



# Period 1 - Curriculum Overview: Term 1 & 2

		YEAR 7		YEAR 8		YEAR 9		YEAR 10		YEAR 11	
TERM	WEEK	SESSION 1	SESSION 2	SESSION 1	SESSION 2	SESSION 1	SESSION 2	SESSION 1	SESSION 2	SESSION 1	
TERM 1	1	Transition: TMSW and being organised				Reminder of TMSW	Reminder of TMSW	Respectful Relationships: Coping with change	Transition into KS4		Respectful Relationships: Long term commitment
	2	Respectful Relationships: Different types of relationships		Respectful Relationships: Relationship values		Respectful Relationships: Negative relationships		Respectful Relationships: Valuing diversity		Respectful Relationships: Legal status of marriage	
	3	Metacognition: Memory 1	Unifrog	Mental Wellbeing: Revisited		Mental Wellbeing: Revisited		Mental Wellbeing: Revisited		Mental Wellbeing: Revisited	
	4	Respectful Relationships: Healthy and unhealthy relationships		Revision/Growth Mindset Skills: What is revision?		Revision/Growth Mindset Skills: What is revision?		Revision/Growth Mindset Skills: What is revision?		TOK: Who do you think you are?	
	5	Metacognition: Memory 2	Being Safe: Firework safety	Respectful Relationships: Relationship expectations and gender roles		Respectful Relationships: Relationship influences		Respectful Relationships: Impact of relationships	Religious Education: Judaism - Rosh Hashannah & Yom Kippur	Respectful Relationships: Parenting	
	6	Respectful Relationships: Bullying and sexual harrasment		Respectful Relationships: Gender and challenging stereotypes (inc sexual harrassment)		Respectful Relationships: Managing the end of a relationship		Respectful Relationships: Understanding and preventing extremism		Mental Wellbeing: Self-esteem and confidence	
	7	Character Education: Caring		Character Education: Justice and Fairness		Character Education: Humbleness		Character Education: Overcoming lonliness		First Aid: Basic life support	
TERM 2	1	Health Education: Body parts, reproductive organs and sex	Metacognition: Memory 3	Respectful Relationships: Understanding marriage		Respectful Relationships: Marriage and family life		Kent Choices		RSE: Understanding consent and intimacy	
	2	Health Education: What is puberty?	Mental Wellbeing: What is mental wellbeing? Pt.1	Respectful Relationships: Conflict in relationships	Mental Wellbeing: Self-esteem and confidence	Respectful Relationships: Rights and attitudes in relationships		Families: Legal status in commitment	Mental Wellbeing: Talking about our emotions	RSE: Pressure, persuasion, coercion and relationship abuse	
	3	Health Education: Personal hygiene	Metacognition: Challenge 1	Revision/Growth Mindset Skills: Flashcards		Revision/Growth Mindset Skills: Flashcards		Revision/Growth Mindset Skills: Flashcards		RSE: Sexual health: contraception and STIs	
	4	Health Education: Menstruation	Mental Wellbeing: What is mental wellbeing? Pt.2	Respectful Relationships: Parenthood and caring	Mental Wellbeing: Social media and mental health	Mental Wellbeing: The impact of social media		Families: Support for those in unsafe marriages	Religious Education: Christianity - Christmas	RSE: Sexual health: fertility and routes to parenthood	
	5	Health Education: NSPCC Pants Rule	Metacognition: Challenge 2	Families: Sex, gender and sexual orientation		Families: Forced and arranged marriage		Families: Loss, separation and bereavement		RSE: Pregnancy outcomes	
	6	Health Education: Consent and the Law	Health Education: Managing emotions	Families: Marriage in different cultures	Mental Wellbeing: Where to find help	Families: Media portrayal of families	Mental Wellbeing: Where to find help	Families: Legal status in commitment	Mental Wellbeing: Developing coping strategies	RSE: Pregnancy choices	
	7	Character Education: Determined		Character Education: Respect		Character Education: Procrastination		Character Education: How to forgive yourself		TOK: What is it like to be a bat?	



# Period 1 - Curriculum Overview: Term 3 & 4

		YEAR 7		YEAR 8		YEAR 9		YEAR 10		YEAR 11
TERM	WEEK	SESSION 1	SESSION 2	SESSION 1	SESSION 2	SESSION 1	SESSION 2	SESSION 1	SESSION 2	SESSION 1
TERM 3	1	Health Education: What is being healthy?	Metacognition: Challenge 3	X	Health Education: Alcohol	X	First Aid: Basic life support	Health Education: Self-examination and vaccination	Religious Education: Ancient Chinese - Chinese New Year	Health Education: Health services and support
	2	Health Education: Healthy food choices		RSE: Body parts, reproduction and sex	Health Education: Alcohol	Health Education: Drugs- attitudes and types		Health Education: Alcohol		Health Education: Substance addiction
	3	Health Education: Physical Exercise	Metacognition: Self-regulation 1	RSE: Consent and the Law	Health Education: Smoking and vaping	Revision/Growth Mindset Skills: Self-quizzing		Revision/Growth Mindset Skills: Self-quizzing		Mental Wellbeing: Exam stress
	4	Health Education: Caffeine		Revision/Growth Mindset Skills: Self-quizzing		Health Education: Drugs- effects and peer influences		Health Education: Drugs		Health Education: Aesthetic procedures
	5	Health Education: Influences	Metacognition: Self-regulation 2	First Aid: Basic life support		Health Education: Lifestyles and wellbeing	Managing Risk: Unsafe and emergency situations	First Aid: Basic life support		First Aid: Choking
	6	Character Education: Reflective		Character Education: Moderation		Character Education: Compassion		Character Education: Self-mastery		TOK: Do we have free will?
TERM 4	1	Online and media: Rights & responsibilities	Metacognition: Self-regulation 3	Online and media: Trustworthy online information	Being safe: How do gangs start?	Online and media: The law on images	Being safe: Gangs - getting out	Online and media: Sex and consent online	Religious Education: Islam - Eid Al-Fitr	Health Education: Checking your breasts
	2	Online and media: Risks and dealing with them		Online and media: Viewing harmful content		Online and media: Body image online		Online and media: Pornography and distorted body image		Health Education: Checking your testicles
	3	Online and media: Harmful behaviour online	Metacognition: Comprehension, connection, strategy 1	Revision/Growth Mindset Skills: Closed book note taking		Revision/Growth Mindset Skills: Closed book note taking		Revision/Growth Mindset Skills: Closed book note taking		TOK: Do humans have a soul?
	4	Online and media: Online age restrictions		Online and media: Sharing material online		Online and media: Protecting your personal data		Online and media: Radicalisation		Diversity: The Equality Act
	5	Diversity: What is diversity?	First Aid: Basic life support	Being safe: Gangs - risks and consequences	First Aid: Asthma	Diversity: Recognising and preventing discrimination	First Aid: Choking	Diversity: How are people drawn into extremism	Being safe: Takling homelessness	First Aid: Bones, muscles and joints
	6	Character Education: Good manners		Character Education: Self-esteem		Character Education: Compassion		Character Education: Self-mastery		TOK: What is time?



# Period 1 - Curriculum Overview: Term 5 & 6

		YEAR 7		YEAR 8		YEAR 9		YEAR 10	
TERM	WEEK	SESSION 1	SESSION 2	SESSION 1	SESSION 2	SESSION 1	SESSION 2	SESSION 1	SESSION 2
TERM 5	1	Families: Different types of families	Metacognition: Comprehension, connection, strategy 2	Health Education: Sleep strategies		RSE: intimate relationships	Health Education: Vaping	RSE: Intimate relationships and consent	GCSE mindset
	2	Families: The role of families		Body confidence: Media messages	First Aid: Allergies	RSE: Consent	Health Education: Blood, organ and stem cell donation	RSE: The role of intimacy and pleasure	Religious Education: Buddhism - Wesak
	3	Families: Marriage	Metacognition: Comprehension, connection, strategy 3	Revision/Growth Mindset Skills: Teaching someone else		RSE: Sexual health	Revision/Growth Mindset Skills: Teaching someone else	RSE: Understanding pornography	Revision/Growth Mindset Skills: Teaching someone else
	4	Health Education: The benefits of sleep		Body confidence: confront comparisons	Health Education: Vaccinations	RSE: Contraception 1	Health Education: The donation process	RSE: Managing conflict and the ending of a relationship	GCSE mindset
	5	Health Education: Dental health	First Aid: Bleeding	Body confidence: Banish body talk	First Aid: Burns	RSE: Contraception 2	Health Education: Donation and choices	RSE: Sexual health: Contraception	First Aid: Bleeding and shock
	6	Character Education: Honesty		Character Education: Being reflective		RSE: Managing the end of a relationship	Character Education: Befriending yourself	RSE: Sexual health: STI's	Character Education: Open-mindedness
TERM 6	1	Careers: What to expect from careers at TMS (transferable skills)	Metacognition: Comprehension, connection, strategy 3	Careers: Career journeys	Fundamental British Values: Tolerance and individual liberty	Careers: Who am I? Self analysis	Families: Addressing family conflict	Careers: What is an apprenticeship?	GCSE mindset
	2	Careers: Skills and qualities- what makes you awesome? Kid president	Being safe: FGM	Careers: Gender stereotypes in the workplace	Being safe: Terrorist attacks	Careers: University: common myths	Diversity: Sexuality and gender- 'coming out'	Careers: Aiming high- Reggie Nelson	Religious Education: Wicca/Pagan - Litha (Summer solstice)
	3	Careers Top Trumps	Metacognition: Reflection 1	Careers: Making good choices- who can you trust?	Revision/Growth Mindset Skills: Cornell notes	Careers: Unifrog PP Numeracy in the wider world	Revision/Growth Mindset Skills: Cornell notes	Careers: Labour market information- Future proofing your career	First Aid: Chest pains
	4	Careers: Variety of job roles	Metacognition: Reflection 2	Careers: Do's and Don'ts- making good option choices	Citizenship: Rule of law	Careers: Unifrog PP	Health Education: Self-examination	Careers: Interview skills- Pursuit of happiness (film)	GCSE mindset
	5	Careers Fair prep	Metacognition: Reflection 3	Careers Fair prep	Citizenship: Democracy	Careers Fair prep	First Aid: Head injuries	Careers Fair prep	GCSE mindset
	6	Finance: Gambling	Character Education: Being confident	Finance: Budgeting, saving and debt	Character Education: Reliability	Finance: Gambling risks and safety	Character Education: Resilience	Finance: Managing finances in the world of work	Character Education: Punctuality