

Key Stage Three Fit for Life Overview

- Key priorities: Learning intentions, pace & depth of discussion

Term 1		Year 7	Year 8	Year 9	Enrichment activity
Statutory Content Health, wellbeing & Relationships	1	What is 'fit for life'? (BV/PC intro)	What is puberty?	How can different relationships make you happy?	Fire bridge workshop - Arson
	2	What are the common types of mental health issues?	How does puberty impact your mental and physical health?	Why do people get married?	
	3	How do you talk about your emotions?	What is menstrual and gynecological health?	What are the roles and responsibilities of parents?	
	4	What factors have a negative effect on your mental health?	How can a healthy life impact your physical and mental health?	How do families change over time?	
	5	What factors have a positive effect on your mental health?	What are local Health services (Include dentist)?	What are the features of positive intimate relationships?	
	6	What does a healthy relationship look like?	What are common serious health conditions and how can screening help? (living with illness)	What is stalking and what are the dangers? Zara McDermott	
	7	How do you improve and support healthy relationships?	What is donation?	What is consent?	
	8	What is the impact of bullying?	What are infections and how do you treat them?	What is contraception?	
	9	What is the impact of cyberbullying?	Why is it important to have good quality sleep?	How do you make an informed decision about teenage pregnancy? (pregnancy health)	
	10	Who is trustworthy?	Why is it important to have a good diet?	How do you reduce the risk of STIs?	
	11	How can I stay safe in unfamiliar settings?	What are the risks of using drugs?	How do you manage sexual pressure? (including sexual harassment and violence from respectful relationships)	
	12	What are the dangers of roads and railways?	What are the risks of drinking alcohol?	What is sexting?	
	13	How do you stay safe at the coast?	What are the risks of smoking and vaping?	What is sextortion?	
	14	First aid - What should I do in an emergency?	Does body image matter?	What are the dangers of viewing sexually explicit material?	
	15	Recap, retrieval and assessment	Recap, retrieval and assessment	Recap, retrieval and assessment	
Christmas					
Term 2		Year 7	Year 8	Year 9	Enrichment Activity
Careers & Money	17	FSQ/icould quiz - what animal am I? - requires computers/Unifrog Gatsby Benchmark: 2,3,8	What are my interests? Gatsby Benchmark: 2,3,8	FSQ/Unifrog refresher- requires computers/Unifrog (Careers library/subjects library) Gatsby Benchmark: 2,3,8	
	18	What is 'Unifrog'? - requires Unifrog (Interests quiz/skills quiz) Gatsby Benchmark: 2,3,8	What are my skills? Gatsby Benchmark: 2,3,8	What can I study at KS4 and how do I choose? Gatsby Benchmark: 2,7,8	
	19	Who am I? Gatsby Benchmark: 2,7	What are the challenges and rewards of work? Gatsby Benchmark: 2,7,8	What is the labour market and why is it important? Gatsby Benchmark: 2,3,6	
	20	What could my dream job be? - requires Unifrog Gatsby Benchmark: 2,7	What is a CV and what are they for? Gatsby Benchmark: 2,7	What does the labour market in the North East look like? Gatsby Benchmark: 2,7	

	21	What is a career? Gatsby Benchmark: 2,7,8	How can I manage my money while working? Gatsby Benchmark: 2,3,6,7	What comes after school? Gatsby Benchmark: 2,3,8	Year 9 DWP Money Matters sessions
	22	What is an entrepreneur? Gatsby Benchmark: 2,6,7	What sort of jobs can impact the climate? Gatsby Benchmark: 2,3,6	How can I take control of your career journey? Gatsby Benchmark: 2,6,7	
	23	What is a work-life balance? Gatsby Benchmark: 2,3,6,7		DWP Workshop - Money matters session. 1 hour workshop for each class	
	24	What do careers in the future look like? Gatsby Benchmark: 2,3,6		Money - What is debt and how can I manage my money?	
	25	What is my vision for the future? Gatsby Benchmark: 2,6,7		Money – How do I keep my finances secure?	
	26	What does success mean to me? Gatsby Benchmark: 2,3,6,7		Money - How do I stay in control of my money?	
	27	Recap, retrieval and assessment	Recap, retrieval and assessment	Recap, retrieval and assessment	

