

Year 7 – Form Tutor Delivery

Theme 1: All about me – Relationships (FT)

Year	Theme	Lesson	Lesson title	Delivered by
7	All about me – Relationships	L1	Aspirations	Form Tutor
7	All about me – Relationships	L2	Self confidence	Form Tutor
7	All about me – Relationships	L3	Being a resilient student	Form Tutor
7	All about me – Relationships	L4	Keeping good friendships	Form Tutor
7	All about me – Relationships	L5	Family relationships	Form Tutor
7	All about me – Relationships	L6	Falling in love	Form Tutor
7	All about me – Relationships	L7	Bullying or banter	Form Tutor
7	All about me – Relationships	L8	Cyberbullying	Form Tutor
7	All about me – Relationships	L9	Keeping safe and positive relationships	Form Tutor

Theme 2: Health & Wellbeing (FT)

Year	Theme	Lesson	Lesson title	Delivered by
7	Health & Wellbeing	L1	Healthy lifestyles	Form Tutor
7	Health & Wellbeing	L2	The dangers of smoking and vaping	Form Tutor
7	Health & Wellbeing	L3	What are drugs – class A, B, C?	Form Tutor
7	Health & Wellbeing	L4	Mental health introduction – depression	Form Tutor
7	Health & Wellbeing	L5	How can we manage our anger?	Form Tutor
7	Health & Wellbeing	L6	Puberty – what happens, when and why?	Form Tutor
7	Health & Wellbeing	L7	Periods – what happens, when and why?	Form Tutor
7	Health & Wellbeing	L8	What is FGM and why is it dangerous?	Form Tutor
7	Health & Wellbeing	L9	Social media – staying safe and keeping information private	Form Tutor

Theme 3: CEIAG (FT)

Year	Theme	Lesson	Lesson title	Delivered by
7	CEIAG	L1	Jobs & careers	Form Tutor
7	CEIAG	L2–3	Jobs in our community	Form Tutor
7	CEIAG	L4	All about me	Form Tutor
7	CEIAG	L5	Exploring my skills	Form Tutor
7	CEIAG	L6	CEC Inspire lesson	Form Tutor
7	CEIAG	—	Xello – online careers exploration (as scheduled)	Form Tutor

Year 7 – Specialist Team Delivery

Theme 1: Citizenship (Specialist team)

Year	Theme	Lesson	Lesson title	Delivered by
7	Citizenship	L1	Introduction to citizenship	Specialist team
7	Citizenship	L2	Volunteering in the community	Specialist team
7	Citizenship	L3	Personal identity – British values (Part 1)	Specialist team
7	Citizenship	L4	Personal identity – British values (Part 2)	Specialist team
7	Citizenship	L5	Prejudice and discrimination – racism	Specialist team
7	Citizenship	L6	What are radicalisation and extremism?	Specialist team

Theme 2: First Aid (Specialist team)

Year	Theme	Lesson	Lesson title	Delivered by
7	First Aid	L1	Choosing to help & dealing with unresponsive casualties	Specialist team
7	First Aid	L2	Heavy bleeding & unresponsive casualties	Specialist team
7	First Aid	L3	Broken bones	Specialist team
7	First Aid	L4	Keeping safe – review and reflection	Specialist team

Theme 3: Financial Capability (Specialist team)

Year	Theme	Lesson	Lesson title	Delivered by
7	Financial Capability	L1	What are wants and needs?	Specialist team
7	Financial Capability	L2	How can we budget our money?	Specialist team
7	Financial Capability	L3	Keeping track of your money	Specialist team

Year 8 – Form Tutor Delivery

Theme 1: Relationships (FT)

Year	Theme	Lesson	Lesson title	Delivered by
8	Relationships	L1	Resolving conflict	Form Tutor
8	Relationships	L2	Domestic conflict – running away from home	Form Tutor
8	Relationships	L3	Puberty KS3	Form Tutor
8	Relationships	L4	Body image, mental health and anxiety	Form Tutor
8	Relationships	L5	Sexting and image-share danger	Form Tutor
8	Relationships	L6	Consent	Form Tutor

Theme 2: Health & Wellbeing (FT)

Year	Theme	Lesson	Lesson title	Delivered by
8	Health & Wellbeing	L1	Self-confidence and personal development	Form Tutor
8	Health & Wellbeing	L2	Managing my behaviour to achieve	Form Tutor
8	Health & Wellbeing	L3	Emotional literacy and self-awareness	Form Tutor
8	Health & Wellbeing	L4	What is mindfulness?	Form Tutor
8	Health & Wellbeing	L5	Vaping, nicotine and addiction	Form Tutor
8	Health & Wellbeing	L6	Drugs and alcohol	Form Tutor
8	Health & Wellbeing	L7	Cancer awareness	Form Tutor
8	Health & Wellbeing	L8	Eating disorders	Form Tutor
8	Health & Wellbeing	L9	LGBTQIA+ and gender identity awareness	Form Tutor

