

## Grange Park Time Curriculum

### Long Term Plan 2023 - 24

	Term 1	Term 2	Term 3	Term 4	Term 5 (RSE)	Term 6 (RSE)
Year 7	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Diversity, prejudice, and bullying	Financial decision making Saving, borrowing, budgeting and making financial choices	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries
Year 8	Alcohol and drug misuse and pressures relating to drug use	Community and careers Equality of opportunity in careers and life choices, and different types and patterns of work	Discrimination in all its forms, including: racism, religious discrimination, disability, discrimination, sexism, homophobia, biphobia and transphobia	Emotional wellbeing Mental health and emotional wellbeing, including body image and coping strategies	Digital literacy Online safety, digital literacy, media reliability, and gambling hooks	Identity and relationships Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception
Year 9	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Employability skills Employability and online presence	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Bullying, cyber bullying and self – esteem.	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes y	Intimate relationships - Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography