



Year Group	Learning Cycle 1 – Autumn Term	Learning Cycle 2 – Spring Term	Learning Cycle 3 – Summer Term
Year 7	<p><u>Independence and aspirations</u> <i>Developing goal setting and self-awareness:</i></p> <ul style="list-style-type: none"> • What is Personal Development? • Starting at QE • Skills to support learning • Teamwork and organisation • Demonstrating respect in the school community • Personal identity and core values • Getting involved and working together <p><u>Autonomy and advocacy</u> <i>Developing empathy, compassion and communication:</i></p> <ul style="list-style-type: none"> • Skills to make and maintain new friendships • Managing conflict 	<p><u>Choices and influences</u> <i>Developing agency, strategies to manage influence and decision making:</i></p> <ul style="list-style-type: none"> • A fair and equal opportunity to be healthy • Dental health • Diet and exercise • Maintaining physical health • The sleep factor • The importance of hygiene <p><u>Independence and aspirations</u> <i>Developing self-confidence and self-worth:</i></p> <ul style="list-style-type: none"> • What happens at puberty? • Menstrual well-being 	<p><u>Autonomy and advocacy</u> <i>Developing empathy, compassion and communication:</i></p> <ul style="list-style-type: none"> • Making and maintaining friendships • Relationship boundaries • Know your rights • Hurtful behaviour • Being a global citizen • Equality and diversity <p><u>Choices and influences</u> <i>Developing agency and decision making skills:</i></p> <ul style="list-style-type: none"> • Understanding drugs • Responsible decision making • Personal safety



	<ul style="list-style-type: none"> • Communicating safely online • Recognising bullying • Strategies for challenging bullying • Coping with peer pressure 	<ul style="list-style-type: none"> • Why am I feeling like this? • Different types of relationships • Positive relationships • #NotTheOne 	<ul style="list-style-type: none"> • First aid and CPR • Who can help? • Preparing for the summer break
Year 8	<p><i>Independence and aspirations</i> <i>Developing risk management skills, analytical skills and strategies to identify bias:</i></p> <ul style="list-style-type: none"> • Fake news • Critical analysis of different sources of information • Managing online presence • Strategies to maintain a positive presence online • Developing self- awareness • Getting involved and working together <p><i>Autonomy and advocacy</i></p>	<p><i>Choices and influences</i> <i>Developing agencies and strategies to manage influence and access support.</i></p> <ul style="list-style-type: none"> • What do we need to keep healthy? • The benefits of exercise • The things that support our health • When health goes wrong • Importance of positive mental health • Managing attitudes to mental health and accessing support <p><i>Independence and aspirations</i> <i>Developing goal setting , motivation and self-awareness:</i></p>	<p><i>Autonomy and advocacy</i> <i>Developing communication and negotiation skills, clarifying values and strategies to manage influence:</i></p> <ul style="list-style-type: none"> • Healthy and unhealthy relationships • How to maintain respectful relationships • Sexual orientation • Boundaries in relationships • Consent and avoiding assumptions <p><i>Choices and influences</i></p>



	<p><i>Developing respect for beliefs, values and opinions and advocacy skills:</i></p> <ul style="list-style-type: none"> • What is gender identity? • Stereotypes • Faith and values • How do I feel about difference? • How can we challenge prejudice? • What makes a successful community? 	<ul style="list-style-type: none"> • Identifying personal and academic strengths • Aspirations for the future • Career choices • Identity and the world of work • Career Pilot: Employment trends • Managing emotions in relation to future employment and career choices 	<p><i>Developing agency and strategies to manage influence and access support:</i></p> <ul style="list-style-type: none"> • Introduction to contraception • Resisting peer influences • Not just flirting • Alcohol • Smoking and vaping • Preparing for the summer break
<p>Year 9</p>	<p><u><i>Independence and aspirations</i></u> <i>Developing goal setting, analytical skills and decision making:</i></p> <ul style="list-style-type: none"> • Advice for GCSE options and careers • Informed decisions and future goals • Career Pilot • Skills for enterprise and employability • Laws and rights relating to young people's employment 	<p><u><i>Choices and influences</i></u> <i>Developing empathy, compassion and strategies to access support:</i></p> <ul style="list-style-type: none"> • Digital resilience • The warning signs • Healthy coping strategies • Change and opportunities • Strategies for managing loss • Accessing mental health support 	<p><u><i>Autonomy and advocacy</i></u> <i>Developing assertive communication, clarifying values and strategies to manage influence:</i></p> <ul style="list-style-type: none"> • Developing self-confidence, risk management and strategies to manage influence: • What to watch • Relationships in the media



	<ul style="list-style-type: none"> • Getting involved and working together <p><u><i>Autonomy and advocacy</i></u> <i>Developing self-confidence, risk management and strategies to manage influence:</i></p> <ul style="list-style-type: none"> • Exploring attitudes to drugs • Drugs, the law and managing risk • Drugs and their effects • Managing influencers • Being assertive and dealing with pressure • Why are friends important? 	<p><u><i>Independence and aspirations</i></u> <i>Developing analytical skills and strategies to identify bias and manage influence:</i></p> <ul style="list-style-type: none"> • The impact of the media on decision making • Saving, borrowing and how to manage money • Making informed financial choices • Identifying common forms of fraud and online scams • Gambling • Accessing support in relation to gambling harms and fraud 	<ul style="list-style-type: none"> • Managing challenging content • Serious and organised crime • Gangs and violent crime • FGM <p><u><i>Choices and influences</i></u> <i>Developing decision making, risk management and support-seeking skills:</i></p> <ul style="list-style-type: none"> • Cancer awareness • Respectful relationship behaviours • Sexual health • Contraception • Managing the end of relationships • Preparing for the summer break
<p>Year 10</p>	<p><u><i>Independence and aspirations</i></u></p>	<p><u><i>Choices and influences</i></u></p>	<p><u><i>Autonomy and advocacy</i></u></p>



