

STEP UP 4 LIFE CURRICULUM PLAN OVERVIEW

Year 7

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#StepUp4Life

PREPARING 4 LIFE IN THE WIDER WORLD

- 'Managing Your Savings' - Pocket Money
- Introduction to Careers
- Researching Careers through eclips
- Dealing with Change: - Transition to Secondary School / coping with change
- Opening a bank account exploring different types of Savings Account



SAFETY FIRST 4 LIFE

- Online Safety - Privacy
- Water Safety
- Child on Child Abuse: Anti Bullying
- Online safety: Staying safe and online friends includes nudes
- Road Safety



CITIZENSHIP 4 LIFE

- What is Democracy?
- Intro to Inclusivity and tolerance
- Tripartite System of democracy
- Hate Crime/ Diversity and Multiculturalism

CHARACTER DEVELOPMENT 4 LIFE

- 'Building Character'-introducing the 7 characters for the 'I can /I will'
- 'Building Character through Race for the Line' Challenge
- You and Your Amazing Brain: Introducing the Amazing Brain/Neuroplasticity



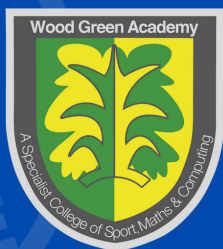
SMSC AWARENESS 4 LIFE

- Challenging Discrimination
- Challenging Homophobia
- Challenging Racism
- Challenging Stereotypes

HEALTH AND WELL BEING 4 LIFE

- What is Puberty?
- Forming Positive and healthy
- Dealing with Emotional Change and managing new situations.
- Smoking and its Risks/ Tobacco and second-hand smoke
- Looking after Your Mental Health





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Year 8

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SAFETY FIRST 4 LIFE

- Online Safety: Risk and Responsibility – sharing nudes
- Keeping yourself safe: Relationship Abuse
- Introduction to What is Extremism and Radicalisation
- Online Safety: Dangers of Gaming and Streaming/sharing information
- Railway Safety



CHARACTER DEVELOPMENT 4 LIFE

- Nurturing Curiosity
- Nurturing Resilience and independence
- Nurturing 'Flexibility of Mind
- You and Your Amazing Memory: Introducing Revision techniques introducing strategies that make your memory stronger

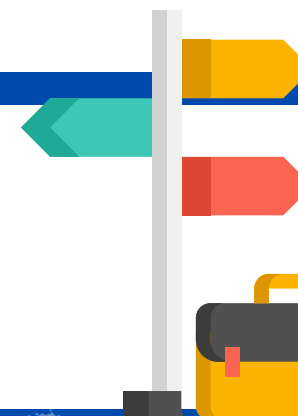
CITIZENSHIP 4 LIFE

- Role of the Police
- Exploring Youth Crime
- Challenging Discrimination
- Rule of Law-rights and responsibilities



PREPARING 4 LIFE IN THE WIDER WORLD

- You and Your Future: Careers Guidance /eclips
- You and Your Future:
- Y8 Options Fayre/Future pathways
- Careers Action Planning
- You and Your Finances: Budgeting



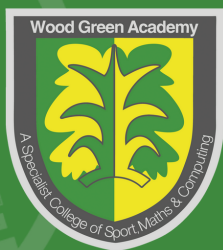
SMSC AWARENESS 4 LIFE

- Exploring Secular and non-secular festivities and occasions.

HEALTH AND WELL BEING 4 LIFE

- Healthy Eating/Healthy Diet
- Personal Hygiene
- Dealing with Bereavement and loss
- You and Your Mental Health: The Sleep factor
- You and Your Relationships: Exploring Gender Stereotypes and Protective characteristics





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Year 9

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CITIZENSHIP 4 LIFE

- Exploring Extremism and radicalistic behaviour
- Challenging extremism through the media
- Exploring the media as a propaganda tool-misinformation/disinformation
- Exploring the media censorship and regulation
- Exploring the Role of Media and Discrimination

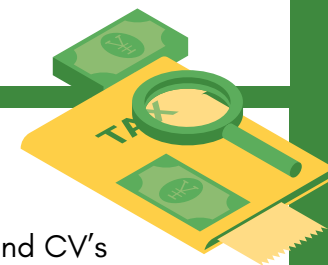


CHARACTER DEVELOPMENT 4 LIFE

- Nurturing a Growth Mind-set
- Building Character: "Initiative" - Getting involved in wider school life.
- Nurturing Risk taking and initiative
- Nurturing Reflective Thinking

