

Curriculum for Life

Year Group Overview



Y10	Belonging Autumn 1	Difference & Equality Autumn 2	Positivity & Aspirations Spring 1	Healthy Me Spring 2	Relationships Summer 1	Developing Me Summer 2
	Freedom, human rights & act, safety, violations Grief cycle, loss, responses to loss, support	Hidden disability, examples, challenges for those affected, protected characteristics, EQ act, equality Workplace expectations and disability, promoting equality, fair pay, rights and responsibilities	Important relationships, resilience & how to develop it Physical and mental health, MH tips Steps to success, resilience toolkit	Mental health issues Mental health disorders, anxiety, OCD, depression, eating disorders, support, treatment, triggers, caring and volunteering	My relationships, self, love? lust? Attraction, attachment Intimate healthy relationships, types of long-term relationships, connectedness & expectations, Relationships – are they too difficult?	Societal change, how will it affect me? Social media and social change, save the environment Change and growth, positive and negative change, decision making and influences Physical and emotional changes that have happened to you, change scenarios, self-esteem, family change, managing change, support
	Online data use, pros and cons of social media Netiquette, online laws, safety threats, child-on-child abuse,	What makes a society?, agree to disagree, Multi-cultural societies. Health and life chances, healthy standard of living, free healthcare Equal and unequal relationships, balance of power, coercive control and support, Equity and equality, World of work	Success and problems with chasing it, issues which could impact on future success, work/life balance, social media & employers, Social Media consequences Balance – diet, work/life – benefits of balance Goals, health goals, body, looking after ourselves and others, blood donation	Protecting long-term health, balance, health tips. STIs, risks and keeping healthy Body facts, substances and the body, prescribed drugs & safety	Sharing nudes, pressures, the law, support available. Pornography timeline, risks, harms and myths, child-on-child abuse, Reality TV relationships Healthy and unhealthy behaviours, abuse & coercion, child-on-child abuse, ideal partner	Male and female traits/ stereotypes?, gender and sexual identity, understanding gender issues, it's good to be you Gender stereotypes, how can we reduce stereotypes? Law and stereotypes, safe and unsafe relationship expectations
	Online ratings Different types of relationships, positive elements	Equality and inequality, Types of inequality in society and the effects, fighting inequality uk and world, campaigns		Health, CV disease, Cancer, diabetes, steps to being healthy, epidemics etc, organ donation and stem cell therapy		Preparing for work experience. Work place behaviours, soft skills.
	CITIZENSHIP 1 Prejudice & Discrimination		CITIZENSHIP 2 Extremism, Radicalisation & Tolerance.		CITIZENSHIP 3 Media in the UK	