

**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 (Careers) 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 Healthy Relationships 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 Relationship values Influences on relationship expectations Sexual orientation and gender identity	Relationships Consent and avoiding assumptions Introduction to contraception	Health and Wellbeing Taking responsibility for my health Unhealthy comparison Sleep and relaxation	Living in the Wider World Community inclusion Financial exploitation First Aid Revisited
<b>Year 9</b> 1 hour per fortnight	<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 (Careers) 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> These modules are delivered on a carousel rotation.	Relationships/Health and Wellbeing Misogyny, causes and consequences Little things, big impacts Stress, anxiety and depression Helping a friend	Relationships Women's safety Marriage partnership and rights Sexual readiness Paths to parenthood	Relationships Pressure, persuasion and coercion The Equality Act Gender diversity Values and beliefs	Living in the Wider World (Careers) Get ready to make big decisions and factors that affect choice Self Awareness - Where are the Carrenian's now Subjects and Qualifications & The Job Market Working Environments & CV's		
<b>Year 11</b> 1 hour per fortnight	<b>CURRICULUM</b> Health and Wellbeing Keeping active Safe and effective strength training Healthy eating on a budget	Health and Wellbeing Keeping active Safe and effective strength training Healthy eating on a budget	Living in the Wider World Harmful digital content County lines Right-wing extremism	Relationships Stages of a romantic relationship Why do people choose to have a sexual relationship? Domestic abuse	Health and Wellbeing Substance use and assessing risk Cancer prevention Emergency first aid	Relationships Safer sex Pregnancy and choices Sexual relationships and the law	

