Year 7 CPSHE Learning Journey

BOWER PARK ACADEMY

Year 6

Unit One
Health and Wellbeing:
Transition to Secondary School
Half term 1

We are learning to support ourselves with tools to have a successful transition to Secondary School

We will be assessed on our recall of key terms as well as explaining how to stay safe in certain situations and how to be organised.

Unit Two
Relationships:
Friendships and Ourselves
Half term 2

We are studying the theme of 'self' within a range of contexts, including self in the community and friendship groups. This aims to help with current and future relationships as well as students own awareness of emotions and how to manage them.

Learning Challenge

Relationships: What key attributes constitute a safe, happy and healthy relationship of any sort?

Learning Challenge

***Health and Wellbeing*:** What are the key healthy choices which we need to consider and make throughout our life?

Unit Three
Relationships:
Family, Marriage and Parenting
Half term 3

We are learning about Family, Marriage and Parenting

We will be assessed on our recall of knowledge in Relationships – Family, Marriage and Parenting

Unit Four
Living in the Wider World:
Careers
Half term 4

We are learning about potential Careers and what we can do in school to support these

Unit Five
Health and Wellbeing:
Health, Safety and Drugs
Half term 5

We are studying Health and Drugs.
The scheme of learning (SOL) is split into two areas, the first being around puberty, healthy routines, unwanted contact and FGM.

The second half focuses on drugs and alcohol, focusing specifically on tobacco, vapes and risks around alcohol.

Unit Six
Living in the Wider World:
Financial Decision Making
Half term 6

Year 8

Learning Challenge

Living in the Wider World: What are the risks around money? How best can we stay safe?

We are learning about Financial Decision Making. Here we will be exploring key areas covering savings, debt, Tax, Managing finances and options for study post 16.

Students will be assessed around their recall of understanding of the above areas.

Key Vocabulary
Family/Families
Rights
Respectful Relationships
Friendships
Trust
Respect
Loyalty
Puberty
Hygiene
The Law
Mental Health
Mental wellbeing
Healthy Eating
Health – physical and emotional
First Aid
Adolescent/ Adolescence
Careers
Identity
Community
Influence
Finance Management
Budgeting
Savings
Pensions
Income tax
Good and bad debt
Post-16+ options

Year 8 CPSHE Learning Journey

BOWER PARK ACADEMY

Year 7

Unit One
Health and Wellbeing:
Making a Difference
Half term 1

We are learning about making a Difference in our mental and physical wellbeing. We are also looking at how we can impact others regarding our behaviour. We look at the importance of kindness, trust and respect for ourselves and others.

Unit Two
Relationships:
Stereotyping and Discrimination
Half term 2

We are studying Stereotyping and Discrimination.

Within this unit we look at the dangers of stereotyping and different forms of discrimination. We learn about the law and protected characteristics and our British values.

We will be assessed on our recall of knowledge in Relationships -Stereotyping and Discrimination

Unit Three
Relationships:
Relationships & Sex Education
Half term 3

Learning Challenge

***Relationships*:** What are the key things which need to be considered before deciding to have sex for the first time?

We are studying Sex Education, this includes areas around consent, healthy relationships, dangers of sending nudes and pornography. The possible consequences and law around these areas.

We will be assessed on our recall of knowledge in Relationships and Sex Education

Unit Four
Living in the Wider World:
Online Safety
Half term 4

We are studying Online Safety and how to stay safe when using the internet . Some key areas we look at are the dangers of online gaming, scams and social media.

We will be assessed in our knowledge and understanding of key terminology and the danger of online use as well as previous learning of relationships.

Unit Five
Health and Wellbeing:
Exploring Influence
Half term 5

Learning Challenge

***Health and Wellbeing*:** How can we as young people avoid peer influence of any type?

We are studying and exploring peer relationships and influences and studying First Aid.

