

Theme/Unit	Year 7 - Managing change	Year 8 - Proud to be me
<p>Life beyond school (Covers Gatsby Benchmarks and SMSC)</p> <p>Year 7 – Managing change</p> <p>Year 8 – Proud to be me</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I know what I will be studying in CFL. <input type="checkbox"/> I understand what positive wellbeing is and the different types. <input type="checkbox"/> I understand the key skills needed to be successful in school and beyond it. <input type="checkbox"/> I can identify a range of people I trust in my life. <input type="checkbox"/> I know a lot about other people in my class. <input type="checkbox"/> I can identify positive character traits <input type="checkbox"/> I can define community cohesion. <input type="checkbox"/> I understand the benefits of a multicultural society. <input type="checkbox"/> I know how to be an active member of my community. <input type="checkbox"/> I am aware of how important careers education is. <input type="checkbox"/> I am aware of how not to limit my future career options. <input type="checkbox"/> I am aware of future opportunities in learning and work. <input type="checkbox"/> I understand what happens to me when I sleep. <input type="checkbox"/> I can explain the benefits of good quality sleep. <input type="checkbox"/> I know a range of strategies to improve my sleep <input type="checkbox"/> I can explain the three purposes of money. <input type="checkbox"/> I understand how money can influence the world in positive and negative ways. <input type="checkbox"/> I can identify key areas of government expenditure. <input type="checkbox"/> I understand the term transition. <input type="checkbox"/> I can explain the different career transition points in secondary school and beyond. <input type="checkbox"/> I am able to reflect on the feelings experienced during transition. 	<ul style="list-style-type: none"> <input type="checkbox"/> I can work effectively as part of a team. <input type="checkbox"/> I know what makes good team work and leadership. <input type="checkbox"/> I can confidently pitch my ideas to an audience <input type="checkbox"/> I can describe my own self esteem. <input type="checkbox"/> I have aspirations and I am looking forward to the future. <input type="checkbox"/> I can describe what self-love is. <input type="checkbox"/> I can identify a wide range of jobs I understand that each sector in society contains many career opportunities. <input type="checkbox"/> I know how to plan for my future career. <input type="checkbox"/> I understand ways to boost self-esteem. <input type="checkbox"/> I can explain how the media and peers may impact my self-esteem. <input type="checkbox"/> I can explain the importance of being body confident. <input type="checkbox"/> I understand what Labour Market Information is. <input type="checkbox"/> I can explain how Brexit may impact local Labour Markets in the UK. <input type="checkbox"/> I can identify the main factors that impact Labour Market Information. <input type="checkbox"/> I can identify a range of different UK Job sectors. <input type="checkbox"/> I know the starting salaries of a range of jobs. <input type="checkbox"/> I can explain my dream job or career.

Theme/Unit	Year 7 - Puberty and body development	Year 8 - Physical health and mental wellbeing
<p>Health and wellbeing (Covers statutory Health Education)</p> <p>Year 7 – Puberty and body development</p> <p>Year 8 – Physical health and mental wellbeing</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I understand the challenges that puberty brings. <input type="checkbox"/> I am able to empathise with others who are about to go through puberty. <input type="checkbox"/> I know the emotional, social and physical changes that happen during puberty. <input type="checkbox"/> I know the physical changes that happen to girls' bodies, inside and out. <input type="checkbox"/> I understand the range of feminine protection products available and how they work I understand the main things that happen to a girl during her menstrual cycle. <input type="checkbox"/> I can identify all parts of the male reproductive system I am able to empathise with boys who are going through puberty. <input type="checkbox"/> I know the physical and emotional changes that happen to boys during puberty. <input type="checkbox"/> I understand the causes of body odour and how to prevent it I can explain how personal hygiene links to a healthy body. <input type="checkbox"/> I understand how to achieve high standards of personal hygiene. <input type="checkbox"/> I know how to look after my best interests in the future. <input type="checkbox"/> I understand a range of cultural practices that are illegal and damaging for young people. <input type="checkbox"/> I understand the dangers of FGM and how to stop it from happening. 	<ul style="list-style-type: none"> <input type="checkbox"/> I understand the various definitions for Health and Wellbeing. <input type="checkbox"/> I can identify healthy and unhealthy habits people have. <input type="checkbox"/> I know a range of suggestions to improve my own wellbeing. <input type="checkbox"/> I can identify different forms of child abuse. <input type="checkbox"/> I can explain the importance of consent and boundaries. <input type="checkbox"/> I know where to access support and help regarding abuse. <input type="checkbox"/> I can describe the impact bullying and banter has on people <input type="checkbox"/> I can define and explain different types of bullying. <input type="checkbox"/> I can evaluate the way I treat other people. <input type="checkbox"/> I can explain what mental health is. <input type="checkbox"/> I can identify a range of mental health symptoms. <input type="checkbox"/> I know how to look after my own mental health and wellbeing. <input type="checkbox"/> I can define the term body image. <input type="checkbox"/> I understand the pressures social media and society places on body image. <input type="checkbox"/> I know ways to raise my own self-esteem and that of others. <input type="checkbox"/> I know what a balanced diet should consist of. <input type="checkbox"/> I can explain the difference between good and bad cholesterol. <input type="checkbox"/> I know ways to substitute unhealthy snacks with healthy snacks. <input type="checkbox"/> I can identify where stress comes from. <input type="checkbox"/> I know a range of ideas I could do to try and relieve stress. <input type="checkbox"/> I can explain the long-term impact of stress on the body and mind

