

Unit of Work	Objectives Covered
<u>Cojo</u>	Nancy Wake <ul style="list-style-type: none"> • To know qualities and values of a good friendship • To know how to show determination and complete challenges • To understand the importance of self-discipline when under pressure • To understand the importance of being patient • Be able to learn how to be courageous from others • To be able to support others in team building activities
<u>Mental Health and Wellbeing</u>	Managing Health and Keeping Well <ul style="list-style-type: none"> • To explain what is meant by the term 'mental health' • To be able to identify everyday behaviours that can help to support mental and physical health • Recognise that we can take care of our mental health Managing Challenges and Change <ul style="list-style-type: none"> • To explore how feelings and emotions are affected and can be managed at changing, challenging or difficult times Managing loss and bereavement <ul style="list-style-type: none"> • To explore the impact of loss and bereavement and strategies for dealing with grief Feelings and common anxieties when transitioning to secondary school <ul style="list-style-type: none"> • To learn about the feelings and common anxieties pupils face when starting key stage 3/moving to secondary school • To explore ways of managing these feelings
<u>Drugs and Alcohol</u>	Preventing Early Use <ul style="list-style-type: none"> • To know what effect cannabis can have on your health and life • To know the legal consequences of using cannabis • To know the effects and risks of volatile substance abuse • To know how to get and give help • To have practised communication with adults • To know how to access help and support
<u>RSE (Relationships and sex education)</u>	Puberty and Reproduction <ul style="list-style-type: none"> • Consider puberty and reproduction. • To consider reproduction in the context of relationships • To explore the process of conception and pregnancy
<u>Consent</u>	Personal boundaries and appropriate and inappropriate touch <ul style="list-style-type: none"> • To learn about personal boundaries • Identify differences between appropriate and inappropriate touch • Explain strategies for responding to unwanted physical contact • Identify who to tell and what to do if any physical contact makes them feel unsafe, uncomfortable or worried