



# The Royal School

*Wolverhampton*

Curriculum 2024  
PSHE

# Curriculum 2024 PSHE

## **PSHE INTENT**

The PSHE curriculum aims to produce students who are equipped with life skills which allow them to be fully participating members of a fast-changing British and global society. Our students will develop a sense of self-worth and confidence to be the best version of themselves. They will mature into individuals who can think independently and critically, and have the knowledge to make informed choices around their physical, mental, sexual, emotional and economic wellbeing.

The spiral nature of the curriculum allows them to revisit areas and explore them at an age-appropriate level and provides our students with opportunities to reflect on and clarify their values and attitudes, allowing them to engage in a meaningful way with a world where values and attitudes may be complex and at times in direct conflict with their own.

The RSE elements of the curriculum allow our students to understand appropriate behaviours which will help them to develop and maintain healthy relationships. This is an important aspect of PSHE. This may be in the form of working collaboratively in a group or pair to produce possible responses to scenarios that students might encounter in life or reflecting on how they will use their acquired knowledge to make positive choices in their own lives as they move through school.

## **PSHE DIFFERENTIATION**

In PSHE, we have high learning expectations for all students. It is essential that all our students are challenged to think deeply about the different aspects of PSHE and their rights and responsibilities in respect of being caring, thoughtful and productive individuals. A range of strategies will be used to achieve appropriate levels of differentiation:

- Students may be given thinking time before being asked questions, sometimes with the opportunity to share their ideas in discussion with a partner or in a small group to improve understanding.
- They will be provided with knowledge organisers to help them retain and recap information – this also includes a word bank to remember key vocabulary.
- They are provided with sentence starters for each extended writing activity.

All students will be asked to contribute to lessons, though due to the sensitive nature of some areas of the curriculum, there will be an awareness on the part of the teacher that a student may not wish to share a response with a larger group of their fellow students, and therefore it may at times be appropriate to allow for collecting anonymised responses to share.

Consistent referencing back to earlier learning and linking this to wider society and the modern world will assist students in making sense of how the knowledge and skills they acquire in PSHE apply to real life. Questions will be asked at an appropriate level of challenge for individual students, and where appropriate,

students will be encouraged to develop further independent research into different aspects of a particular topic.

## **LITERACY & NUMERACY IN PSHE**

A shared understanding of particular vocabulary is important in PSHE. A high level of skill in communication is essential when presenting an opinion or point of view, and an understanding that such communication needs to utilize precise, neutral and non-offensive language to convey the intended meaning. Evidence supporting a particular position should be presented in the same way, and topic-specific vocabulary used where appropriate.

In respect of literacy in PSHE you will find every lesson in the curriculum will introduce students to new terminology and this will be highlighted on the first slide of every lesson and will be recorded in the SOW. The Knowledge organisers will also assist with developing students' literacy.

### **Expectations for students following the PSHE Curriculum will be as follows;**

- Be able to present an opinion or point of view which is clear in meaning
- Use subject-specific vocabulary in an appropriate context
- Present evidence to support a particular opinion which uses precise, neutral and non-offensive language
- Be able to understand numeral data presented in graphic forms, such as pie charts, bars and other types of graphs
- Be able to analyse simple statistical information and decide if it meets a standard for statistical significance

### **Cross-curricular links**

#### **Spiritual**

- Exploring beliefs and experiences
- Respecting faiths, feelings and values
- Enjoying learning about oneself, others and the surrounding world
- Using imagination and creativity
- Reflecting on own values and beliefs

#### **Moral**

- Recognising different ideas of right and wrong, and how these sit with personal moral compasses
- Respecting the law
- Understanding the consequences of actions and behaviours
- Exploring moral and ethical issues
- Offering reasoned viewpoints in concise, neutral and non-offensive language

#### **Social**

- Engaging with Fundamental British Values
- Working collaboratively with others
- Linking learning to wider society

## **Cultural**

- Appreciating the role of culture in shaping individual values and opinions
- Understanding, accepting, respecting and celebrating diversity

## **Fundamental British Values**

The unit contained within the themes of Celebrating Diversity and Equality and Rights, Responsibilities and British Values explores all the fundamental British values with a particular focus on democracy.

Celebrating Diversity and Equality underlines respecting differences through mutual respect, tolerance of those with different beliefs and the right to individual liberty. Individual liberty is also explored in learning about trade unionism and vaccination.

## **Other Subject areas links**

### **Science**

Key Stage 3 and 4, includes teaching about reproduction in humans. For example, the structure and function of the male and female reproductive systems, menstrual cycle, gametes, fertilisation, gestation, birth and HIV/AIDS. Stem cell research and associated ethical considerations.

### **Business Studies and Economics**

Entrepreneurship, Consumer and employment rights, Trade unions and industrial action and the impact on the economy

### **Sports Studies**

Healthy eating, using stress to optimize performance. Health education can complement what is taught through PE by developing core knowledge and a broader understanding that enables people to lead healthy, active lives.

### **Psychology**

Different forms of mental illness, treatments and societal understanding of mental illness.

### **Computing.**

E-safety, with progression in the content to reflect the different and escalating risks that young people face as they get older. This includes how to use technology safely, responsibly, respectfully and securely, how to keep personal information private, and where to go for help and support.

## **Relationships and Sex Education (RSE) Overview**

We believe RSE is an important aspect of the PSHE programme which makes a significant contribution to the development of personal skills needed by students to establish and maintain positive, healthy relationships. RSE enables young people to make responsible and well-informed decisions about their health and wellbeing. It supports students in forming positive beliefs and attitudes about sex and sexuality, relationships and feelings.

