

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

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

	<ul style="list-style-type: none"> <li><input type="checkbox"/> I understand how to respect my own and others personal boundaries.</li> <li><input type="checkbox"/> I understand the three key elements to giving consent.</li> <li><input type="checkbox"/> I can effectively communicate with others in an assertive way.</li> <li><input type="checkbox"/> I can define low and high self-esteem and give examples.</li> <li><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.</li> </ul>	
<p><b>Staying safe online and offline (Covers statutory Health Education and statutory Relationships and Sex Education)</b></p> <p><b>Year 7 – Staying safe, online and offline</b></p> <p><b>Year 8 – Dangerous society online and offline</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can spot gang member behaviour and avoid it.</li> <li><input type="checkbox"/> I understand why some young people join gangs.</li> <li><input type="checkbox"/> I understand the range of punishments available for breaking the law.</li> <li><input type="checkbox"/> I listen to my gut feeling about online situations and choices.</li> <li><input type="checkbox"/> I understand a wide range of risks associated with internet use.</li> <li><input type="checkbox"/> I know how to reduce the risks associated with ‘being online’.</li> <li><input type="checkbox"/> I can define a gaming addiction.</li> <li><input type="checkbox"/> I understand a range of risks associated with online gaming.</li> <li><input type="checkbox"/> I understand the importance of reporting anything suspicious I see or hear online.</li> <li><input type="checkbox"/> I know what alcohol is and the different forms it comes in.</li> <li><input type="checkbox"/> I can explain the short and long-term impacts of alcohol use.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I know what county lines is and some of the terminology used.</li> <li><input type="checkbox"/> I understand where I can go for help if I feel threatened by County Lines gangs.</li> <li><input type="checkbox"/> I understand how county line gangs operate and the dangers of getting involved.</li> <li><input type="checkbox"/> I can explain how gangs make people feel trapped.</li> <li><input type="checkbox"/> I can recognise when a friend is involved with County Lines.</li> <li><input type="checkbox"/> I understand the groups of people County line Gangs target and why.</li> <li><input type="checkbox"/> I can define substance misuse and substance dependency I know how drugs impact the body.</li> <li><input type="checkbox"/> I can identify a range of factors that may lead to someone abusing drugs.</li> <li><input type="checkbox"/> I can spot a fake profile online.</li> <li><input type="checkbox"/> I understand what online grooming is and how people may try to gain my trust in order to abuse it.</li> <li><input type="checkbox"/> I know where to report online issues and to seek further advice and support.</li> <li><input type="checkbox"/> I know what alcohol is and the different forms it comes in.</li> </ul>

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

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

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

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