We will be assessed on our recall of knowledge in Health and Wellbeing: Exploring Influence (Peer influence, vaping, gangs) and First aid. In addition to this we will recall prior learning from our relationships and Online Safety scheme.

Unit Six
Living in the Wider World:
Awareness
Half term 6

Year 9

Learning Challenge

Living in the Wider World: What are human rights and British values and why are they so important?

We are learning about Politics and Human Rights. During this we will look at the structure of politics and key terms. We will also be looking at areas such as Asylum seekers and refugees, terrorism, radicalisation and human trafficking.

Key Vocabulary
Respectful Relationships
Friendships
Kindness
Protected characteristics
Online
Media
Safety
Internet Harm
Exploitation
Intimacy
Sexual Relationships
Sexual Health
The Law
Mental wellbeing
Healthy Eating
Drugs
Vaping
Alcohol
Tobacco
Health – physical and emotional
First Aid
Careers
Stereotypes
Discrimination
Influence
Manifesto
Campaign
Policies
Human Rights

Year 9 CPSHE Learning Journey

BOWER PARK ACADEMY

Year 8

Unit One
Health and Wellbeing:
Mental Health
Half term 1

We are studying various attitudes towards Mental Health and how this can affect us and those around us. We also learn about tools and strategies that we can use to build resilience and healthy coping strategies.

We will be assessed in knowledge and understanding of key concepts around mental health and strategies we can put in place to overcome set backs.

Unit Two
Relationships:
Sexuality and Identity
Half term 2

We are studying Sex Education and consent.

We will be assessed on our recall of knowledge in Relationships and Sex Education and well as our previous mental health scheme.

We are studying and learning about Sexuality and Identity. We will be looking at stereotyping dangers, what makes us individuals, respect and tolerance, understanding identity struggles and homophobia and consequences.

Unit Three
Relationships:
Relationships & Sex Education
Half term 3

Learning Challenge

Relationships: What are the key ways we can recognise and manage risks when it comes to sexual experiences?

Unit Four
Living in the Wider World:
Careers
Half term 4

We are learning about the potential careers that will be open to us in the future. As well as building our understanding of what interpersonal and enterprising skills and how to develop a positive work ethic and job interview skills. This is also a time to prepare and reflect ready for our option choices.

Learning Challenge

Living in the Wider World: How can we prepare effectively for our future job opportunities?

Unit Five
Health and Wellbeing:
Body Image and Drugs
Half term 5

Learning Challenge

***Health and Wellbeing*:** What strategies can we put in place in our lives to have a positive mental health and body image?

We are investigating and learning about the importance of body image and what we can do to improve this and what to be aware of regarding the media and language we use. We are also investigating and building from prior knowledge on drugs and alcohol.

Unit Six
Living in the Wider World:
Awareness of Others
Half term 6

Year 10

We are learning about how we need to be aware of the dangers of others on and offline. We are covering gang recruitment, online grooming, Group chats and peer pressure.

We will be assessed on our recall of knowledge in regards to dangers of others, as well as previous learning from our Health and wellbeing and relationships scheme.

Key Vocabulary
Respectful Relationships
Friendships
Media
Internet Safety
Internet Harm
Intimacy
Sexual Relationships
Sexual Health
Consent
The Law
Mental Health
Mental wellbeing
Healthy Eating
Drugs
Alcohol
Tobacco
Health – physical and emotional
First Aid
Options
Careers
Curricular Vitae
Interview
Identity
Influence
Gangs
Post-16+ options

Year 10 CPSHE Learning Journey

BOWER PARK ACADEMY

Year 9

Unit One
Relationships:
Relationships and Sex Education
Half term 1

We are studying Relationships and Sex Education

In Relationships we will learn about Healthy Relationships and avoiding unhealthy ones, Controlling relationships, Domestic violence and abusive relationships.

In Sex Education we will learn about Consent and Rape, safe and appropriate sex, Relationship break ups and Teen Pregnancy. As well as tolerance and respect to the LGBT+ community.