RSE is taught in a spiral curriculum, meaning that topics are repeated as they progress up the year groups adding further detail to the subject for an age-appropriate understanding. Resources for teaching have been developed using resources by the PSHE Association and Cre8tive resources. The content that is studied is summarised below and follows the statutory Health Education Guidance for RS(H)E 2020.

### **Year 7 – Friendships, Respect and Relationships**

This unit looks at consent and boundaries and evaluates why personal space and boundaries are important when growing up. It then looks at the wide range of relationships that young people have and the qualities of good friendships such as what does an unhealthy friendship look like. The unit then finishes looking at how to manage these relationships and looks at pressures and influences within different types of relationships.

### **Year 8 – Identity, Relationships and Sex Education**

This unit starts with an introduction to RSE looking at what makes a healthy relationship. All students learn about the menstrual cycle including what menstrual products are available and common menstrual issues like PCOS and endometriosis. The unit finishes with a brief look at an introduction to the concept of contraception and sexual orientation.

### **Year 9 – Sex the Law and Consent**

Year 9 starts looking at the law concerning sexual consent, sexual harassment and stalking, domestic abuse and FGM. It then looks at delaying sexual activity and the pressures that can be associated with this. It covers the positive and negative reasons to have sex and explores the consequences of making a relationship sexual. Students will also look at what does a healthy positive relationship look like.

### **Year 9 - Contraception and STIs**

In the second half term of RSE Year 9 study what are the biological aspects of female and male genitalia. Then students will examine STIs in detail. They then look at different forms of contraception looking at how they work and the pros and cons of each type. The realities of contraception and the link between pregnancy and STIs are also studied. Students will also study what is an abortion and different opinions around it, including religious opinions. The unit finishes looking at HIV and AIDS in more detail.

### **Year 10 – Risks, relationships and sex education**

This scheme will initially look at fertility and healthy behaviours during pregnancy. Students will then look at pleasure and delaying sexual activity. Students will then examine problems with looking at pornography and identifying the differences between what is seen in pornography and real life. It explores how common access to pornographic material can affect attitudes and beliefs towards sex, relationships and self. Students will then be taught about sexual crimes such as assault, rape and sexting. Finally, they will examine issues of sexualisation in the media and impact on their mental health.

### **Year 11 – Sexual Health**

Year 11s study the importance of their sexual health and the impact bad choices can have. They revisit contraception and STIs in further detail. They look at respect in relationships and the importance of this. They then look at teenage pregnancies choices, and parenthood.

# FIVE YEAR SPIRAL CURRICULUM

## YEAR 7

<b>Life Beyond School</b>	
<b>Lesson</b>	<b>Learning Outcomes</b>
Managing Change - 01 - What is PSHE?	Describe how people's feelings change during stages of transition Describe your feelings during times you have experienced transitions Identify ways of coping with transition points and how you would apply them to future times of change in your life
Managing Change - 02 - Getting to Know People	To understand the concept of trust To explain what I have in common with others across my class. To evaluate what it would take for society to truly flourish
Managing Change - 03 - What is a Community	To understand the concept of community and what makes a cohesive community To explore how British communities have changed over the past 60 years To evaluate how welcoming your local community is
Managing Change - 04 - Careers and Your Future	To understand the meaning of the word career To be aware of how careers education can help you plan for the future and recognise limitations of making career choices based on 'dream' ideas To be aware of what considerations are involved in making realistic choices
Managing Change - 05 - Financial Education	To describe the concept of money To explore positive and negative uses for money To discuss how the government spends money to help the country
ASSESSMENT - Transition points in your life	To describe how people's feelings change during stages of transition Describe your feelings during times you have experienced transitions Identify ways of coping with transition points and how you would apply them to future times of change in your life
<b>Rights, Responsibilities &amp; British Values</b>	
<b>Lesson</b>	<b>Learning Outcomes</b>

Politics & Parliament - 01 - Why is Politics Important	To understand the impact politics has on every day life To explore the History of the UK Parliament To evaluate the differences between living in a democracy and a dictatorship
Politics & Parliament - 02 - How is our Country Run	To describe the make up of parliament and the main roles it performs To understand the role of a local MP To evaluate whether MP's are doing a good job at running the country and representing our views in Parliament
Politics & Parliament - 03 - The Role of the Prime Minister	To understand the ways a Prime Minister can be chosen To know the role of the Prime Minister To consider what skills and qualities make a good Prime Minister
Politics & Parliament - 04 - The Monarchy and King Charles III	To can explain what the both the Monarchy and the Commonwealth are To understand the line of succession To describe the role King Charles III has and his duties to the crown
Politics & Parliament - 05 - Political Debates and Parliament	To acknowledge different people may have many different views on any given topic To practice the art of debating To better understand why Parliament debates are important
ASSESSMENT LESSON 06 - How to create your own political party?	To describe the different types of elections in the UK To explore how a new Government is formed after a general election To evaluate the importance of exercising your right to vote
<b>Celebrating Diversity &amp; Equality</b>	
<b>Lesson</b>	<b>Learning Outcomes</b>
Celebrating Differences - 01 - What is your Identity	To appreciate the wide variety of aspects that make up my identity To understand the nature vs nurture debate To accept that it's okay to be different and to be proud of your identity
Celebrating Differences - 02 - Multicultural Britain	To understand and describe how diverse modern Britain is To explore the facts and figures of immigration and pull factors To evaluate the concept of Britishness and whether multiculturalism works
Celebrating Differences - 03 - Importance of Being Kind	To define kindness and give examples of kind acts To understand the impact an act of kindness can have To know what acts of kindness I can do form myself and those around me
Celebrating Differences - 04 - Breaking Down Stereotypes	To define stereotyping and prejudice To evaluate what can be done to challenge stereotypes To understand the impact both positive and negative stereotypes can have
Celebrating Differences - 05- Learning Disabilities	To have a base knowledge of learning disabilities To understand how important the right language is To know basic etiquette with disabled people
ASSESSMENT LESSON - 06 - Prejudice, discrimination and Challenging Islamaphobia	To identify different forms of prejudice and discrimination against Islam To consider how we can ensure equality for all in society To evaluate how cohesive Britain really is
<b>Relationships and Sex Education</b>	



