

Independence, health choices and wellbeing		
Autumn 1	Knowledge - To know about transition to key stage 4 and revision and study skills - To know how to apply learning and study strategies to support success at key stage 4 - To know that decisions about food are influenced by a range of factors, and how to make healthier food choices. - To know how to analyse barriers to making healthier choices and evaluate strategies to overcome these barriers and make healthier choices in future - To know that having an active lifestyle is important for someone's health. - To know how to make good choices and be active and healthy. - To know about women's menstrual and gynaecological health. - To know how and where to find support when needed regarding menstrual and gynaecological health - To know what is involved with blood, organ and stem cell donation - To know and recognise the importance of donation to individuals and society - To know about cancer awareness and why early detection is important - To know how to check for cancer and how to seek help/ support if needed	Key vocabulary Lifestyle choices Blood donation Organ donation Stem cell donation Menstrual Cycle Gynaecology Testicular cancer Breast cancer



Navigating the online world		
Autumn 2	Knowledge • To know what AI is and the positive and negative aspects of this • To know how AI can affect our lives • To know what generative AI is and how it is used • To know how to make informed choices when online and using generative AI • To know about chatbots and the affect they have on relationships between people. • To know how to use this information on chatbots to make good and well-informed decisions • To know about deepfakes, their potential harms, and the support available to those affected. • To know how to use the laws and protections in place, and ways to reduce harm. • To know about the social norms related to image sharing and the pressure to share nude images. • To know how to challenge attitudes which perpetuate pressure to send or pass on a nude image.	Key Vocabulary Gender stereotyping Artificial Intelligence Generative AI Deepfakes Chatbots