We will be assessed on our recall of knowledge in relationships and Sex Education.

Unit Two
Relationships:
Relationships and Sex Education
Half term 2

Learning Challenge

Relationships:
How can we avoid dangerous relationships and what are the warning signs?

Unit Three
Living in the Wider World:
Careers and Drugs & Alcohol
Half term 3

We are studying future Careers and learning about the affects of drugs and alcohol.

In Careers we will study- Preparing for work experience, Employability skills, knowing my strengths and skills and the art of standing out.

In Drugs and alcohol, we will learn about substance use and assessing risk, substance use and managing influence and Help seeking and sources of support. In addition to this we look at the dangers and law around vaping and cannabis edibles.

Unit Four
Living in the Wider World:
Careers and Drugs & Alcohol
Half term 4

Learning Challenge

Living in the Wider World: How can we prepare effectively for work experience?

Unit Five
Health and Wellbeing:
Mental Health
Half term 5

We are studying mental health and Anxiety, focussing on Resilience, Social Anxiety, Self Confidence, Self Esteem and Happiness and Positivity.

Learning Challenge

Health and Wellbeing:
How can we have a resilient mindset and build self-confidence and esteem?

Unit Six
Health and Wellbeing:
Mental Health
Half term 6

Year 11

Key Vocabulary
Family/Families
Respectful Relationships
Pregnancy
Consent
Media
Safety
Internet Safety
Internet Harm
Intimacy
Sexual Relationships
Sexual Health
The Law
Mental Health
Self confidence
Mental wellbeing
Employability
Drugs
Alcohol
Tobacco
Vaping
Health – physical and emotional
First Aid
Careers
Identity
Influence
Revision
Post-16+ options

Year 11 CPSHE Learning Journey

BOWER PARK ACADEMY

Year 10

Unit One
Health & Wellbeing & Living in the Wider World: Post 16 and Careers
Half term 1

We are learning about post-16 pathways, the different ways to make a decision and how to write SMART actions. We will also look at how to define our own skills, qualities and interests; the benefits of meeting employers before leaving school and how to prepare for a career's appointment in school. We will learn about what skills are needed for a successful application process and what the different component parts of an application form are and how to write a successful application.

Unit Two
Health & Wellbeing & Living in the Wider World:
Post 16 and Careers
Half term 2

Learning Challenge

***Living in the* Wider World:** How can we prepare effectively for our exams and post 16 options?

Unit Three
Relationships:
Relationships & Sex Education
Half term 3

Unit Four
Relationships:
Relationships & Sex Education
Half term 4

We are studying Relationships and Sex Education. We will learn about Attitudes towards sex, Managing unwanted attention with a link to dangers of image sharing, How to gain consent, Contraception and STIs – Testing, places for support and pregnancy options and parenthood.

We will be assessed on our recall of knowledge on relationships and sex education.

Learning Challenge

Relationships: How can we manage unwanted attention and how can we gain consent?

Unit Five
Health and Wellbeing:
Exam Stress and Mental Health
Half term 5

Learning Challenge *Health and Wellbeing*: How can we reframe negative thinking and recognise mental ill health?

We are revising key knowledge from prior learning and applying it to support us in the preparation for our exams and life post secondary school

We are studying Mental Health; focusing on reframing negative thinking, recognising mental ill health and when to get help and promoting emotional wellbeing. We will also focus on exam stress and revision techniques, how to apply time management methods. We will also look at ways and different revision strategies which can be used.

Unit Six
Public Examinations
Half term 6

16+

Key Vocabulary
Respectful Relationships
Online
Media
Safety
Internet Harm
Intimacy
Sexual Relationships
Sexual Health
Coercion and control
The Law
Consent
Mental Health
Mental wellbeing
Healthy Eating
Post 16
Fight, flight, freeze
Health – physical and emotional
Careers
Identity
Influence
Revision
Recruitment
Employers
Interviews