	<input type="checkbox"/> I understand how to respect my own and others personal boundaries. <input type="checkbox"/> I understand the three key elements to giving consent. <input type="checkbox"/> I can effectively communicate with others in an assertive way. <input type="checkbox"/> I can define low and high self-esteem and give examples. <input type="checkbox"/> I understand a range of issues that may impact my own self-esteem. I know a wide range of ways to boost my own self esteem.	
Staying safe online and offline (Covers statutory Health Education and statutory Relationships and Sex Education) Year 7 – Staying safe, online and offline Year 8 – Dangerous society online and offline	<input type="checkbox"/> I can spot gang member behaviour and avoid it. <input type="checkbox"/> I understand why some young people join gangs. <input type="checkbox"/> I understand the range of punishments available for breaking the law. <input type="checkbox"/> I listen to my gut feeling about online situations and choices. <input type="checkbox"/> I understand a wide range of risks associated with internet use. <input type="checkbox"/> I know how to reduce the risks associated with 'being online'. <input type="checkbox"/> I can define a gaming addiction. <input type="checkbox"/> I understand a range of risks associated with online gaming. <input type="checkbox"/> I understand the importance of reporting anything suspicious I see or hear online. <input type="checkbox"/> I know what alcohol is and the different forms it comes in. <input type="checkbox"/> I can explain the short and long-term impacts of alcohol use.	<input type="checkbox"/> I know what county lines is and some of the terminology used. <input type="checkbox"/> I understand where I can go for help if I feel threatened by County Lines gangs. <input type="checkbox"/> I understand how county line gangs operate and the dangers of getting involved. <input type="checkbox"/> I can explain how gangs make people feel trapped. <input type="checkbox"/> I can recognise when a friend is involved with County Lines. <input type="checkbox"/> I understand the groups of people County line Gangs target and why. <input type="checkbox"/> I can define substance misuse and substance dependency I know how drugs impact the body. <input type="checkbox"/> I can identify a range of factors that may lead to someone abusing drugs. <input type="checkbox"/> I can spot a fake profile online. <input type="checkbox"/> I understand what online grooming is and how people may try to gain my trust in order to abuse it. <input type="checkbox"/> I know where to report online issues and to seek further advice and support. <input type="checkbox"/> I know what alcohol is and the different forms it comes in.

	<ul style="list-style-type: none"> <input type="checkbox"/> I can explain the impact alcohol misuse is having on society. <input type="checkbox"/> I understand all the health consequences of smoking. <input type="checkbox"/> I understand how the government is helping people to quit smoking. <input type="checkbox"/> I will never become a smoker when I'm older. <input type="checkbox"/> I know the difference between smoking and vaping. <input type="checkbox"/> I understand the risks associated with vaping. <input type="checkbox"/> I will never take up vaping when I'm older. <input type="checkbox"/> I know which drinks are high in sugar content. <input type="checkbox"/> I am able to make healthy choices with regards to what I drink. <input type="checkbox"/> I understand the risks associated with energy drinks. <input type="checkbox"/> I know the risks associated with carrying a knife. <input type="checkbox"/> I understand the impact carrying a knife has on family and friends. <input type="checkbox"/> I would never resort to carrying a knife under any circumstance 	<ul style="list-style-type: none"> <input type="checkbox"/> I can explain the short and long-term impacts of alcohol use. <input type="checkbox"/> I can explain the impact alcohol misuse is having on society. <input type="checkbox"/> I understand how alcohol strength is measured. <input type="checkbox"/> I can recognise binge drinking when I see it. <input type="checkbox"/> I understand the consequences of consuming alcohol. <input type="checkbox"/> I can define trolling, cyber bullying and harassment. <input type="checkbox"/> I understand how online behaviour can impact my mental health and well-being. <input type="checkbox"/> I know how to prevent and respond to cyber bullies. <input type="checkbox"/> I understand what child sexual exploitation is. <input type="checkbox"/> I can explain a range of ways to reduce the risks associated with being online. <input type="checkbox"/> I can offer good advice to a friend having trouble online.
<p>Relationships and sex education (Covers statutory Health Education and statutory Relationships and Sex Education)</p> <p>Year 7 – Friendships,</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I can explain why personal space is important. <input type="checkbox"/> I understand what consent is and when it is given. <input type="checkbox"/> I can respond to people and situations in an assertive manner. <input type="checkbox"/> I know what it means to be a 'man'. <input type="checkbox"/> I know the difference between a "man's man" and a good man <input type="checkbox"/> I am confident in showing my emotions <input type="checkbox"/> I can recognise if I have unhealthy friendships. <input type="checkbox"/> I understand the importance of not disclosing too much information to online friends. <input type="checkbox"/> I am a good friend most if not all of the time. <input type="checkbox"/> I know how to make new friends. <input type="checkbox"/> I understand what I'm looking for in a friend. 	<ul style="list-style-type: none"> <input type="checkbox"/> I never use homophobic language even in casual conversation. <input type="checkbox"/> To understand and can define the wide range of sexualities that exist. <input type="checkbox"/> I understand where to turn to if I need more advice, support and information. <input type="checkbox"/> I know the difference between sex and gender. <input type="checkbox"/> I am aware of the full spectrum of genders. <input type="checkbox"/> I understand the different options available to those transitioning. <input type="checkbox"/> I know what good Relationships and Sex Education is. <input type="checkbox"/> I am able to give good relationship advice to others. <input type="checkbox"/> I can identify a range of rights that should be respected in a relationship. <input type="checkbox"/> I know a range of conflict management strategies.

