

**Key Stage Three Fit for Life Overview**

Half term Theme	Assembly Theme	Week	Year 7 (Completion of the Level 2 Junior Young Civic Award)	Year 8	Year 9
Keeping me Happy	The importance of wellbeing	1	Mental wellbeing: A normal part of life	Changing adolescent body: Puberty.	Health and prevention: Infections
		2	Mental wellbeing: How to talk about my emotions and where to seek support		Health and prevention: Dental Health
		3	Mental wellbeing: Factors that can have a negative impact	Changing adolescent body: How puberty impacts my mental and physical health	Health and prevention: Sleep
		4	Mental well-being: Factors that can have a positive impact		Drugs, alcohol and tobacco: An Drugs
		5	Junior Young Civic Award – Physical	Physical health and fitness: How a healthy life (including eating) can impact my physical and mental health	Drugs, alcohol and tobacco: Drugs – Kevin’s story
		6	Junior Young Civic Award – Physical		Drugs, alcohol and tobacco: Alcohol
		7	Junior Young Civic Award – Physical	Physical health and fitness: Donation	Drugs, alcohol and tobacco: Tobacco
<b>October Half Term</b>					
Supporting my community	Being a british citizen	9	What makes a good citizen?	British Values - What does it mean to be British?	What makes a good citizen?
		10	My community		My community
		11	Junior Young Civic Award - Planning your volunteering	British Values - Faiths and Beliefs	D of E - Intros from charities/Planning
		12	Junior Young Civic Award - Volunteering - Recording your progress		D of E - Time to prepare/create/plan your volunteering
		13	Junior Young Civic Award - Volunteering - Recording your progress	British Values - Discrimination	D of E - Time to prepare/create/plan your volunteering
		14	Junior Young Civic Award - Planning your expedition		D of E - Time to prepare/create/plan your volunteering
		15	Junior Young Civic Award - Expedition - Recording your progress	British Values - Democracy	D of E - Time to prepare/create/plan your volunteering
<b>Christmas Break</b>					
Planning for my future	Labour Market Information	16	This is me	Working in the North East	Unifrog intro - quizzes
		17	My achievements		Unifrog - GCSE options
		18	Building my work skills	Exploring LMI	What is a University?
		19	What is a job?		Apprenticeships & T Levels
		20	Types of work	Breaking stereotypes	Routes and options
		21	Goals for the future		How do I know what I need?
<b>February Half Term</b>					
Keeping me Healthy	Healthy relationships	22	Respectful relationships, including friendship: Characteristics of a healthy relationship	Wider World: The role of UK Monarchy and Parliament	Intimate and sexual relationships, including sexual health: Positive intimate relationships
		23	Respectful relationships, including friendships: How to improve and support healthy relationships.		Being safe: Consent
		24	Respectful relationships, including friendships: Irresponsible behaviour within relationships	The Law: The law, rights and responsibilities	Intimate and sexual relationships, including health: Managing sexual pressure (including sexual harassment and violence from respectful relationships)
		25	Respectful relationships, including friendships: Stereotypes and how we treat others		Intimate and sexual relationships, including health: Contraception
		26	Respectful relationships, including friendships: The Equality Act	The Law: County Lines	Intimate and sexual relationships, including health: Pregnancy and choices
		27	Respectful relationships, including friendships: A story of immigration	The Law: Being safe and key concepts	Intimate and sexual relationships, including health: STI’s and how they can be treated.
<b>Easter Break</b>					
		28	Oracy	Enterprise skills - Tenner Challenge	Money Matters – Personal economics

<b>Building My skills</b>	<b>What are skills?</b>	<b>29</b>	Oracy		Money Matters- Budgeting
		<b>30</b>	Oracy presentation	Enterprise skills - Tenner Challenge	Money Matters – Money and work
		<b>31</b>	Junior Young Civic Award - Introduction		Money matters – Credit, debt, savings and pensions
		<b>32</b>	Junior Young Civic Award - Skills	Enterprise skills - Tenner Challenge	Money Matters – Financial dilemmas
		<b>33</b>	Junior Young Civic Award - Skills		Money Matters – the future of money
<b>May Half Term</b>					
<b>Keeping me safe</b>	<b>Staying safe</b>	<b>34</b>	Racism	sexual harassment, abuse and violence	Racism
		<b>35</b>	Radicalisation/Extremism		Radicalisation/Extremism
		<b>36</b>	Coastal safety	Sexting	Coastal safety
		<b>37</b>	Sexual harassment		Sexual harassment, abuse and bullying
		<b>38</b>	Bullying	Zara McDermott: Revenge porn	Bullying
		<b>39</b>	County Lines		County Lines

#### Drop down days

- Year 7 - Settled Minds
- Year 8 - First Aid
- Year 9 - Northumbria Police.

**Key Stage Four Fit for Life Curriculum**

	Week	Year 10 - 1 per week (CMT, RWa, JWi) <b>Groups A-G</b>	Year 10 Core Carousel - 7 lesson block (JSM,SMa) <b>Groups 1-7</b>	Year 11 Core Carousel - 5 lesson block (MNi/JCa)
<b>Choices</b>	1	Unifrog intro/treasure hunt subject library	sexual harassment, abuse and violence	Health and prevention (KS4): Screening
	2		Learn without fear	Building for the future (BFF1): What is stress
	3	Unifrog - Post 16 options	Zara McDermott: Revenge Porn	Building for the future (BFF2): Factors that have a negative impact upon stress
	4		Consent	Mental wellbeing: Factors that can have a negative impact
	5	Unifrog - BTECH's V's A Levels	Families: What are relationships and how do they contribute to happiness	Mental well-being: Factors that can have a positive impact
	6		Families: Marriage	
	7	Unifrog - Apprenticeships <b>Unifrog - Recording my activities</b>	Families: Roles and responsibilities	
<b>October Half Term</b>				
<b>Preparation</b>	9	Unifrog - Maximising your potential - CV writing		
	10			
	11	Unifrog - Cover letters		
	12			
	13	Unifrog - Interviews		
	14			
	15	Unifrog - Careers Action plan <b>Unifrog - Recording my activities</b>		
<b>Christmas Break</b>				
<b>Revision</b>	16	Unifrog - Revision - Getting motivated		
	17			
	18	Unifrog - Revision - Good V's bad		
	19			
	20	Unifrog - Revision - Trigger words		
	21	<b>Unifrog - Recording my activities</b>		
<b>February Half Term</b>				
<b>Revision</b>	22	Unifrog - Revision - Mind mapping		
	23			
	24	Unifrog - Revision - Using time effectively		
	25			
	26	Unifrog - Revision - Memory journey		
	27	<b>Unifrog - Recording my activities</b>		
<b>Easter Break</b>				
<b>Support</b>	28	Unifrog - Time Management		
	29			
	30	Unifrog - Managing Anxiety and stress		
	31			
	32	Unifrog - Coping with change		
	33	<b>Unifrog - Recording my activities</b>		

May Half Term		
Support	34	Unifrog - Being kind to yourself
	35	
	36	Unifrog - Independence
	37	
	38	Unifrog - Problem solving
	39	<b>Unifrog - Recording my activities</b>

**Drop down days**

- Year 10 - Exam revision strategies
- Year 11 - Exam stress strategies