



# CITIZENSHIP 4 LIFE CURRICULUM PLAN OVERVIEW

## Year 7 – 11

The SU4L Programme is a Character Education based PSHE Programme of Study which will be delivered over five years. By the end of KS4 pupils will have met the following broad learning outcomes (in line with the DfE recommendations for PSHE/Citizenship and the statutory requirements of the Relationship, Sex and Health Education Policy 2020). Six core themes will form the focus for each SU4L Day within each year group.

#StepUp4Life

### YEAR 7 CURRICULUM

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



### YEAR 8 CURRICULUM

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



### YEAR 9 CURRICULUM

- 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



### YEAR 10 CURRICULUM

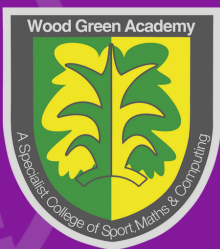
- Exploring Global Warming/World Pollution/Climate Change
- Exploring Modern day Slavery/Human Trafficking
- Exploring The Role of Local/Global Charities
- Tackling World and UK Poverty -the plight of the growing homelessness in the UK.
- Human Rights: The Role of Amnesty International



### YEAR 11 CURRICULUM

- 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 CURRICULUM PLAN OVERVIEW

## Year 7 – 11

The SU4L Programme is a Character Education based PSHE Programme of Study which will be delivered over five years. By the end of KS4 pupils will have met the following broad learning outcomes (in line with the DfE recommendations for PSHE/Citizenship and the statutory requirements of the Relationship, Sex and Health Education Policy 2020). Six core themes will form the focus for each SU4L Day within each year group.

#StepUp4Life

### YEAR 7 CURRICULUM

- '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



### YEAR 8 CURRICULUM

- 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



### YEAR 9 CURRICULUM

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



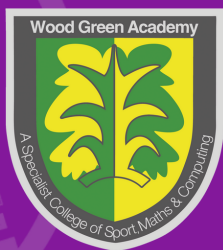
### YEAR 10 CURRICULUM

- 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

### YEAR 11 CURRICULUM

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





# SAFETY FIRST 4 LIFE CURRICULUM PLAN OVERVIEW

Year 7 – 11

The SU4L Programme is a Character Education based PSHE Programme of Study which will be delivered over five years. By the end of KS4 pupils will have met the following broad learning outcomes (in line with the DfE recommendations for PSHE/Citizenship and the statutory requirements of the Relationship, Sex and Health Education Policy 2020). Six core themes will form the focus for each SU4L Day within each year group.

#StepUp4Life

## YEAR 7 CURRICULUM

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



## YEAR 8 CURRICULUM

- 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



## YEAR 9 CURRICULUM

- 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



## YEAR 10 CURRICULUM

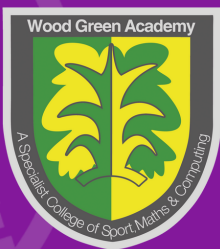
- Online Safety: Cyber bullying and crime and its impact on Mental well being
- Dangers of Knife Crime
- Keeping Safe First Aid Skills
- Keeping Safe Fire Safety



## YEAR 11 CURRICULUM

- 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 CURRICULUM PLAN OVERVIEW

## Year 7 – 11

The SU4L Programme is a Character Education based PSHE Programme of Study which will be delivered over five years. By the end of KS4 pupils will have met the following broad learning outcomes (in line with the DfE recommendations for PSHE/Citizenship and the statutory requirements of the Relationship, Sex and Health Education Policy 2020). Six core themes will form the focus for each SU4L Day within each year group.

#StepUp4Life

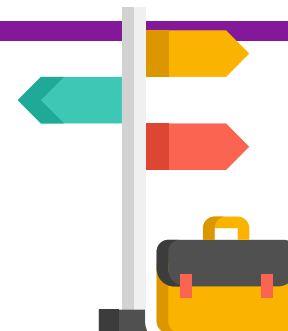
### YEAR 7 CURRICULUM

- '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



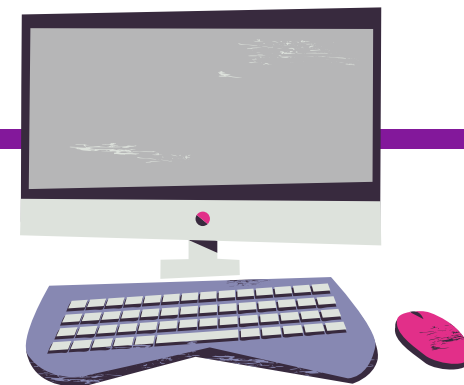
### YEAR 8 CURRICULUM

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



### YEAR 9 CURRICULUM

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



### YEAR 10 CURRICULUM

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

### YEAR 11 CURRICULUM

- 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 CURRICULUM PLAN OVERVIEW

## Year 7 – 11

The SU4L Programme is a Character Education based PSHE Programme of Study which will be delivered over five years. By the end of KS4 pupils will have met the following broad learning outcomes (in line with the DfE recommendations for PSHE/Citizenship and the statutory requirements of the Relationship, Sex and Health Education Policy 2020). Six core themes will form the focus for each SU4L Day within each year group.

#StepUp4Life

### YEAR 7 CURRICULUM

- 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



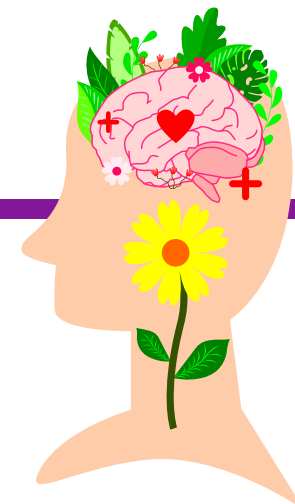
### YEAR 8 CURRICULUM

- 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



### YEAR 9 CURRICULUM

- 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

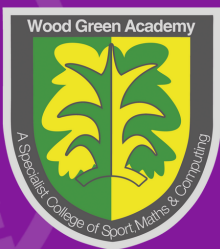


### YEAR 10 CURRICULUM

- 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

### YEAR 11 CURRICULUM

- 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



# SMSC AWARENESS 4 LIFE CURRICULUM PLAN OVERVIEW

## Year 7 – 10

The SU4L Programme is a Character Education based PSHE Programme of Study which will be delivered over five years. By the end of KS4 pupils will have met the following broad learning outcomes (in line with the DfE recommendations for PSHE/Citizenship and the statutory requirements of the Relationship, Sex and Health Education Policy 2020). Six core themes will form the focus for each SU4L Day within each year group.

#StepUp4Life

### YEAR 7 CURRICULUM

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



### YEAR 8 CURRICULUM

- Exploring Secular and Non-Secular festivities and occasions.



### YEAR 9 CURRICULUM

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



### YEAR 10 CURRICULUM

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