<b>Lesson</b>	<b>Learning Outcomes</b>
Friends, Respect & Relationships - 01 - Consent and Boundaries	To understand what constitutes consent and why consent should always be respected To evaluate why personal space and boundaries are important when growing up To understand how to deal with situations in an assertive way
Friends, Respect & Relationships - 02 - Respect and Relationships	To understand the wide range of relationships young people have To understand that different types of relationships will work in different ways To consider the differences between people and learn how to respect those differences
Friends, Respect & Relationships - 03 - What Makes a Good Friend	To understand the importance of friendship and the qualities that make a good friend To know what is needed to form positive relationships with friends To evaluate why some friendships can be more beneficial than others
Friends, Respect & Relationships - 04 - Friendships & Online Relationships	To understand the different types of friendships that exist To understand what an unhealthy relationship might look like To explore what being a true friend to someone really entails
Friends, Respect & Relationships - 05 - Pressure, Influence and Friends	To explain why it is important to be confident and assertive To know how to deal with peer pressure To understand when peer pressure can go wrong and how it can make someone else feel
ASSESSMENT - 06- What does it mean to be a man today?	To understand what it means to be a man in modern society To explore rigid gender stereotypes of masculine men To evaluate the characteristics of a 'good man' and a 'real man'

## Staying Safe, Online & Offline

<b>Lesson</b>	<b>Learning Outcomes</b>
Staying Safe Online & Offline - 01 - Avoiding Gangs & Criminal Behaviour	To understand the reasons why young people might want to join a gang To understand the consequences of breaking the law and engaging in criminal behaviour To think of solutions to prevent young people from joining gangs
Staying Safe Online & Offline - 02 - Staying Safe Online	I can explain what a gut feeling is and how it links to my intuition I can identify a range of risks associated with being online I know how to reduce the potential risks when I am online and where to go to seek further help and support
Staying Safe Online & Offline - 03 - Online Gaming, Grooming and Addiction	To define what a gaming addiction is and recognise symptoms of it To explore the benefits and risks associated with online gaming including grooming of players To evaluate what support networks are available to help support those in need
Staying Safe Online & Offline - 04 - Alcohol, Energy drinks, and Caffeine	To understand how alcohol impacts the body To explore the consequences of alcohol misuse To evaluate the negative impact alcohol use is having on wider society
Staying Safe Online & Offline - 05 - Smoking, E-Cigs, Vaping and Shisha	To understand what vaping is and the science behind it To describe the risks to a persons health when vaping or using shisha To understand some of the reasons why people might choose to vape or smoke

ASSESSMENT LESSON - 06 - knife crime	To know basic knife safety and what to do if threatend To explain the legal, emotional and physical consequences of carrying a knife To understand how knife crime impacts families and communities
<b>Health &amp; Wellbeing</b>	
<b>Lesson</b>	<b>Learning Outcomes</b>
Puberty & Body Development - 01 - Introduction to Puberty	To describe the emotional, social and physical changes that happen during puberty To understand that girls and boys develop differently during puberty To empathise with those that are starting puberty and understand how to support them
Puberty & Body Development - 02 - Girls Puberty & Periods and heavy periods	To understand the physical and emotional changes that happen to girls during puberty To know the basics of the menstrual cycle and a range of feminine protection products available To describe the main things that happen to girls during their menstrual cycle
Puberty & Body Development - 03 - Girls Puberty & Periods and heavy periods	To understand the physical and emotional changes that happen to girls during puberty To know the basics of the menstrual cycle and a range of feminine protection products available To describe the main things that happen to girls during their menstrual cycle
Puberty & Body Development - 04 - Boys puberty	To know all parts of the male reproductive system To describe the physical and emotional changes that happen to boys through puberty To understand the challenges that boys face during puberty including erections, wet dreams and body image.
Puberty & Body Development - 05 - Personal Hygiene, tooth decay, importance of sleep and dental health	To know the causes of body odour and how to prevent it To understand the ways in which diet, exercise, hygiene and sleep contribute to being healthy To understand how important personal hygiene is and how to achieve it
ASSESSMENT LESSON- 06 - Growing Up and self esteem	To know what to expect as you grow up To understand a range of issues that may impact you as you grow up To understand there are some cultural practices in the world that do not respect 'your body your rules', principles

# YEAR 8

Rights, Responsibilities & British Values	
Lesson	Learning Outcomes
Law, Crime & Society - 01 - Desert Island - Living	To consider what it would be like to live on a desert island To understand that rights come with responsibilities To evaluate the fairest way to make choices
Law, Crime & Society - 02 - Desert Island - Building a Community	To understand the concept of community cohesion and what makes a community To be able to make decisions and understand their impact To understand the different forms of prejudice that exist
Law, Crime & Society - 03 - Desert Island - Making Decisions	Understanding how to make informed decisions To consider the impact my decision could have To develop skills of evaluation, prediction and self reflection
Law, Crime & Society - 04 - Desert Island - Criminals, Law & Society	To understand that the age of criminal responsibility varies in different countries To understand how the criminal justice system operates for young offenders To evaluate why young people may commit crimes
Law, Crime & Society - 05 - Prison, Reform and Punishment	To understand why laws are needed in society To understand the process of how a bill passes through Parliament To evaluate recent changes to the law in England and Wales
ASSESSMENT LESSON 06 - How laws are made & Crime and punishment activity	To understand why laws are needed in society To understand the process of how a bill passes through Parliament To evaluate recent changes to the law in England and Wales
Celebrating Diversity & Equality	