## Carre's Grammar School – 2023/2024 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
11 <sup>th</sup> Sept	What is Personal Development?	What is Personal Development?	What is Personal Development?	What is Personal Development?	What is Personal Development?
18 <sup>th</sup> Sept	Current Events	Current Events	Current Events	Current Events	Current Events
25 <sup>th</sup> Sept	Healthy Living	Bullying	Advertising Influence	Race Commission	Race Commission
2 <sup>ND</sup> Oct	Fake News	Organ Donation	Domestic Abuse	Coercive Control	Positive Role Models
9 <sup>th</sup> Oct	Positivity	Prescription Drugs	Divorce	Drugs - Amyl Nitrate	Sexual Pressure
16 <sup>th</sup> Oct	What are British Values?	What are British Values?	What are British Values?	What are British Values?	What are British Values?
<b>HALF TERM</b>					
30 <sup>th</sup> Oct	Character Education	Healthy Eating	Gaslighting	Tattoos	Stem Cell Donation
6 <sup>th</sup> Nov	Cyberbullying (Social Media Kindness Day 9 <sup>th</sup> Nov)	Emotional Literacy (Social Media Kindness Day 9 <sup>th</sup> Nov)	The Equality Act	Social Media Addiction (Social Media Kindness Day 9 <sup>th</sup> Nov)	Privilege
13 <sup>th</sup> Nov	Extremism	Anxiety	Sustainability	Rights and Responsibilities at Work	Body Shaming
20 <sup>th</sup> Nov	Personal Identity	Right wing extremism	Avoiding Debt	Sexism	Plastic Pollution
27 <sup>th</sup> Nov	Dental Hygiene	Nitrous Oxide	Blood Donation	Suicide	Adoption and Fostering
4 <sup>th</sup> Dec	British Values - Democracy	British Values - Democracy	British Values - Democracy	British Values - Democracy	British Values - Democracy
11 <sup>th</sup> Dec	Religious Festivals	Alcohol Awareness	Foreign Aid	Marriage	Drugs – Ketamine
18 <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>					
1 <sup>st</sup> Jan	Facing Challenges	Perseverance	Self-discipline	Memory	Right wing radicalisation
8 <sup>th</sup> Jan	Online Stress	Self-confidence	Knife Crime	Anti-Social Behaviour	British Values – Rule of Law
15 <sup>th</sup> Jan	British Citizens	Homelessness	Perseverance	British Values – Rule of Law	Multiculturalism
22 <sup>nd</sup> Jan	British Values – Rule of Law	British Values – Rule of Law	British Values – Rule of Law	Community Cohesion	British Values - Tolerance
29 <sup>th</sup> Jan	Sleep	LGBTQAI+ History (LGBT+ History Month FEB)	LGBTQIA+ Community (LGBT+ History Month FEB)	Time Management	Personal Safety
5 <sup>th</sup> Feb	Staying Safe Online (Safer Internet Day 6 <sup>th</sup> Feb)	Grooming (Safer Internet Day 6 <sup>th</sup> Feb)	Selfie Safety (Safer Internet Day 6 <sup>th</sup> Feb)	Image Based Abuse (Safer Internet Day 6 <sup>th</sup> Feb)	Cybercrime (Safer Internet Day 6 <sup>th</sup> Feb)
<b>HALF TERM</b>					
19 <sup>th</sup> Feb	British Values – Mutual Respect	Target Setting	UNICEF	British Values – Mutual Respect	County Lines
26 <sup>th</sup> Feb	Self-Esteem	Tax	Exam Skills	Money Laundering	Gambling Addiction
4 <sup>th</sup> March	Women's Day (8 <sup>th</sup> March)	Women's Rights (8 <sup>th</sup> March)	British Values – Mutual Respect	Harassment	British Values - Mutual Respect
11 <sup>th</sup> March	Vaping	Finance	Exam Stress	Revision Skills	Sex in the Media
18 <sup>th</sup> March	Racism	British Values – Mutual Respect	Extremism – Prevent	Binge Drinking	Relaxation
25 <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>					
15 <sup>th</sup> April	British Values - Individual Liberty	Young Offenders	British Values – Individual Liberty	Testicular Cancer (Testicular Cancer Awareness Month)	Growing Up
22 <sup>nd</sup> April	Body Image	Disability Prejudice	Sexual Harassment	Mental Illness- Bipolar	Relationship Break-Up
29 <sup>th</sup> April	Families	Charity Volunteering	Drugs – Cannabis etc.	Conflict Management	British Values – Individual Liberty
6 <sup>th</sup> May	Budgeting	British Values – Individual Liberty	Payday Loans	Grief and Bereavement	CPR Revisited
13 <sup>th</sup> May	Keeping Safe	Cancer Awareness	Vaccinations	STEM Industries	EXAMS
20 <sup>th</sup> May	Ethical Shopping	Body Positivity	Human Rights	British Values – Individual Liberty	EXAMS
<b>HALF TERM</b>					
3 <sup>rd</sup> June	Mindfulness	Meditation	Acid Attacks	Eating disorders	
10 <sup>th</sup> June	Immigration	Passive Smoking	HIV & AIDS	County Lines	
17 <sup>th</sup> June	Brexit Britain	Seeking Asylum	Self-Harm	Terrorism	
24 <sup>th</sup> June	British Values - Tolerance	British Values - Tolerance	British Values – Tolerance	British Values - Tolerance	
1 <sup>st</sup> July	History of the NHS (Birthday of the NHS 5 <sup>th</sup> July)	History of the NHS (Birthday of the NHS 5 <sup>th</sup> July)	History of the NHS (Birthday of the NHS 5 <sup>th</sup> July)	History of the NHS (Birthday of the NHS 5 <sup>th</sup> July)	
8 <sup>th</sup> July	Discrimination	Religious Tolerance	Human Trafficking	Modern Day Slavery	
15 <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 (18 <sup>th</sup> October) <i>Puberty and the Body</i>	Workshop - HSBC Banking 101 (15 <sup>th</sup> November)		Workshop - Stay Safe Day (14 <sup>th</sup> March) 1. Alcohol/drug awareness 2. Antisocial behaviour 3. Fire safety 4. Healthy relationships 5. Online safety		
YEAR 8			Workshop - School of Sexuality (25 <sup>th</sup> January) 1. Consent 2. Body Image			
YEAR 9	Assembly – Oddballs (10 <sup>th</sup> October)	Vaping Assembly (6 <sup>th</sup> December)		Workshop - School of Sexuality (20 <sup>th</sup> February) 1. Reproductive and Sexual Health 2. Identity  Workshop - Stay Safe Day (21 <sup>st</sup> March) 1. Road safety 2. Online Safety 3. Drugs awareness 4. County lines and knife crime 5. Healthy relationships		
YEAR 10	Assembly – Oddballs (10 <sup>th</sup> October)  Workshop - GamCare (31 <sup>st</sup> October) <i>Gambling and Gaming Awareness</i>	Vaping Assembly (6 <sup>th</sup> December)	Workshop - School of Sexuality (6 <sup>th</sup> February) <i>Consent</i>	Dropdown Day (Date TBC)		
YEAR 11		Workshop - GamCare (7 <sup>th</sup> November) <i>Gambling and Gaming Awareness</i>  Workshop - School of Sexuality (29 <sup>th</sup> November) <i>Sexual Violence</i>  Vaping Assembly (6 <sup>th</sup> December)				

**Key Stage 5 Tutor Programme**

		Autumn 1	Autumn 2	Spring 3	Spring 4	Summer 5	Summer 6
<b>Sixth Form</b>	<b>TUTOR TIME CYCLE 1</b>	<b>Living in the Wider World</b> Personal safety in relationships Managing unwanted attention Sexual exploitation and abuse Rape and sexual assault Domestic abuse Gangs and organised crime	<b>Health and Wellbeing</b> Sleep rest and study Young adult illnesses Safer sex Common mental health issues Helping a friend who is struggling to cope Young men and suicide	<b>Relationships</b> The power of relationships Stages of a romantic relationship Is this love or lust? Understanding sexuality and sexual orientation Coming out as LGBTQ+ Influence of faith and cultural views on relationships	<b>Living in the Wider World</b> Do job stereotypes still exist? The changing job market Applying for work and training & how to stand out Taking a gap year My career ambitions Marketing yourself	<b>Relationships</b> Why do people choose to have a sexual relationship? Consent Sex and the media Inclusion and diversity Ending an intimate relationship respectfully Marriage, partnership, and rights	<b>Living in the Wider World</b> You don't know what you don't know How many hellos Will you dare Assumptions & influences What drives you Careers quiz
	<b>TUTOR TIME CYCLE 2</b>	<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	