

We hope this curriculum overview helps parents / carers to understand more about our curriculum, and to support students to continue learning at home. Please visit the subject page of our website to find more detailed information about the curriculum.

Subject	What are students learning in lessons?	What could students do to extend their learning and develop their character?
Autumn Term 1	Mental Health and Wellbeing: signs and symptoms of mental illness, Five Ways to Wellbeing, strategies to cope with anxiety, inclusion, safeguarding awareness.	Be kind: demonstrate 5 ways to wellbeing (connect, be active, take notice, keep learning, give). Write a weekly diary entry to reflect on their impact.
Autumn Term 2	Healthy Relationships: anatomical changes in puberty, emotions, intimacy in relationships, identity, consent, rule of law, pregnancy and abortion, contraceptives, STI's.	Be curious: read 'help me out - relationships' on CBBC website, and create a leaflet giving advice to young people.
Spring Term 1	Keeping Safe: potential abuse, risky scenarios, online exploitation, child sexual exploitation, first aid and medical emergencies, safeguarding awareness.	Be curious: explore St John's Ambulance resources and videos online and create a first aid quick-reference guide.
Spring Term 2	Keeping Safe: peer pressure, peer on peer abuse, bullying, cyber bullying, grooming, managing conflict.	Be curious: explore BBC bitesize website for strategies in dealing with, and managing, conflict and risky situations. Create a guide for young people.
Summer Term 1	Managing Conflict: emotional regulation and management, 5 ways to wellbeing, conflict resolution.	Be kind: keep a diary showing ways you demonstrated kindness and respect over one week.
Summer Term 2	The Wider World: GCSE selection process, qualifications and routes after completing year 11, A levels at TRS, career choices.	Be courageous: explore 'Careerpilot' and identify careers that match your interests and skills. Create a personal career action plan.

	Assessment	Home Learning
How should I plan my time?	Students think hard and answer lots of questions every lesson. Students practice and get feedback on their work. Exam: Students will not sit an exam.	Character tasks to continue the joy of learning beyond the classroom.