respect and relationships Year 8 – Identity, relationships and sex education	<ul style="list-style-type: none"> <input type="checkbox"/> I understand the benefits of having friends but also the risks of toxic friendships <input type="checkbox"/> I can identify a wide arrange of different relationships. <input type="checkbox"/> I understand the differences between a friendship and a relationship I know how to respect the rights of others and celebrate our differences <input type="checkbox"/> I regularly give other people compliments and try to be kind to others. <input type="checkbox"/> I can turn a problem into an opportunity. <input type="checkbox"/> I can explain my strengths and explain why it is important to be aware of my own emotions. <input type="checkbox"/> I can explain how peer pressure impacts people of all ages. <input type="checkbox"/> I understand the best way to deal with peer pressure. <input type="checkbox"/> I understand how I’m influenced and how my actions influence others. 	<ul style="list-style-type: none"> <input type="checkbox"/> I understand the different causes of conflict. <input type="checkbox"/> I would be confident in diffusing future conflicts I may have in my relationships. <input type="checkbox"/> Identify what a healthy relationship looks and feels like. <input type="checkbox"/> I able to identify characteristics of an unhealthy relationship. <input type="checkbox"/> I can recognise how healthy the relationships are that you have with others. <input type="checkbox"/> I can explain what love is. <input type="checkbox"/> I understand the expectations that form a positive romantic relationship. <input type="checkbox"/> I can explain the many differences between love and sex. <input type="checkbox"/> I understand what contraception is and the importance of using it. <input type="checkbox"/> I can identify a wide range of contraceptive methods available in the UK. <input type="checkbox"/> I understand a range of issues to consider with regard to contraception choice <input type="checkbox"/> I understand how and why feminine protection is so absorbent and effective. <input type="checkbox"/> I understand the menstrual cycle and its role in human reproduction. <input type="checkbox"/> I understand the role of hormones in the regulation of the body’s functions.
Theme/Unit	Year 7 - Politics, parliament and me	Year 8 - Law, crime and society
Rights, responsibilities and British values	<ul style="list-style-type: none"> <input type="checkbox"/> I understand how politics impacts my life. <input type="checkbox"/> I can describe the role of parliament. <input type="checkbox"/> I can explain the difference between living in a democracy and a dictatorship. 	<ul style="list-style-type: none"> <input type="checkbox"/> I could survive on a desert Island. <input type="checkbox"/> I understand how to be a good team player. <input type="checkbox"/> I understand how birth is celebrated by different religions.