Easter

Term 3	Year 7	Year 8	Year 9	Enrichment Activity
Equality, diversity and community	28	What is 'community'?	British Values recap	What is the role of the UK Monarchy and Parliament?
	29	What does it mean to be British?	Protected characteristics recap	What are the main laws, rights and responsibilities in the UK?
	30	British Values - Why should I respect other people's faiths and beliefs?	What makes a good citizen? (Link to British values and protected characteristics)	What are the causes and effects of county lines?
	31	British Values - What is Discrimination?	What is volunteering and what are the benefits?	What are the impacts of breaking the law?
	32	British Values - What is a Democracy?	What is a food bank?	Why should I treat everyone equally?
	33	What are the impacts of using stereotypes?		What is the impact of intolerance and extremism?
Staying Safe	33	What are protected characteristics and why is it important to respect them?	What are the negative effects of gangs?	What are the causes and effects of Self Harm?
	34	What is the Equality Act? (Protected characteristics)	What is Criminal Grooming?	What are Eating disorders and how can you get help?
	35	What are the causes and effects of immigration?	Northumbria Police workshop- Knife crime 1 hour workshop for each class	What are the causes of suicide and where can you get help?
	36	How does racism impact people?	One punch can kill - What are the risks of violence?	What are the different types of honor based violence?
	37	What is radicalisation and extremism?	What is the impact of being a bystander?	What is domestic abuse and how can it impact you?
	38	RRR	Internet safety: Gang, grooming and violence in the digital world	What is gambling and can it impact you?
	39	Recap, retrieval and assessment	Recap, retrieval and assessment	Recap, retrieval and assessment
Assessment kernels				

Year 8
Northumbria
Police
workshop -
knife crime

Year 7 Junior
Young Civic
Award

Key Stage Four Fit for Life Curriculum

Term 1		Year 10	Year 11
Relationships and Sex ed	1/2	What are the laws around sex and sexuality?	How do you learn without fear?
	3/4	How does social media influence you and your relationships?	What is rape culture? (Zara McDermott: Uncovering rape culture)
	5/6	What is the impact of sexual harassment, abuse and violence?	What is a healthy sexual relationship?
	7/8	What is coercive control?	What is revenge porn? (Zara McDermott: Revenge porn)
	9/10	What is consent and what does it look like?	What is stress?
	11/12	Danny Dyer: Healthy masculinity	What factors have a negative impact on mental health during exams?
	13/14	How do you reduce the risk of STI's?	What factors have a positive impact on mental health during exams?
	15	How do you make an informed decision about pregnancy?	How can you manage exam stress?
Christmas Break			
Term 2		Year 10	Year 11
Careers and money	16/17	What does my career journey look like? Gatsby Benchmark: 2,3,8	Connexions Workshops - What is an academic course and where can I go? Gatsby Benchmark: 2,7
	18/19	Stacey Dooley - Nine to five documentary	Connexions Workshops - What is a vocational course and where can I go? Gatsby Benchmark: 2,7
	20/21	Post 16 - what are my options? Gatsby Benchmark: 2,7	Future Skills Questionnaire/Unifrog Refresher ***Requires computers***
	22/23	Decision making: how can I choose the right pathway? Gatsby Benchmark: 2,7,8	Money - How does education affect my finances? Gatsby Benchmark: 2,3,6,7
	24/25	What is Higher education? Gatsby Benchmark: 2,7	Money - How should I manage my finances while I'm working?

