	Α	В	C	D	E	F	G	Н	-	1	v
1		_	-	0 - 21 onwards - based on	2 lessons per half term	r	d	n		j	
2						Year Group					
4	Term	Theme	Session	7	8	9	10	11			1
5				,	· ·	,	10				
6		oc.	1	Transition - coping with change of school	Resilience - Definition, benefits of being resilient	Resilience - Refresher and reflection. Year 9 as a year of change and decisions, increasing value of resilience as a skill.	Why is mental health important - understand how mental health impacts everyday life, explore the beenfits of good mental health and the impact of poor mental health	Money Skills - Understanding debt		KEY Strand 1 - Health and Wellbeing Strand 2 - Relationships Strand 3 - The Wider World	
7	1	Resilience	2	Diet and Exercise - How these affect mental and physical wellbeing.	Mental Health - Importance of being mentally healthy, address stigmas and common conditions.	Dealing with change, loss and bereavement - focus on mental health and support	Managing Change - Dealing with new situations and pressures effectively.	Money Skills - Understanding pay and benefits, deciding what job to apply for		Note: The year 11 SOW is deliberately reversed so that there is a focus on resilience and mental health as it relates to exams during the run-up to the GCSEs. As such the overall themes do not map to the year 11 SOW.	
8		Mental Health		Diet and Exercise - how attitudes to diet and exercise are positively and negatively influenced by social media and other factors.	Dealing with stress - Healthy and unhealthy reactions, coping strategies	Assessing and reducing risk - Understanding the consequences of risk taking (drugs, alcohol, etc) and managing risks.	Dealing with stress - Revisit healthy and unhealthy reactions, update coping strategies, explicit links to exam pressure, mental health and support available	Interview Skills - What to expect in an interview, how to approach it			
9		Menta		Self-care - the importance of personal hygiene, prevention of disease (covid 19 link), access to medical help	Social Media - influence and impact on mental health, with case studies	Social Media - influence and impact on mental health - refresh and extend from yr 8.	Addiction and substance misuse - Physical, legal and social consequences	Communication Skills - case studies, [life skills lesson on listening and presenting] and practical application			
10		Diversity / My place in society	5	Diversity - Similarities and differences between different groups, explore key central similarities	Abusive behaviour - in the real world. Recognising and dealing with bullying and other abuse.	Online relationships - Opportunities and risks	Personal Values - How have you changed as a person since you started HFCS? How do you see yourself? How do you want others to see you?	Consent - refresher and extension. Legal concept, platonic and romantic relationships.			
11	2		6	Modern Britain - Extended work on diversity. How does modern Britain reflect the diverse communities explored in the previous lesson.	Abusive behaviour - online. Recognising and dealing with bullying and other abuse.	Sharing explicit images - personal and legal impacts	Consent - In platonic relationships	Addiction and substance misuse - Refresher and extension - physical, legal and social consequences			
12		hips		Healthy Relationships - What makes a good friend? How can we be better friends and how should we expect our friends to treat us?	Healthy Relationships - Refresher and extension on what makes a good friend.	Gang Culture - factors that push people to join gangs, social, legal and physical consequences.	Consent - Legal concept, romantic relationships	Mental Health - exam focus, practical strategies			
13		Relationships		Healthy Relationships - What impact can a good friend have? Resisting negative influences, peer pressure	Healthy Relationships - What impact can a good friend have? Resisting negative influences, peer pressure. Build on year 7 work - case studies.	Gang Culture - resisting the pressure to join a gang, exit strategies and support	Equality - Explore the Equality Act 2010, real world examples, explore own rights and responsibilities	Resilience - exam and results focus, practical strategies			
14		Strengths Long-term goals		Healthy Relationships - conflict management. How to constructively deal with conflict.	Personal Values - How do you see yourself? How do you want others to see you?	Career roadmap - Long term goals, short-term activities and targets. Refresher from last year with extended activities.	Career roadmap - Long term goals, short-term activities and targets. Refresher from last year with extended activities.	EXAMS			
15			10	Career roadmap - Long term goals, short-term activities and targets.	Career roadmap - Long term goals, short-term activities and targets. Refresher from last year with extended activities.	Resilience - refresher and reflection. Expand upon the yr 8 activities.	CV Skills - Introduction the CV writing				
16	3		11	Self-confidence - being confident in a work environment, having faith in your ability.	Resilience - How to be resilient in the world of work	Personal Strengths - how can your personality help you choose a career path?	CV Skills - fine-tuning a CV based on a specific role				
17		Personal Strengths	12	Skills - developing skills and attributes that emplyers value	Being open to opportunity - Case studies showcasing diverse career paths and ambitious people from varied backgrounds	Personal Strengths - how can you develop your strengths to help your future career options?	Aiming High - being proactive, case studies, benefits for your career				
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