Lesson	Learning Outcomes
Equality and Diversity Explored - 01 - Equality Act 2010	To know what equality means and why it is important. To be able to explain some challenges the Equality Act has faced To understand the Equality Act 2010 and how it can be applied in different cases
Equality and Diversity Explored - 02 - LGBTQ+ What is it	To define the acronym LGBTQ+ To explore a variety of LGBT+ Role Models in British society To understand the many different key terms and concepts that are used within this topic
Equality and Diversity Explored - 03 - LGBTQ+ around the world	To explain what the laws are around the world. To evaluate the impact on LGBTQ+ individuals.
Equality and Diversity Explored - 04 - Gender Equality	To understand what gender equality means To be able to evaluate gender equality in the workplace, families and in politics To evaluate how as a society, we can challenge gender stereotypes
Equality and Diversity Explored - 05 - Ableism and Disability Discrimination and Removing the Barriers Equality for all	To understand what is meant by 'barriers to employment' To consider how these barriers impact people living with a disability To think about how we can move towards equality
ASSESSMENT LESSON- 06 - Racism & Discrimination in Society	To define the word 'colonisation' and understand what the British Empire was To be able to explain the link between statues and racism To form an opinion on what the future of statues in Britain could be

## Relationships and Sex Education

Lesson	Learning Outcomes
Identity, Relationships & Sex Education - 01 - Relationships and Sex Education	To understand the core aims of RSE in secondary schools To understand how physical touch may be different in a sexual relationship to any other relationship To explore what rights in relationships look like
Identity, Relationships & Sex Education - 02 - What is love, self love, and respectful relationships	To know what self-love really is To be able to explain why self-love is so important, and good for us To see how society has evolved to minimise self-love
Identity, Relationships & Sex Education - 03 - Periods and Menstrual Cycle	To understand the menstrual cycle and its role in human reproduction To understand how and why feminine protection is so absorbent and effective To evaluate the role of hormones in the regulation of the body's functions
Identity, Relationships & Sex Education - 04 - What is the menopause, endometriosis and PCOS?	To define what is the menopause, endometriosis, and PCOS. To understand what different gynaecological conditions do. To evaluate its impact on women's bodies and mental health.

Identity, Relationships & Sex Education - 5 - Introduction to Contraception	To describe the concept of abstinence To understand the main other ways of reducing the risk of pregnancy To be able to identify a wide range of contraceptive methods
ASSESSMENT LESSON 06 - Sexual Orientation	To understand the many different key terms and concepts that are used To explore and challenge LGBTQ+ prejudices and stereotypes To understand the damaging impact homophobic language has on people
<b>Staying Safe, Online &amp; Offline</b>	
<b>Lesson</b>	<b>Learning Outcomes</b>
Dangerous Society Online & Offline - 01 - County Lines - What is it and Who is at risk	I understand what the term 'county lines' means I can explain how county lines gangs recruit and exploit young people I understand the importance of getting immediate help for myself or a friend if I suspect a problem
Dangerous Society Online & Offline - 02 - Substance Misuse	To define the term substance misuse and understand the way drugs effect users To explore why people misuse substances To evaluate what support networks are available to help support those in need
Dangerous Society Online & Offline - 03 - Cyberbullying and how you may get punished as a crime	Describe the meaning of bullying and cyberbullying and the impact they can have on an individual Explore appropriate ways of responding to discriminating, hurtful or intimidating behaviour To know how to manage oneself appropriately online
Dangerous Society Online & Offline - 04 - Child abuse	To understand the different forms of child abuse To explore various warning signs that someone might need help To know who to talk to and where to access support and help for any form of abuse
Dangerous Society Online & Offline - 05 - Alcohol Safety	To explain how alcohol is measured and what the limits are for adults To explore the consequences of alcohol consumption To evaluate when introducing alcohol to a situation can lead to very dangerous consequences
ASSESSMENT LESSON- 06 - Child Exploitation & Online Protection	exploitation and be able to give examples To explore a variety of risks and dangers related to being online To evaluate how to reduce the risks associated with being online
<b>Health &amp; Wellbeing</b>	
<b>Lesson</b>	<b>Learning Outcomes</b>
Physical Health & Mental Wellbeing - 01 - Health and wellbeing	To understand what positive wellbeing might look like in someone's life To recognise a range of healthy and unhealthy

	habits we might have To know a range of methods to improve my own and others health & wellbeing
Physical Health & Mental Wellbeing - 02 - What is Mental Health?	To define the term mental health To explore why we might say we are okay when we are not To know a variety of mental illnesses and symptoms and know some strategies to maintain positive mental wellbeing
Physical Health & Mental Wellbeing - 03 - Body Positivity	To understand what body image is and who can be affected To explore what influences body image for boys and girls To know various ways someone can improve their own or a friend's self-esteem
Physical Health & Mental Wellbeing - 04 - Resilience VESPA	To define what is meant by the word resilience. To understand the link between resilience and good academic outcomes. To evaluate some strategies to help them build their resilience.
Physical Health & Mental Wellbeing - 05 - Healthy Eating and Cholesterol	To identify the components of a healthy diet To understand the difference between good cholesterol and bad cholesterol To understand how to replace unhealthy snacks and foods with healthier alternatives
ASSESSMENT LESSON - 06 - Stress Management	To gain an understanding into what causes stress To know some strategies on how to deal with stress To understand the long term impact of stress on the body and mind

