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**Long Term Mapping**

**Key Stage 4**

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|  | | **Cycle 1** | **Cycle 2** |
| **(2022-2023)** | **(2021-2022)** |
| **Autumn** | **1** | Managing loss | Developing Healthy Relationships |
| **2** | Maintaining Heathy Relationships | Recognising and Managing emotions within a range of relationships |
| **Spring** | **1** | The law, consent and contraception | The law and consent |
| **2** | Sexual Intercourse and Conception | Feelings about Sex |
| **Summer** | **1** | Sexually Transmitted Infections | Contraception |
| **2** | Pregnancy and parenthood | Sexual Intercourse |

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| Differentiated, aspirational targets dependent on pupil needs. | | | | ***Language for Life*** | | Explicit teaching/ exposure to new and know vocabulary. | | ***Learning for Life*** | | Opportunities to develop cross curricular skills e.g. drama | |
| **CYCLE 1 – 2021-2022** | Developing Healthy Relationships | | Recognising and Managing emotions within a range of relationships | | The law and consent | | Feelings about Sex | | Contraception | | Sexual Intercourse | |
| **Autumn 1** | **Autumn 2** | | | **Spring 1** | | **Spring 2** | | **Summer 1** | | **Summer 2** | |
| 7 weeks | 7 weeks | | | 6 weeks | | 6 weeks | | 5 weeks | | 7 weeks | |
| * Characteristics and benefits of strong, positive, supportive, equal relationships. * Commitment * Respecting each other’s opinions * Time for self and friends * what makes a good friend? | * Dealing with negative relationships. * Strategies to manage strong emotions. * Recognising unhealthy and abusive relationships. * Managing changes in relationships including the ending of relationships | | | * Age of consent and what the law says. * Having an awareness of: exploitation, abuse, rape and how to respond. * Understanding consent and respecting wishes of people * Manipulation and persuasion – how to respond to this. * CSE * FGM * Grooming * Respecting other cultures and faiths | | * Sexuality * Diversity * Sexual attraction * The role of sex in media * Sexual behaviour * Recognising the impact of drugs and alcohol on choices and sexual behaviour * Managing unwanted attention – including harassment and stalking. | | * Types of contraception * What they do to our bodies * How they are used * Services to be accessed to get contraception * Using contraception * Understanding the impact of not using contraception. | | * Consent * To assess readiness for sex. * What is Sexual Intercourse? * How do we do it * How can we stay safe? * Where should Sexual Intercourse take place? * Outcomes of sexual intercourse * Feelings during Sexual Intercourse * Types of sex | |
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| **SUGGESTED ACTIVITIES** | | | | | | | | | | | |
| Friendships, what are good characteristics of a good friend, who is your friend and why. Draw or have a phot with your friend and write a sentence about why they are your friend. Friendship evaluation. Difference between friendship & relationship.  What does a toxic relationship. What makes a healthy/toxic friendship/relationship.  What is a relationship and who can we have relationships with. What is a date, choose perfect date. Role-play. How a relationship progresses from date one.  What is marriage, how do people get to be married. Go through what happens and needs to be done for a wedding. Plan a wedding and role-play. | Friendships, what are good characteristics of a good friend, who is your friend and why. Draw or have a phot with your friend and write a sentence about why they are your friend.  What is a relationship and who can we have relationships with. What is a date, choose perfect date. Role-play. How a relationship progresses from date one.  What is marriage, how do people get to be married. Go through what happens and needs to be done for a wedding. Plan a wedding and role-play.  Recognising different types of abuse – emotional, physical  Looking at different cultures and how relationships / marriages are different | | | Body parts on males and females.  Learn about what sex is and what sexuality is. Flirting and giving the right messages.  Consent and who decides?  When can we say “no?”  What is grooming and rape? Why and how do we respect people?  Inappropriate touching. | | Recap on body parts and what sex is. Looking at different  What is alcohol, which drinks are alcoholic and non-alcoholic and the impact of this on consent and sexuality and choice?  Legal and Illegal drugs.  Inappropriate touching.  Sexualisation in the media – body image | | Body Parts.  What is sex? Where should it be done? Types of sex? Feelings about sex, and results of sex?  Putting a condom on a plastic  Penis. | | Body Parts.  What is sex? Where should it be done? Types of sex? Feelings about sex, and results of sex?  Putting a condom on a plastic  Penis. | |
| **VOCABULARY** | | | | | | | | | | | |
| Relationship  Dates  Friendship  Commitment  Respect  Marriage  Equal | Relationship  Dates  Friendship  Commitment  Respect  Marriage  Equal | | | Sex  Sexuality  Consent  Drugs  Alcohol  Manipulation  Grooming  Respect  Abuse  Rape  Appropriate | | Sex  Sexuality  Consent  Drugs  Alcohol  Manipulation  Grooming  Respect  Abuse  Rape  Appropriate | | Penis  Vagina  Breasts  Testicles  Sex  Sexual intercourse  Contraception  Fertilised  Condoms  Pill | | Penis  Vagina  Breasts  Testicles  Sex  Sexual intercourse  Contraception  Fertilised  Condoms  Pill | |
| **IMPLEMENTATION** | | | | | | | | | | | |