	26/27	What are the benefits and drawbacks of apprenticeships and higher education? Gatsby Benchmark: 2,3,6,7	Money - Why might I need to borrow money and what is the impact of debt?
	Assessment kernels		
Easter Break			
Term 3		Year 10	Year 11
Equality, diversity and community	28/29	Protected characteristics recap	Prepare Me (Confidence)
	30/31	Protected characteristics case study	Guide Me (Revision - Chunking)
	32/33	British Values recap	Guide Me (Revision - Chunking)
	34/35	British Values case study	
	36/37	Healthy masculinity recap	
	38/39	Healthy masculinity case study	
	Assessment kernels		

Triple Science Fit for Life form time - Statutory Content

Each session will consist of **ONE** information slide, followed by a discussion task

Term 1	Year 10 (FWI/DDo) - <u>Tuesday & Wednesday form</u>	Year 11 (NB e/MMg) <u>Thursday & Friday form</u>
1	Online Safety - Self Image and identity - Ads and sponsors	Online Safety - Self image & Identity - The image I want to portray
2	Online Safety -Self Image and identity - Artificial intelligence	Online Safety - Self image & Identity - Challenging negativity online
3	Online Safety -Online relationships - Combating hate online	Online Safety - Online relationships - Private messaging and the law
4	Online Safety -Online relationships - Giving consent	Online Safety - Online relationships - Legal but harmful content online
5	Online Safety -Online reputation - The impact on online behaviour	Online Safety - Online bullying - Online bullying in different contexts
6	Online Safety -Online reputation - Challenging inappropriate online behaviour	Online Safety - Online bullying - Online and offline abuse
7	Online Safety -Online bullying - Recognising online bullying	Online Safety - Online reputation - The positive side of social media
8	Online Safety -Online bullying - Bystanders	Online Safety - Online reputation - Group promotion

9	Online Safety - Managing information - The motives behind fake news	Online Safety - Computational thinking - The game with no instructions
10	Online Safety - Managing information - Spreading disinformation	Careers and money - Connexions - What is an academic course and where can I go?
11	Online Safety - Privacy and security - The principles of GDPR	Careers and money - Connexions - What is a vocational course and where can I go?
12	Online Safety - Privacy and security - Personal privacy v's public good	Careers and money - ** Future skills questionnaire**
13	Careers and money - What does my career journey look like?	Careers and money - How does education affect my finances?
14	Careers and money - What type of career is best for me?	Careers and money - Why is it good to save?
15	Careers and money - Post 16 - what are my options?	Careers and money - Why might I need to borrow money and what is the impact of debt?

Christmas Break

16	Careers and money - Decision making: how can I choose the right pathway?	Cultural Studies - Social Justice
17	Careers and money - What is Higher education?	Cultural Studies - What do we mean by human rights?
18	Careers and money - What are the benefits and drawbacks of apprenticeships and higher education?	Cultural Studies - The UN declaration of Human Rights
19	Cultural Studies - Religion and rules	Cultural Studies - Freedom of expression
20	Cultural Studies - Types of crime	Cultural Studies - Should religious people openly express their beliefs?
21	Cultural Studies - Good and evil	Cultural Studies - Prejudice
22	Cultural Studies - What is the worst sort of crime?	Cultural Studies - Types of prejudice
23	Cultural Studies - Crime and evil	Cultural Studies - Religious attitudes to wealth
24	Cultural Studies - Aims of punishment	Cultural Studies - Religious attitudes towards poverty
25	Cultural Studies - Suffering and religious attitudes	Relationships - Learn without fear
26	Cultural Studies - Treatment of Prisoners	Relationships - Sexual relationships: What are the dangers of digital sexual pressure?
27	Cultural Studies - Corporal and capital punishment	Relationships - Sexual relationships: What are the dangers of digital sexual pressure?

Easter Break

28	Relationships - What are the laws around sex and sexuality?	Relationships - Zara Mcdermott: What is 'Revenge porn'?
29	Relationships - How does social media influence relationships?	Relationships - Zara Mcdermott: What is 'Revenge porn'?
30	Relationships - What is the impact of sexual harassment, abuse and violence?	Relationships - What is stress?
31	Relationships - What is coercive control?	Relationships - What factors have a positive impact on mental health during exams?
32	Relationships - What is consent?	Relationships - What factors have a negative impact on mental health during exams?
33	Relationships - Healthy masculinity	Relationships - How can I manage exam stress?
34	Relationships - What is an STI and what are the common types?	
35	Relationships - What types of contraception are available and how do they all work?	
36	Relationships - Zara McDermott: Uncovering rape culture	
37	Relationships - Zara McDermott: Uncovering rape culture	