## Life Beyond School

Lesson	Learning Outcomes
Essential life skills- 01 - Employability & Enterprise Skills	Be able to effectively work as part of a team and research the issues and come up with solutions Apply this understanding by redesigning an area of the Royal School Evaluate what makes an effective and persuasive presentation. Have Fun!!!
Essential life skills - 02 - Careers and Aspirations	To help me think carefully about potential careers and focus on my interests and preferences To be aware that understanding myself and my interests will help shape my choices about KS4 Options and future career ideas
Essential Life skills - 03 - How to save and manage your money?	To define a variety of banking and financial key terms. To understand the importance of saving money and the different methods of storing it. To be able to identify the difference between essential and non-essential expenditure
Essential life skills - 04 - What is the labour market?	To be aware of what labour market information (LMI) is and how it can be useful to you . To be able to start using LMI to get a realistic picture of the labour market . To use LMI to help me make decisions about future careers
Essential Life Skills - 05 - First Aid	To understand the vital importance of First Aid as a life saving skill Know how to perform first aid, including CPR, the use of defibrillators, choking and basic treatment for common injuries To

	understand how to put someone in the recovery position and when to contact emergency services
ASSESSMENT LESSON - 06 - First Aid	To understand the vital importance of First Aid as a life saving skill Know how to perform first aid, including CPR, the use of defibrillators, choking and basic treatment for common injuries To understand how to put someone in the recovery position and when to contact emergency services

## YEAR 9

<b>Rights, Responsibilities &amp; British Values</b>	
<b>Lesson: PSHE and RS (religion and conflict)</b>	<b>Learning Outcomes</b>
Combatting Extremism & Terrorism - 01 - War and conflict - What is a just war?	To question what is a just war. To explain the term just wars. To evaluate whether just wars can ever happen.
Combatting Extremism & Terrorism - 02 - Pacifism (Nelson Mandela, Malala and Muhammad Ali)	To understand the importance of pacifism and explore important individuals.
Combatting Extremism & Terrorism - 03 - Conspiracy theories	To understand what a conspiracy theory is To explore why conspiracy theories and extremist narratives are interlinked To evaluate why conspiracy theories can be damaging to society
Combatting Extremism & Terrorism - 03 - Forms of extremism and terrorism	To understand the iceberg analogy of terrorism To explore why people may choose to commit an act of terrorism To evaluate the current terror threat to the UK and explore recent acts of terrorism
Combatting Extremism & Terrorism - 04 - Radicalisation process and How Does Counter Terrorism Work	know what radicalisation is and why it is harmful. I can described how the radicalisation process works and PREVENT. I understand what the signs of radicalisation look like and can help prevent myself and others from it
ASSESSMENT LESSON - 06- Antisemitism	To define the terms Zionism and antisemitism To explore why Jews have been persecuted in Europe over hundreds of years To understand what is happening today in the UK

<b>Relationships and Sex Education</b>	
<b>Lesson</b>	<b>Learning Outcomes</b>
Sex, the Law & Consent - 01 - What is consent?	To know the legal definition of consent and the law surrounding it To understand the purpose and the importance of consent To understand the consequences of sexual activity with no consent
Sex, the law & consent - 02 - Sexual Harassment and Stalking	To define the terms stalking and harassment To explore the differences between flirting and sexual harassment To understand the laws surrounding Stalking and Harassment (PHA 1997, EA 2010 & PFA 2012)
Sex, the Law & Consent - 03 - Domestic Abuse and Domestic Violence	To describe what an unhealthy relationship looks like To understand the different types of abuse that exist To identify how and where to get help with abusive relationships
Sex, the Law & Consent - 04 - Healthy intimate relationships	To understand what an intimate relationship is To understand some components of a healthy relationship To explore some scenarios about relationships.
Sex, the Law & Consent - 05 - Why have Sex or delay sexual activity	To know the various things to consider when thinking about making a relationship sexual To understand the positive and negative reasons to have sex To explore the benefits and consequences of making a relationship sexual
ASSESSMENT - 06 - FGM and the Law	To revise the different parts of the female reproductive organs To understand what FGM is and its impact To know that FGM is illegal and where you can go for help and support
<b>Lesson</b>	<b>Learning Outcomes</b>
Contraception & STIs - 01 - What is a penis or a vulva?	To be able to name at least five common STIs and explain how they are transmitted To understand the different groups that STIs are categorized by To identify the facts, dangers and symptoms of some common STIs
Contraception & STIs - 02 - What are STIs and how are they treated	To describe the key symptoms and risks associated with a variety of different STIs To understand the importance of Sexual Health Clinics (GUM) To explain why people should always get themselves checked out after unprotected sex
Contraception & STIs - 03 - Contraception Explored including condoms	To understand how a variety of different forms of contraception work To be able to identify which types of contraception would be best used by different types of people To explore which forms of contraception protect against pregnancy, STIs or both