<p>(Covers British values and Citizenship)</p> <p>Year 7 – Politics, parliament and me</p> <p>Year 8 – Law, crime and society</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I can explain the differences between the two houses of Parliament. <input type="checkbox"/> I can describe the role of a Local MP. <input type="checkbox"/> I can identify the features of a democratic country. <input type="checkbox"/> I can name five political parties. <input type="checkbox"/> I understand the difference between Labour and Conservative. <input type="checkbox"/> I know who can and cannot stand for political office. <input type="checkbox"/> I can explain how the Government is formed. <input type="checkbox"/> I understand the different types of elections held within the UK. <input type="checkbox"/> I can explain several reasons why voting is important. <input type="checkbox"/> I can define the terms advocate and devil’s advocate. <input type="checkbox"/> I can recognise a wide range of views on a single topic. <input type="checkbox"/> I understand the arguments for and against lowering the voting age. <input type="checkbox"/> I can explain how Parliament is opened. <input type="checkbox"/> I understand the differences between Parliament and Government. <input type="checkbox"/> I know what the insides of the Houses of Parliament look like. <input type="checkbox"/> I can explain how the Prime Minister got his/her job. <input type="checkbox"/> I can explain the job responsibilities of the Prime Minister. <input type="checkbox"/> I can explain the skills and qualities needed to be Prime Minister 	<ul style="list-style-type: none"> <input type="checkbox"/> I know the age of criminal responsibility in the UK and other countries. <input type="checkbox"/> I can explain how the criminal justice system treats young offenders. <input type="checkbox"/> I can define legal rights and the rule of law. <input type="checkbox"/> I can make difficult decisions. <input type="checkbox"/> I understand the qualities needed to be a leader I work well in a team. <input type="checkbox"/> I know what makes a good community. <input type="checkbox"/> I try not to stereotype and pre-judge people. <input type="checkbox"/> I can define prejudice and discrimination. <input type="checkbox"/> I know why society needs laws. <input type="checkbox"/> I understand how a bill becomes a law in the UK. <input type="checkbox"/> I can explain recent law changes in the UK. <input type="checkbox"/> I can name a wide variety of punishments used in the UK Criminal Justice System. <input type="checkbox"/> I understand the theories behind punishment. <input type="checkbox"/> I understand the arguments for and against the use of prisons.
<p>Theme/Unit</p>	<p>Year 7 - Celebrating differences</p>	<p>Year 8 - LGBTQIA+ explored</p>

<p>Celebrating diversity and equality (Covers Citizenship and British values)</p> <p>Year 7 – Celebrating differences</p> <p>Year 8 – LGBTAQI+ explored</p>	<ul style="list-style-type: none"> <input type="checkbox"/> I can describe my identity. <input type="checkbox"/> I understand a range of influences on my identity. <input type="checkbox"/> I am able to express myself at home and at school. <input type="checkbox"/> I understand the Nature Vs. Nurture debate. <input type="checkbox"/> I can describe the different stages of socialisation. <input type="checkbox"/> I understand what is socially acceptable and not socially acceptable. <input type="checkbox"/> I can name several anti-discrimination laws passed by the UK Government. <input type="checkbox"/> I can name at least six protected characteristics. <input type="checkbox"/> I can explain the difference between direct and indirect discrimination. <input type="checkbox"/> I can explain where stereotypical views come from. <input type="checkbox"/> I understand why it is important not to stereotype. <input type="checkbox"/> I don't judge people before I get to know them. <input type="checkbox"/> I can give examples of multicultural Britain. <input type="checkbox"/> I can explain why different groups have migrated to the UK over the past 60 years. <input type="checkbox"/> I can explain the positive impact migration has had on Britain. <input type="checkbox"/> I know the difference between prejudice and discrimination. <input type="checkbox"/> I understand how I can help support equality for all. <input type="checkbox"/> I can identify a range of characteristics that people are sometimes prejudiced by. <input type="checkbox"/> I understand the different forms hate crimes can take. <input type="checkbox"/> I can define islamophobia and understand some of the causes. <input type="checkbox"/> I know the hierarchy of discriminatory acts. 	<ul style="list-style-type: none"> <input type="checkbox"/> I can explain the importance of celebrating LGBT+ History Month. <input type="checkbox"/> I understand the meaning of LGBTQA+. <input type="checkbox"/> I can name a variety of LGBT+ role models. <input type="checkbox"/> I can define homophobia. <input type="checkbox"/> I understand a range of forms homophobia takes. <input type="checkbox"/> I understand why it is wrong to use homophobic language. <input type="checkbox"/> I am an ally to the LGBT+ Community. <input type="checkbox"/> I understand how to support a friend in need. <input type="checkbox"/> I would be confident in challenging homophobic language if I heard it. <input type="checkbox"/> I can recognise passive, assertive and aggressive communication styles. <input type="checkbox"/> I know how to be assertive with someone. <input type="checkbox"/> I feel well equipped to challenge homophobic when I see it in school. <input type="checkbox"/> I understand what gender dysphoria is. <input type="checkbox"/> I understand the importance of celebrating the LGBT+ Community. <input type="checkbox"/> I feel confident in talking about trans issues to other people and using the correct terms. <input type="checkbox"/> I know how to support someone coming out. <input type="checkbox"/> I know where to go for extra information and support regarding LGBT issues. <input type="checkbox"/> I understand the issues faced by someone coming out.
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