misuse and pressures relating to them	<u>Citizenship: and Britishness</u> Parliament, the monarch, precious liberties, voting, elections, pastries
Curr Ref:	M1, M2, M3, M4, M5, M6	F1, F2, F3, F4, F5, F6, F7, R1, R2, R4, R5	R1, R2, R3, R4, R5, R6, R8	R3, CA1	M5, D1, D3, D4, D5, H5	CZ1, CZ2, Cz3
Year 9	<u>Taking Responsibility</u> Taking responsibility for their lifestyle choices, diet, sleep, self-talk.	<u>Intimate Relationships</u> Relationships and sex education including laws, consent, contraception, the risks of STIs, and sextortion	<u>Identity and Relationships</u> The danger of stereotypes, identity, gender, sexual orientation. How relationships start and end, the impact of pornography and misogyny in a relationship.	<u>Employability skills</u> Employability skills, career pathways and decision making	<u>Drug, Alcohol and Gangs</u> substance misuse, vaping, alcohol, gang exploitation and knife crime	<u>Community Identities</u> being apart of my local community, migration, diversity in the United Kingdom, and the need for mutual respect and understanding

Curr Ref:	H5, P2, M1, M2, M4, M5, M6,	F1, F3, S1, S2, S4, S5, S6, S9, S10, S12, R2, R4, R5, R6, R7, B1, B2	R1, R2, R3, R4, R5, R6, R7, R8	CA1	M5, D1, D3, D4, D5, H5	R4, R8, CZ3 CZ4, CZ6
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KS4 Lifeskills: 2025 - 2026 LONG-TERM OVERVIEW

Students Rotate round units

	Students Rotation Units Every Half Term					All Teacher Deliver May Half Term - July
	Health and Wellbeing	Families and Relationships	Families and Relationships	Living in the Wider World Careers	Living in the Wider World Citizenship	Health and Wellbeing everyone Teaches
Year 10	<u>My values and beliefs</u> Personal and community values, morals, ethics and beliefs. How religions are portrayed in the media and what they can offer people and society.	<u>Handling pressure</u> Handling pressure in relationships sexually and non sexual. Contraception, SIT's, pregnancy and fertility.	<u>Staying Safe</u> staying safe in relationships including consent, signs and ways to get support regarding abuse, harassment on and off line, Sextortion, pornography and AI danger.	<u>Building a Career profile</u> My career journey, wellbeing in the workplace, financial decision making, debt, gambling and the impact of advertising on financial choices	<u>Citizenships: Human rights</u> Laws, human rights, the legal system	<u>Exploring influence</u> The influence and impact of drugs, gangs, role models and the media
Curr Ref	R4, R8, CZ13, Core RS	S1, S2, S3, S4, S5, S6, S7, S8, S9, S10, S11, S12	R1, R2, R4, R6, R7 S1, S2, S4, S5, S6, S7, S9, S10, S12, B1, B2	CZ15, CA1	R4, R8, CZ7, CZ8, CZ9, CZ11, CZ12, Cz13, CZ14, R4, R8	D1, D2, D3, D4, D5, D6
Year 11	<u>Independence</u> Organ donation, mental health and ill health, stress management, and future opportunities	<u>Building a Family</u> Online dating, breakups, parental responsibilities, marriage and committed relationships.	<u>Sexual Health</u> Body checks, contraception and SIT's recap, fertility and consent. This unit also includes the danger of pornography and sharing indecent images.	<u>Careers My Next Steps</u> Post 16 choices, applications, interview, finance and future planning	<u>The Wider World</u> Global human rights, freedom of speech, human trafficking, morals and values regarding current affairs, AI and genetic engineering.	
Curr Ref	M1, M3, M4, M5, M6	F1, F2, F3, F4, F5, F6, F7, R1, R2, R4,	S1, S2, S3, S4, S5, S7, S8, S9, S10, S12	CZ15, CA1	CZ11, CZ12, CZ13, CZ14	