Contraception & STIs - 04 - Contraception - Condoms	To understand the block, suppress and disable methods to reducing the risk of pregnancy To explore which forms of contraception protect against pregnancy, STI's or both To know what thrush is and the common symptoms of it in men and women
Contraception & STIs - 05 - What is abortion and religious opinions	To understand what the term abortion means. To evaluate the different reasons why someone may have an abortion. To explore different religious and humanist viewpoints on abortion.
ASSESSMENT LESSON - 06 - HIV and AIDS and prejudice	I know what HIV and AIDS are and explain the difference I understand the main ways HIV is transmitted from person to person I can explain the vital importance of World AIDS Day
<b>Staying Safe, Online &amp; Offline</b>	
<b>Lesson: PSHE and RS</b>	<b>Learning Outcomes</b>
Legal and Illegal Behaviours- 01 - What is a Drug	To define the term drug and understand the different forms it can take To explore some of the reasons why people use drugs To evaluate the impact drug use has on society
Legal and Illegal Behaviours - 02 - Different Types of Addictions and Cannabis	To define what an addiction is To understand the different types of addictions that people can have To evaluate whether sugar is more addictive than cocaine
Legal and Illegal Behaviours - 03 - Drugs Classifications and Party Drugs & Illegal Drugs	To understand the different forms and street names given to cannabis To explore why some people take cannabis To evaluate whether cannabis should be legalised in the UK
Legal and Illegal Behaviours - 04 - The War on Drugs and religious opinions	To consider the differences classification of drugs To explore the legal classifications of 36 drugs To understand key aspects of the UK's drug policy
Legal and Illegal Behaviours - 05 - Crime of drug and knife supply	To explore what is the crime of drug and knife supply. To consider the punishments for this crime. To understand why it is important to prevent drug and knife supply.
ASSESSMENT LESSON - 06 - The prevalence of deep fakes and illegal online behaviours	To describe what is a deepfake and other illegal online behaviours. To understand what the punishments are for these crimes. To evaluate the impact on the victims of illegal online behaviours.
<b>Health &amp; Wellbeing</b>	
<b>Lesson</b>	<b>Learning Outcomes</b>

Body Confidence - 01 - How Self-Esteem Changes (social media, airbrushing, online stress)	To define the term self-esteem and explain how it impacts us To explore why people do not necessarily respond in the same way to similar situations To understand that different people may express their feelings in many different ways
Body Confidence - 02 - Resilience VESPA	To describe what resilience and loneliness is To explore different types of ways of initiating success To understand what you can do to help someone be resilient
Body Confidence - 03 - Bullying in all its forms	To understand the different forms of bullying and why people bully others To know what HBT bullying is and the impact it can have on the victim To evaluate what support schools and students can give to those impacted by the effects of HBT bullying
Body Confidence - 04 - Cancer Prevention and Healthy Lifestyles	To explore the health benefits of living a healthy lifestyle To explore how diet, stress and life situations can impact on health To evaluate the latest research on cancer prevention and healthy lifestyle choices
Body Confidence - 05 - Dealing with Grief and Loss and religious views on life after death	To explore what grief is and how it affects people To understand how grief can impact people in a variety of different ways and how you can support a friend or family member To evaluate what support networks are available to help those grieving
ASSESSMENT LESSON - Online media and stress	To explore the link between mental health and social media usage To identify coping strategies to manage online stress Recognise that social media sometimes does not reflect real life
<b>Life Beyond School</b>	
<b>Lesson: PSHE and RS (Crime and punishment)</b>	
Rights and Responsibilities - 01 - Rights and Responsibilities	To define the terms rights, responsibilities and moral duties To understand the different types of rights and responsibilities that exist To study the differences between civil law and criminal law
Rights and Responsibilities -02 - What is marriage	To define what is a marriage. To understand the legal meaning of a marriage partnership. To study the differences between a marriage and a civil partnership.
Rights and Responsibilities - 02 - Intro into Crime and punishment and aims of punishment	To consider the main aspects of crime and punishment in the UK. To evaluate the aims of punishment in the UK system. To explore some examples of crime and punishment.

Rights and Responsibilities - 03 - Prison, capital punishment and religious views	To define what is a prison. To explore what is capital punishment. To assess whether you agree with capital punishment or not.
Rights and Responsibilities - 04 - Crime and punishment examples	To explore further examples of crime and punishment in the UK. To look at what a court room is like and what language may be used in a courtroom. To explore what a job as a barrister/lawyer may be like.
END OF YEAR ASSESSMENT- Mock trial	To consider what a trial looks like/feels like. To understand how a trial works with a jury. To act out a mock trial.

# YEAR 10

<b>Rights, Responsibilities &amp; British Values</b>	
<b>Lesson</b>	<b>Learning Outcomes</b>
Exploring British Values - 01 - Critical Thinking & Fake News	To understand how to spot fake news To explore the damaging consequences of Fake news To understand why critical thinking is important
Exploring British Values - 02 - Hate Crime in the UK and religious views	To understand the definition of a hate crime and the protected characteristics To know the difference between free speech and hate speech To evaluate recent police statistics for hate related crime
Exploring British Values - 03 - British Values and Identity, mutual respect and tolerance.	To define the different British values To understand the importance of Promoting British Values To understand where our sense of identity comes from and why it is important to have a sense of belonging
Exploring British Values - 04 and 05 - What are Human Rights and modern slavery	To define what human rights are and be able to list several examples To explore the origins of human rights To evaluate how we can protect human rights in the modern world
ASSESSMENT LESSON- 06- Democracy Explored	I can explain what democracy is and what it is not I understand what democracy in UK looks like I know my rights in a democratic society
<b>Celebrating Diversity &amp; Equality</b>	
<b>Lesson: PSHE and RS</b>	<b>Learning Outcomes</b>
Exploring World Issues - 01 - International Organisations	To understand the role international organisations play in the world To explore the history of the UN, NATO and the Commonwealth To evaluate the importance of being a member to these organisations
Exploring World Issues - 02 - Peace, War & Conflict	To explore a variety of people who have campaigned for peace over the years To understand different symbols for peace used across the world To evaluate why some world conflicts are difficult to solve
Exploring World Issues - 03 - Human rights and Aid	To describe a variety of ways the countries can help support each other To understand the different issues impacting countries across the world To