SMSC AWARENESS 4 LIFE

- Culture and Food
- Gender and Sexuality
- Culture and Music: Bhangra
- Exploring Values



PREPARING 4 LIFE IN THE WIDER WORLD

- You and Your finances: PAYE and Taxes
- Using Unifrog to plan and research WEX /produce Applications and CV's
- ASPIRE: Exploring Career Opportunities

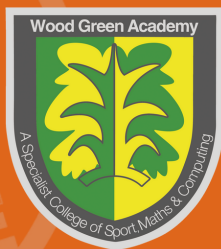
HEALTH & WELL BEING 4 LIFE

- Sex and Contraception
- Consent and the Law
- Exploring Sexually Transmitted Disease
- Exploring attitudes to Male Mental and Physical Health
- Exploring Self Harm & Eating Disorders
- Exploring Online Stress and FOMO

SAFETY FIRST 4 LIFE

- Child Sexual Exploitation (CSE) and Child Criminal Exploitation (CCE) - including dealing with grooming and County Lines
- Alcohol Abuse - knowing your limits
- Exploitation Sharing of Nudes and semi-nudes
- Dangers of Drugs/Risks





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Year 10

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CITIZENSHIP 4 LIFE

- Exploring Global Warming/World Pollution/Climate Change
- Exploring Modern day Slavery/Human Trafficking
- Exploring The Role of Local/Global Charities
- Tackling World and UK Poverty -the plight of the growing homelessness in the UK.
- Human Rights: The Role of Amnesty International



CHARACTER DEVELOPMENT 4 LIFE

- Building Character: Coping with Exam Stress: Exploring Strategies
- You and Your Amazing Memory: Exploring Revision Techniques: Interleaved Practice
- You and Your Amazing Memory: The Psychology of Learning and Memory
- Nurturing Drive and Flexibility of Mind

SAFETY FIRST 4 LIFE

- Online Safety: Cyber bullying and crime and its impact on Mental well being
- Dangers of Knife Crime
- Keeping Safe First Aid Skills
- Keeping Safe Fire Safety

PREPARING 4 LIFE IN THE WIDER WORLD

- Preparing for WEX
- Employability Skills/ Interview Techniques
- Health and safety at Work
- Employability Skills/Interview Techniques
- Job Descriptions and Journey Planning



HEALTH & WELL BEING 4 LIFE

- Female Genital Mutilation (FGM) - what is it?
- Relationship Abuse: Sexual Violence controlling behaviour
- Body Image and Media Pressure
- The Sleep Factor Revisited
- Reframing Negative Thinking

SMSC AWARENESS 4 LIFE

- Disability and Sports
- Culture and Music: Rap and Hip Hop
- Disability Awareness



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Year 11

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CITIZENSHIP 4 LIFE

- Freedom of Faith
- Exploring Non-Democratic Political Systems
- Challenging Islamophobia
- Exploring Migration – Dispelling the myths and addressing the Facts – addressing stigmatising behaviours /attitudes towards immigrants/asylum seekers etc.



CHARACTER DEVELOPMENT 4 LIFE

- You and Your Amazing Memory: Revision Techniques: Flash cards and Graphic Organisers
- Nurturing curiosity
- Building Character: Reframing Negative Thinking

SAFETY FIRST 4 LIFE

- Dealing with Negative Behaviours: Conformity and Bystander Effect
- Online safety: Cyber Security
- Joint Enterprise and Gang Culture
- Online Safety: Online Gambling

PREPARING 4 LIFE IN THE WIDER WORLD

- You and Your Future: Unifrog Activities and competencies activity
- Post 16 Applications Choices
- Mock Interviews
- You and Your finances: Banking /credit /debit/borrowing



HEALTH & WELL BEING 4 LIFE

- Exploring Gambling Habits
- Recognising Mental Ill Health and Knowing where to get help
- Marriage: Forced and Arranged marriages/Honour based violence
- LGBTQ – Addressing Protected Characteristics homophobic/biphobic/transphobic bullying (HBT)
- Exploitation and Coercion