	<p><i>Developing self-awareness, goal setting, adaptability and organisation skills:</i></p> <ul style="list-style-type: none"> • Adaptability, resilience and strategies to manage change • Learning skills for Key Stage 4 • Managing mental health concerns <p><u><i>Autonomy and advocacy</i></u> <i>Developing empathy and compassion, strategies to manage influence and assertive communication:</i></p> <ul style="list-style-type: none"> • Relationship expectations- recognising manipulation and coercion • How to evaluate and manage the influence of pornography • Identifying and responding to abuse and harassment 	<p><i>Developing agency and decision making, strategies to manage, influence and access support:</i></p> <ul style="list-style-type: none"> • Personal safety- identifying risk and influences on decision making • Online relationships • Assessing readiness for sexual intimacy <p><u><i>Independence and aspirations</i></u> <i>Developing goal setting, leadership and presentation skills:</i></p> <ul style="list-style-type: none"> • Skills for employment • Applying for employment <p>Online presence and reputation</p>	<p><i>Developing respect for diversity, risk management and support seeking skills:</i></p> <ul style="list-style-type: none"> • Forced marriage • Diversity and discrimination • Extremism <p><u><i>Choices and influences</i></u> <i>Developing motivation, organisation, leadership and presentation skills:</i></p> <ul style="list-style-type: none"> • Rights and responsibilities in the workplace • Career Pilot- online opportunities for career development <p>Evaluating and reflecting on work experience</p>
Year 11	<u><i>Independence and aspirations</i></u>	<u><i>Choices and influences</i></u>	<u><i>Autonomy and advocacy</i></u>



	<p><i>Developing resilience and risk management skills:</i></p> <ul style="list-style-type: none"> • Making informed choices about money management • The risks of gambling, fraud and cybercrime • Strategies to promote personal safety <p><i>Autonomy and advocacy</i> <i>Developing communication and negotiation skills, risk management and support seeking skills:</i></p> <ul style="list-style-type: none"> • Maintaining sexual health • Sexual health services • Managing relationship challenges and endings 	<p><i>Developing confidence, agency and support-seeking skills:</i></p> <ul style="list-style-type: none"> • Making safe and healthy lifestyle choices • Health promotion and self-examination • Blood, organ and stem cell donation <p><i>Independence and aspirations</i> <i>Developing empathy and compassion, clarifying values and support-seeking skills:</i></p> <ul style="list-style-type: none"> • Families and parenting • Fertility, adoption and abortion • Pregnancy and miscarriage 	<p><i>Developing confidence, self-worth, adaptability and decision making skills:</i></p> <ul style="list-style-type: none"> • Recognising and celebrating successes • Transition and new opportunities <p>Aligning actions with goals</p>
<p>Year 12</p>	<p><u>Independence and aspirations</u> Developing skills as an effective independent learner:</p> <ul style="list-style-type: none"> • Note-taking • Research & Referencing • Bloom’s Taxonomy 	<p><u>Autonomy and advocacy</u> Developing empathy and compassion, clarifying values and support-seeking skills:</p> <ul style="list-style-type: none"> • Exam technique & revision skills 	<p><u>Autonomy and advocacy</u> Developing confidence, self-worth, adaptability and decision-making skills:</p> <ul style="list-style-type: none"> • Target setting



	<ul style="list-style-type: none"> • Oracy & Public Speaking • Mindfulness • Problem solving • Extended writing • Developing a CV • Revision Skills <p><u>Choices & Influences</u> Developing confidence, agency and support seeking skills.</p> <ul style="list-style-type: none"> • Making safe and healthy life style choices. • The risks of drugs and alcohol • Politics Project 	<ul style="list-style-type: none"> • Target setting • Careers advice and guidance: Exploring apprenticeships & UCAS Exhibition • British Values: The Rule of Law • RSE: Faiths and Tolerance • Coping with stress 	<ul style="list-style-type: none"> • Careers advice and guidance: Work Experience • Post-18 choices • UCAS application process • Writing a personal statement <p><u>Choices & Influences</u> Developing confidence, agency and support seeking skills.</p> <ul style="list-style-type: none"> • Maintaining sexual health • Sexual health services • Managing relationship challenges: consent/sexual harassment
<p>Year 13</p>	<p><u>Independence and aspirations</u> <i>Developing resilience and risk management skills:</i></p> <ul style="list-style-type: none"> • Making informed choices about further study • Managing finances as a student • Developing a career plan <p><u>Choices & Influences</u> Developing confidence, agency and support seeking skills.</p>	<p><u>Autonomy and advocacy</u> Developing empathy and compassion, clarifying values and support-seeking skills:</p> <ul style="list-style-type: none"> • Exam technique & revision • Coping with stress • Careers advice and guidance: UCAS & Apprenticeships, mock interviews • Target setting <p><u>Choices and influences</u></p>	<p><u>Autonomy and advocacy</u> Developing confidence, self-worth, adaptability and decision-making skills:</p> <ul style="list-style-type: none"> • Preparing for the future • Student finance • Recognising and celebrating and celebrating success • Transition and new opportunities



	<ul style="list-style-type: none">• Managing exam stress• Developing revision strategies• Strategies to promote personal safety	<p><i>Developing confidence, agency and support-seeking skills:</i></p> <ul style="list-style-type: none">• Making safe and healthy lifestyle choices• Health promotion and self-examination	
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