	evaluate what support networks are available to help support those in need
Exploring World Issues - 04 - Striking, Trade Unionism, fair trade and free trade.	To understand what a trade union is and can explain why they exist I can provide various reasons why people might go on strike I know about current UK strikes
Exploring world issues - 05 - Understanding people's views on animal rights	To understand what animal rights are. To describe why some individuals believe that animals should be protected. To evaluate different peoples religious views on animal rights.
ASSESSMENT LESSON - 06 - Women's Rights and Equality	To explore the changing role of women in society over the 20th century To understand the key events that led up to women gaining equal rights with men To evaluate what support networks are available to help support those in need
<b>Relationships and Sex Education</b>	
<b>Lesson</b>	<b>Learning Outcomes</b>
Risk, relationships & sex education- 01 - What is fertility?	To define and describe the human fertilisation process at a cellular level To explore what makes women and men fertile and understand ways to improve fertility To understand the various ways women can become pregnant including IVF treatment
Risk, relationships & sex education- 02 - Healthy behaviours during pregnancy including miscarriage	To understand what things to avoid/do during pregnancy to ensure a healthy pregnancy. To explain what is a miscarriage. To know that not all abortion/miscarriages are avoidable (genetic component)
Risk, relationships & sex education- 03 - Pleasure and delaying sexual activity	To understand what the term 'masturbation' means. To reiterate importance of pleasure in fulfilled sexual relationships. To evaluate the importance of communication and respect in a sexual relationship
Risk, Relationships & Sex Education - 04 - Online Pornography (Myths vs Reality) and its impact on society	To outline what is and is not legal in terms of pornography To identify the differences between what is seen in porn and what happens in real life To look at the impact of porn on society and relationships
Risk, Relationships & Sex Education - 05 - Sexual crimes (Sexual Assault, Rape, upskirting, FGM and underage sexting)	To explore the laws regarding rape and sexual assault To understand how unhealthy behaviours and an imbalance of power in a relationship could lead to violence and sexual assault To explore

	what qualities to look for in a healthy loving relationship
ASSESSMENT LESSON - 06 - Sexualisation of the Media	To explore the impact sexualisation of the media is having on teenagers To identify the links between body image and the medias influence on it To analyse the issues of the sexualisation of women in positions of power.
<b>Staying Safe, Online &amp; Offline</b>	
<b>Lesson</b>	<b>Learning Outcomes</b>
Violence, Crimes & Seeking Safety - 01 - Honour Based Violence	To define the terms honour and dishonour To explore honour-based violence and the different forms it can take To evaluate the best way to tackle honour-based violence and promote the equality of women in society
Violence, Crimes & Seeking Safety - 02 - Forced Marriage, Breast Ironing and FGM	To understand the terms; forced marriage and breast ironing To explore statistics related to forced marriages in the UK and other Commonwealth countries To understand who the forced marriage unit (FMU) are and to evaluate their effectiveness
Violence, Crimes & Seeking Safety -03 - Child Sexual Abuse	To define the term sexual abuse and understand the law relating to it To understand the importance of speaking out against any form of abuse To evaluate what support networks are available to those suffering sexual abuse
Violence, Crimes & Seeking Safety - 04 - Causes of Knife Crime and crime of knife supply	To understand the causes behind the rise in knife crime in the UK To explore how to prevent young people from picking up and carrying a knife To evaluate the real risks to those that carry knives and their families and friends
Violence, Crimes & Seeking Safety - 05 - Online Gaming and Gambling	To understand the age-appropriate classifications of games To explore how online gaming can lead to gambling and skin betting To evaluate the risks associated with online gaming and online gambling
ASSESSMENT 06 - Keeping your data safe	To understand the importance of keeping personal data safe To learn about online fraud and be aware of different types of online scams and tricks To identify what the dark web is and why it can be dangerous

<b>Health &amp; Wellbeing</b>	
<b>Lesson</b>	<b>Learning Outcomes</b>
Mental Health and Wellbeing - 01 - First aid recap	To understand how to perform CPR, recovery position, and other injuries
Mental Health and Wellbeing - 02 - Mental Health Illnesses	To describe what mental health and mental illness is To explore different types of mental illnesses To understand what you can do to help someone with their mental health
Mental Health and Wellbeing - 03 - Self-Harm, suicide, and prevention	To understand that self-harm is a behaviour and not an illness To identify warning signs that you or a loved one is thinking about suicide To evaluate what support networks are available to help those that are self-harming or suicidal
Mental Health and Wellbeing - 04 - resilience and loneliness	To describe what resilience and loneliness is To explore different types of ways of initiating success To understand what you can do to help someone be resilient
Mental Health and Wellbeing- 05 - Screen time	To explore the link between body image and social media To understand how highly edited social media can distort our views on the real world To explore what makes social media sites so popular/addictive
ASSESSMENT LESSON - 06 - Promoting Emotional Wellbeing	To understand what wellbeing might look like in someone's life To understand the meaning of mental health and emotional wellbeing To learn strategies to improve mine and others' emotional wellbeing
<b>Life Beyond School</b>	
<b>Lesson</b>	<b>Learning Outcomes</b>
Careers - 01 - Employability & Enterprise Skills	To be able to effectively work as part of a team and research the issues and come up with solutions To apply this understanding by redesigning an area of the Royal School To evaluate what makes an effective and persuasive presentation. Have Fun!!!
Careers - 02 - Consumer Rights	To understand what ethical business practices are To understand the rights and responsibilities of consumers To evaluate the impact the Consumer Rights Act 2015 has had on society
Careers - 03 - Employment Rights	To identify a variety of employment rights and responsibilities in the UK To understand different issues related to employee rights To explore

	different moral questions regarding employment rights
Careers - 04 - Targeted Advertising and Your Data	To describe the three main types of targeted advertisements and explain how they work To explore the role of the advertising standards agency (ASA) To evaluate the role targeted advertising plays in elections
Careers - 05 - Saving and Managing Your Money, and the labour market	To define terms such as financial capability and financial competence. To understand the importance of budgeting throughout a person life To know how to calculate your personal income tax liability
Careers - 06 - ASSESSMENT and Exploring a payslip	To define a variety of banking and financial key terms To understand the importance of saving money and the different methods of storing it To be able to identify the difference between essential and non- essential expenditure