Theme 3: CEIAG (FT)

Year	Theme	Lesson	Lesson title	Delivered by
8	CEIAG	L1	START	Form Tutor
8	CEIAG	L2	CEC INSPIRE	Form Tutor
8	CEIAG	L3	Teamwork skills	Form Tutor
8	CEIAG	L4	Communication skills	Form Tutor
8	CEIAG	L5	Entrepreneurs	Form Tutor

Year 8 – Specialist Team Delivery

Theme 1: Citizenship (Specialist team)

Year	Theme	Lesson	Lesson title	Delivered by
8	Citizenship	L1–2	Prejudice and discrimination	Specialist team
8	Citizenship	L3	British values – tolerance and anti-racism	Specialist team
8	Citizenship	L4	Human rights and responsibilities	Specialist team
8	Citizenship	L5	Extremism	Specialist team

Theme 2: First Aid (Specialist team)

Year	Theme	Lesson	Lesson title	Delivered by
8	First Aid	L1	Recap and dialling 999	Specialist team
8	First Aid	L2	Choking and burns	Specialist team
8	First Aid	L3	Head injury – unresponsive, not breathing	Specialist team

Theme 3: Financial Capability (Specialist team)

Year	Theme	Lesson	Lesson title	Delivered by
8	Financial Capability	L1	Branding	Specialist team
8	Financial Capability	L2	Finance – budgeting and saving	Specialist team
8	Financial Capability	L3	Income and expenditure	Specialist team
8	Financial Capability	L4	Digital currency	Specialist team

Year 9 – Form Tutor Delivery

Theme 1: Relationships (FT)

Year	Theme	Lesson	Lesson title	Delivered by
9	Relationships	L1	Body image and eating disorders	Form Tutor
9	Relationships	L2	How does child sexual exploitation happen?	Form Tutor
9	Relationships	L3	Domestic violence and abusive relationships	Form Tutor
9	Relationships	L4	How can we deal with peer pressure?	Form Tutor
9	Relationships	L5	Consent and contraception	Form Tutor
9	Relationships	L6	Safe sex – STIs	Form Tutor
9	Relationships	L7	Safe sex – dangers of pornography	Form Tutor

Theme 2: Health & Wellbeing (FT)

Year	Theme	Lesson	Lesson title	Delivered by
9	Health & Wellbeing	L1	Character	Form Tutor
9	Health & Wellbeing	L2	Managing stress and anxiety	Form Tutor
9	Health & Wellbeing	L3	Safe selfies	Form Tutor
9	Health & Wellbeing	L4	Drugs and the law	Form Tutor
9	Health & Wellbeing	L5	Self-harm	Form Tutor
9	Health & Wellbeing	L6	Becoming X – embracing failure	Form Tutor

Theme 3: Financial Capability (FT)

Year	Theme	Lesson	Lesson title	Delivered by
9	Financial capability	L1	Our rights as consumers	Form Tutor
9	Financial capability	L2	Managing money	Form Tutor
9	Financial capability	L3	Saving and borrowing	Form Tutor
9	Financial capability	L4	How can I avoid debt?	Form Tutor
9	Financial capability	L5	Poverty	Form Tutor

Year 9 – Specialist Team Delivery

Theme 1: Citizenship (Specialist team)

Year	Theme	Lesson	Lesson title	Delivered by
9	Citizenship	L1	Identity	Specialist team
9	Citizenship	L2	British community, religion and culture	Specialist team
9	Citizenship	L3	Discrimination and the Equality Act 2010	Specialist team
9	Citizenship	L4	Who are the LGBT community?	Specialist team
9	Citizenship	L5	How does the law treat young offenders?	Specialist team
9	Citizenship	L6	How does knife crime impact on our lives?	Specialist team
9	Citizenship	L7	Human rights abuses – genocide and other violations	Specialist team
9	Citizenship	L8	Is sending aid the answer – human rights issues?	Specialist team

Theme 2: CEIAG – Options Carousel (Specialist team)

Year	Theme	Lesson	Lesson title	Delivered by
9	CEIAG – Options Carousel	L1	Employability skills	Specialist team
9	CEIAG – Options Carousel	L2	Options carousel	Specialist team
9	CEIAG – Options Carousel	L3	University	Specialist team
9	CEIAG – Options Carousel	L4	Careers lesson – preparing for employment	Specialist team
9	CEIAG – Options Carousel	L5	Careers lesson – young persons' guide	Specialist team

Theme 3: First Aid (Specialist team)

Year	Theme	Lesson	Lesson title	Delivered by
9	First Aid	L1	Recap and inspiring you to help	Specialist team
9	First Aid	L2	Skills – allergic reaction, epilepsy	Specialist team
9	First Aid	L3	Coping skills	Specialist team