



		Year 7			Year 8				
		2 lessons per fortnight			2 lessons per fortnight				
	Wk	Topic	Learning content	Teacher assessment		Topic	Learning content	Teacher assessment	
Autumn- 15 weeks	1	Health and wellbeing 1	Identify how one can live a healthy lifestyle and honour our bodies. This unit includes diet, fitness, drugs education, anti-smoking and energy drinks lessons, as well as lessons on knife-crime. <i>Key Vocabulary</i> <i>Healthy lifestyle, caffeine, nicotine, addiction, stimulant, depressants, knife-crime</i>			Health and wellbeing 1	Explain how smoking and vaping are damaging to your health and consider why we should honour our bodies. Look at ways to maintain healthy bodies and to avoid illnesses such as cancer. Demonstrate accurately new first aid skills. <i>Key Vocabulary</i> <i>Vaping, smoking, genetic predisposition, personal safety, first aid, longevity</i>		
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	6	Should happiness be the purpose of life?	Consideration of what it means to be happy and to live a content, moral life. Also reading about how happiness is depicted in the media. <i>Key Vocabulary</i> <i>Happiness, contentment, moral values, society, citizen, community</i>				Prejudice, values, and extremism 1	Looking at what prejudice and discrimination are. Discussion about equality related to aspects such as race, gender and religion. Also consideration of ageism. <i>Key Vocabulary</i> <i>Equality, community, respect, acceptance, gender, race, age, religion, discrimination, judgement</i>	End of topic test
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Spring- 13 weeks	1	Living in the wider world 1	Consider how we can stay safe online and off-line. To explain why both stereotyping and being racist are cruel and unacceptable. Looking at ethical shopping. <i>Key Vocabulary:</i> <i>Self-esteem, aspirations, anti-racism, prejudice, discrimination, internet safety, social media, ethics</i>			Prejudice, values, and extremism 2	Analyse where prejudice, extremism and racism originate from and why they are still causing problems in Britain today. To consider how we can prevent radicalisation and extremism. Looking at the dangers of prejudice and discrimination. <i>Key Vocabulary</i> <i>Xenophobia, racism, extremist, radicalisation, capital punishment, prejudice, Islamaphobia, LGBT</i>		
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	6	Relationships education	Recognise the difference between healthy and unhealthy friendships. Identify the difference between bullying and banter. Looking at cyberbullying and a further look at how to keep safe online. Looking at radicalisation and extremism. <i>Key Vocabulary:</i> <i>Mental health, well-being, depression, anger management, cyberbullying, radicalisation, extremism, LGBT</i>				Relationships Education	Identify how to keep yourself and others safe in relationships. Consideration of marriage and why it must be freely entered. Looking at equality, misogyny, misandry and stereotyping. Consideration of why we need tolerance and respect. Looking at what sexual harrassment is and why it is unacceptable. <i>Key Vocabulary:</i> <i>Consent, marriage, sexting, misogyny, misandry, stereotyping, harrassment, LGBT</i>	
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Summer-12 weeks	1	Health and wellbeing 2	Identify how we can manage our mental health and anger. Be aware of what happens to children during puberty. Learning about the dangers of FGM. <i>Key Vocabulary:</i> <i>Toxic relationship, bullying, banter, cyberbullying, British Values</i>	End of topic test		Relationships, Sex and Health Education	Explain what consent is and what the law on consent is, as well as the use of contraception. Consideration of the dangers of pornography. Looking at safe sex, including STIs, sexting, teen pregnancy and parenting. Discussion around conflict at home and who can support. <i>Key Vocabulary:</i> <i>Pornography, STI, sexting, conflict, strategies, source of advice</i>		
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	6	Living in the Wider World 2	Identify how we can budget money and learning about different financial products and what they are used for. <i>Key Vocabulary:</i> <i>Finances, financial, fiscal, budget, saving</i>						
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