| **Week 1: Friendship**  **Week 2 + 3: Relationships**  **Week 4 + 5: Marriage**  **Week 6:** Assessment | **Week 1: Friendship**  **Week 2 + 3: Relationships**  **Week 4 + 5: Marriage**  **Week 6:** Assessment | | | **Week 1: Body parts**  **Week 2: Sex/Sexuality**  **Week 3: Drugs**  **Week 4: Alcohol**  **Week 5: Grooming/Rape/Respect/appropriate touching**  **Week 6:** Assessment | | **Week 1: Body parts**  **Week 2: Sex/Sexuality**  **Week 3: Drugs**  **Week 4: Alcohol**  **Week 5: Grooming/Rape/Respect/appropriate touching**  **Week 6:** Assessment | | **Week 1: Body parts**  **Week 2 + 3: What is Sex? And results of sex**  **Week 4: Contraception**  **Week 5:** Assessment | | **Week 1: Body parts**  **Week 2 + 3: What is Sex? And results of sex**  **Week 4: Contraception**  **Week 5:** Assessment | |
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| Differentiated, aspirational targets dependent on pupil needs. | | | | ***Language for Life*** | | Explicit teaching/ exposure to new and know  vocabulary. | | ***Learning for Life*** | | Opportunities to develop cross curricular skills e.g. drama | |
| **CYCLE 2 – 2022-2023** | **Autumn 1** Managing loss | | **Autumn 2**  Maintaining Heathy Relationships | | **Spring 1**  The law, consent and contraception | | **Spring 2**  Sexual Intercourse and Conception | | **Summer 1**  Sexually Transmitted Infections | | **Summer 2**  Pregnancy and parenthood |
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| * The impact of: Bereavement, separation and divorce. * How to deal with the above. * Support networks. | * Characteristics and benefits of strong, positive, supportive, equal relationships. * Living together * Marriage * Commitment * Time for self and friends | | | * Age of consent and what the law says. * Having an awareness of: exploitation, abuse, rape and how to respond. * Understanding consent and respecting wishes of people * Manipulation and persuasion – how to respond to this. * CSE * Grooming * Respecting other cultures and faiths * Types of contraception * What they do to our bodies * How they are used * Services to be accessed to get contraception * Understanding the impact of not using contraception. | | * Consent * What is Sexual Intercourse? * How do we do it * How can we stay safe? * Where should Sexual Intercourse take place? * Outcomes of sexual intercourse * Feelings during Sexual Intercourse * Types of sex   How an egg is fertilised | | * Types of infections and diseases * How they are contracted * How they can be treated * Where they can be treated * Infections and diseases that are for life. * Impact of STI’s on our bodies. | | * Parenting skills * Qualities of central importance to family life. * Consequences of unintended pregnancy. * Teenage pregnancy * Fostering/adoption * Fertility and how it can be affected by STI’s and age. * Options for people who are trying to conceive. |
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| **SUGGESTED ACTIVITIES** | | | | | | | | | | |
| Managing loss and bereavement and how to deal with it. And dealing with the end of a relationship.  Positive and negative relationships. What does a positive and negative relationship look like, scenario/role-play.  Divorce and separation.  What is a support network and how can it help, who is in your support network. | Friendships, what are good characteristics of a good friend, who is your friend and why. Draw or have a phot with your friend and write a sentence about why they are your friend.  What is a relationship and who can we have relationships with. What is a date, choose perfect date. Role-play. How a relationship progresses from date one.  What is marriage, how do people get to be married. Go through what happens and needs to be done for a wedding. Plan a wedding and role-play. | | | Body parts on males and females.  Learn about what sex is and what sexuality is.  What is alcohol, which drinks are alcoholic and non-alcoholic?  Legal and Illegal drugs.  What is grooming and rape? Why and how do we respect people?  Inappropriate touching. | | Body Parts.  What is sex? Where should it be done? Types of sex? Feelings about sex, and results of sex?  Putting a condom on a plastic  Penis. | | What types of infections and diseases?  How do you contract them?  How would they affect you? Looking at both short and long term effects.  How can you avoid developing these disease?  Where to go for help- parents / doctors / school nurse?  How can they be treated? | | Pregnancy- how it happens,  Parenthood- practice looking after a baby (doll) role-play.  What are STI’s how do they happen, what are the effects and how to get rid of them. |
| **VOCABULARY** | | | | | | | | | | |
| Bereavement  Separation  Divorce  Positive  Negative  Relationship  Support/Support network  Emotions  Feelings | Relationship  Dates  Friendship  Commitment  Respect  Marriage  Equal | | | Sex  Sexuality  Consent  Drugs  Alcohol  Manipulation  Grooming  Respect  Abuse  Rape  Appropriate | | Penis  Vagina  Breasts  Testicles  Sex  Sexual intercourse  Contraception  Fertilised  Condoms  Pill | | Sexually Transmitted diseases (STI’s)  Sex  Infections  Diseases  Contracted  Treatment | | Parenting  Parenthood  Pregnancy  Fostering  Fertility  STI’s  Conceive |
| **IMPLEMENTATION** | | | | | | | | | | |
| **Week 1: Bereavement, managing loss**  **Week 2 + 3: Positive and negative relationships-role play**  **Week 4: Divorce/relationship ending**  **Week 5:** Assessment | **Week 1: Friendship**  **Week 2 + 3: Relationships**  **Week 4 + 5: Marriage**  **Week 6:** Assessment | | | **Week 1: Body parts**  **Week 2: Sex/Sexuality**  **Week 3: Drugs**  **Week 4: Alcohol**  **Week 5: Grooming/Rape/Respect/appropriate touching**  **Week 6:** Assessment | | **Week 1: Body parts**  **Week 2 + 3: What is Sex? And results of sex**  **Week 4: Contraception**  **Week 5:** Assessment | | **Week 1: Body parts**  **Week 2: Infections and diseases – cause and impact**  **Week 3: Ways to avoid**  **Week 4: Where to get help / treatment**  **Week 5: Long and short term**  **Week 6:** Assessment | | **Week 1: Pregnancy**  **Week 2 + 3 : Parenthood role-play**  **Week 4: STI’s**  **Week 5:** Assessment |
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