

**Intent:**

To ensure opportunities to learn about hygiene, health, our country and promoting inclusion in the community.

|        |   | Cycle A (2023-24)                                                                                                                                                                                                                                                           | Cycle B (2024-25)                                                                                                                                                                                                                                  | Cycle C (2025-26)                                                                                                                                                                                                                                                            |
|--------|---|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Autumn | 1 | <ul style="list-style-type: none"> <li><b>Healthy Diet &amp; Hygiene</b><br/><i>To gain an understanding of what constitutes a healthy diet, planning and preparing healthy meals, and to understand the importance of hygiene, germs, bacteria and viruses.</i></li> </ul> | <ul style="list-style-type: none"> <li><b>Maintaining Physical Health</b><br/><i>To understand the characteristics and evidence of what constitutes a healthy life, and the positive connection between physical and mental health.</i></li> </ul> | <ul style="list-style-type: none"> <li><b>Maintaining Mental and Emotional Health and Well-Being</b><br/><i>Understanding how to talk about feelings, common types of mental ill-health and factors which have positive and negative impact on mental health.</i></li> </ul> |
|        | 2 | <ul style="list-style-type: none"> <li><b>Healthy Relationships (RSE)</b><br/><i>Understanding my body.</i></li> </ul>                                                                                                                                                      | <ul style="list-style-type: none"> <li><b>Healthy Relationships (RSE)</b><br/><i>Understanding the characteristics of positive and healthy relationships.</i></li> </ul>                                                                           | <ul style="list-style-type: none"> <li><b>Healthy Relationships (RSE)</b><br/><i>Understanding how to keep safe and make informed decisions.</i></li> </ul>                                                                                                                  |
| Spring | 1 | <ul style="list-style-type: none"> <li><b>Things that Affect Health</b><br/><i>To explore how many things such as drugs, alcohol and tobacco, can affect health and well-being.</i></li> </ul>                                                                              | <ul style="list-style-type: none"> <li><b>Managing Risks</b><br/><i>Gain an understanding of risks within the home, workplace and community.</i></li> </ul>                                                                                        | <ul style="list-style-type: none"> <li><b>Making Informed Choices &amp; The Law</b><br/><i>To gain and understanding of the law within England and understanding good and bad choices and consequences of decisions.</i></li> </ul>                                          |
|        | 2 | <ul style="list-style-type: none"> <li><b>British Values &amp; Prevent Duty</b><br/><i>To learn about British Values and the Prevent Duty and apply within daily life.</i></li> </ul>                                                                                       | <ul style="list-style-type: none"> <li><b>Rights and Responsibilities</b><br/><i>To explore and understand rights and responsibilities of citizens.</i></li> </ul>                                                                                 | <ul style="list-style-type: none"> <li><b>Staying Safe (Including Online)</b><br/><i>To learn about staying safe online, social media and reporting concerns.</i></li> </ul>                                                                                                 |
| Summer | 1 | <ul style="list-style-type: none"> <li><b>First Aid</b><br/><i>To gain an understanding of basic treatment for common injuries and lifesaving skills.</i></li> </ul>                                                                                                        | <ul style="list-style-type: none"> <li><b>Understanding Self</b><br/><i>To develop self -esteem and confidence and understand activities and choices that impact positively on overall health.</i></li> </ul>                                      | <ul style="list-style-type: none"> <li><b>Equality &amp; Diversity &amp; Prevent Duty</b><br/><i>To understand the nine protected characteristics and the Prevent Duty</i></li> </ul>                                                                                        |
|        | 2 | <ul style="list-style-type: none"> <li><b>Families</b><br/><i>To understand families and roles and responsibilities within a family.</i></li> </ul>                                                                                                                         | <ul style="list-style-type: none"> <li><b>Managing Finances</b><br/><i>To develop an understanding of personal finance and managing a budget.</i></li> </ul>                                                                                       | <ul style="list-style-type: none"> <li><b>Health Prevention</b><br/><i>To gain an understanding of illness, sleep, and the importance of health-related check-ups.</i></li> </ul>                                                                                            |

|                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Running throughout each cycle</p> | <p><b><u>Spiritual, Moral, Social and Cultural Development</u></b></p> <p><b>The spiritual development of learners is shown by their:</b></p> <ul style="list-style-type: none"> <li>• Ability to be reflective about their own beliefs (religious or otherwise) and perspective on life.</li> <li>• Knowledge of, and respect for, different people's faiths, feelings and values.</li> <li>• Sense of enjoyment and fascination in learning about themselves, others and the world around them.</li> <li>• Use of imagination and creativity in their learning.</li> <li>• Willingness to reflect on their experiences.</li> </ul> <p><b>The moral development of learners is shown by their:</b></p> <ul style="list-style-type: none"> <li>• Ability to recognise the difference between right and wrong and to readily apply this understanding in their own lives, recognise legal boundaries and, in so doing, respect the civil and criminal law of England.</li> <li>• Understanding of the consequences of their behaviour and actions.</li> <li>• Interest in investigating and offering reasoned views about moral and ethical issues and ability to understand and appreciate the viewpoints of others on these issues.</li> </ul> <p><b>The social development of learners is shown by their:</b></p> <ul style="list-style-type: none"> <li>• Use of a range of social skills in different contexts, for example working and socialising with other learners, including those from different religious, ethnic and socio-economic backgrounds.</li> <li>• Willingness to participate in a variety of communities and social settings, including by volunteering, cooperating well with others and being able to resolve conflicts effectively.</li> <li>• Acceptance and engagement with the fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs; they develop and demonstrate skills and attitudes that will allow them to participate fully in and contribute positively to life in modern Britain.</li> </ul> <p><b>The cultural development of learners is shown by their:</b></p> <ul style="list-style-type: none"> <li>• Understanding and appreciation of the wide range of cultural influences that have shaped their own heritage and that of others.</li> <li>• Understanding and appreciation of the range of different cultures in the college and further afield as an essential element of their preparation for life in modern Britain.</li> <li>• Ability to recognise, and value, the things we share in common across cultural, religious, ethnic and socio-economic communities.</li> <li>• Knowledge of Britain's democratic parliamentary system and its central role in shaping our history and values, and in continuing to develop Britain.</li> </ul> | <p><b><u>Fundamental British Values</u></b></p> <p><b>Individual Liberty:</b></p> <ul style="list-style-type: none"> <li>• Freedom of speech to make own decisions.</li> </ul> <p><b>Mutual Respect:</b></p> <ul style="list-style-type: none"> <li>• Treating others as you would want to be treated.</li> </ul> <p><b>Tolerance:</b></p> <ul style="list-style-type: none"> <li>• Learning about other cultures and faiths and listening to viewpoints.</li> </ul> <p><b>Rule of Law:</b></p> <ul style="list-style-type: none"> <li>• Understanding rules and why they are important.</li> </ul> |
|--------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|