## YEAR 11

<b>Health &amp; Wellbeing</b>	
<b>Lesson</b>	<b>Learning Outcomes</b>
Adult Health and Looking After Yourself - 01 - Organ and Blood Donation	To understand various types of organ donation To know the law surrounding organ donation To evaluate the impact organ and blood donation can have on the recipient and others



Adult Health and Looking After Yourself - 02 - Nutrition, and healthy eating	To explore the health benefits of living a healthy lifestyle To explore how diet, stress and life situations can impact on health To evaluate the latest research on cancer prevention and healthy lifestyle choices
Adult Health and Looking After Yourself - 03 - Dental health and sleep	To explore the health benefits of dental health and hygiene To explore how diet, stress and life situations can impact on health To evaluate the latest research on dental health and healthy lifestyle choices
Adult Health and Looking After Yourself - 04 - Testicular and Prostate Cancer	I know the risk factors and common symptoms of testicular cancer I understand how to perform a testicular self-examination I understand how difficult prostate cancer can be to detect
Adult Health and Looking After Yourself - 05 - Breast Cancer, Cervical Cancer & Screening	I know the risk factors and common symptoms of breast and cervical cancer I understand how to perform a breast self-examination I understand the importance of a smear test and cervical screening
ASSESSMENT LESSON - 06 - Alcohol, Parties and Bad Choices	To describe the risks associated with house parties and alcohol To explore alcohol abuse, drink spiking and the associated risks To evaluate what and who impacts our decisions about our own health and the choices we make
<b>Relationships and Sex Education</b>	
<b>Lesson</b>	<b>Learning Outcomes</b>
Sexual health - 01 - Importance of sexual health and consent.	To increase awareness of the importance of a young person's sexual health To explore various consequences of neglecting sexual health To understand what emergency contraception is available and when it is appropriate to use it
Sexual Health - 02 - Revisiting Contraception	To revisit how a variety of different forms of contraception work To further understand the advantages and disadvantages of different contraceptive methods To explore which forms of contraception protect against pregnancy, STIs or both.
Sexual Health - 03 - Revisiting STIs	To understand the way STIs spread and the groups at higher risk To increase awareness of the process of a young person's sexual health consultation at a clinic To understand the differences between viral, bacterial, fungal and parasitic STIs
Sexual Health - 04 - Teenage Pregnancy Choices and abortion	To understand the impact of an unplanned pregnancy To know what to do if you think you or a friend is pregnant To understand the options available for unplanned pregnancies
Sexual Health - 05 - Parenthood	To understand the impact of an unplanned pregnancy To know what to do if you think you or a friend is pregnant To understand the options available for unplanned pregnancies

ASSESSMENT LESSON - 06 - Positive relationships in the future	To create a booklet on sexual health, relationships, and consent. To consider different contraception. To evaluate the risks and positives of a sexual relationship in the future.
<b>Staying Safe, Online &amp; Offline</b>	
<b>Lesson</b>	<b>Learning Outcomes</b>
Staying Safe - 01 - Online Reputation, Digital Footprints, virtual reality, live streaming	To define the terms digital footprints and online reputation To understand how to complete an online audit of yourself and know why it is important To understand why and how to build an online personal brand
Staying Safe - 02 - Group Chats & Anti-Bullying	To identify other terms surrounding cyberbullying To analyse the effects of bullying in group chats To explain how and where someone can ask for help if they are being bullied
Staying Safe - 03 - Addicted substances recap (new substances, festivals, nitrous oxide)	To define the term New Psychoactive Substances and give examples To explore why NPS drugs are so dangerous to society To understand how to protect yourself from peer pressure to experiment with NPS drugs
Staying Safe - 04 - Driving and the law	To understand key elements of car and driving safety. To explore the repercussions of erratic or fast driving. To evaluate risks involved.
Staying safe - 05 - House parties and alcohol	To describe the risks associated with house parties and alcohol To explore alcohol abuse, drink spiking and the associated risks To evaluate what and who impacts our decisions about our own health and the choices we make
ASSESSMENT LESSON - 06 - Cosmetic procedures	To understand the differences between aesthetic and cosmetic procedures. To explore the negative and positive effects of undertaking these procedures. To evaluate what influences people to feel the need to change their appearance for themselves or society.
<b>Life Beyond School</b>	
<b>Lesson</b>	<b>Learning Outcomes</b>
Your Future and Beyond - 01 - Screen Addiction and Studying	Explore how technology and social media can negatively impact on your mental health To evaluate how technology and smart phones can be both rewarding and damaging in our lives
Your Future and Beyond - 02 - Post 16 Options	To understand the options available to me at the end of Year 11 To consider how I can make the best choice for me To understand the application process for post 16 options

Your Future and Beyond - 03 - Exam Stress and Anxiety	To understand the science behind fight, fright and freeze responses to stress To recognise that stress is only beneficial in the short term and that long term it can affect you physically and emotionally To understand how to manage stress and relaxation
Your Future and Beyond - 04 - How to get a mortgage	To understand the process of buying a house. To recognise the importance of surveys and electrical reports. To evaluate whether buying a house is a good investment.
Your Future and Beyond - 05 - CV	To understand the purpose of a CV To understand how to create a clear and concise CV To have some ideas I could use to help make my CV stand out
END OF YEAR ASSESSMENT - personal statement writing	To understand the purpose of a personal statement To understand how to create a clear and concise personal statement To have some ideas I could use to help make my personal statement stand out

