

## **Focus Weekly Themes**

### **KS 3**

Autumn	Theme	Spring	Theme	Summer	Theme
Week 1	<b><u>All about me</u></b> Getting to know each other/building on our knowledge of others. My family and friends. My talents, skills, hobbies and qualities. My favourite sport, animal, game etc.	Week 1	<b><u>Recognising Emotions</u></b> How we can <u>recognise</u> a wide range of our own emotions and within a range of relationships.	Week 1	<b><u>Spiritual and Cultural</u></b> Beliefs, customs, values and traditions of others in the UK and other places in the world.
Week 2	<b><u>Our similarities and differences.</u></b> Differences between boys/girls, men/woman. Personalities, skills, hobbies, family setting etc.	Week 2	<b><u>Managing Emotions</u></b> How we can <u>manage</u> a wide range of our own emotions and within a range of relationships.	Week 2	<b><u>Race, Culture, Ability, Disability, Sex, Gender Identity, Age and Sexual Orientation</u></b> Similarities and differences of these and the impact of stereotyping, prejudice bullying and discrimination on individuals and communities.
Week 3	<b><u>New beginnings and coping with changes</u></b> New environments, people, and new opportunities.	Week 3	<b><u>The Wider World</u></b> Human rights, Universal rights, the rights of the child/young person etc. (To Know that there are some cultural practices which are against British Laws such as FGM.)	Week 3	<b><u>Careers and the world at work</u></b> How to develop employability, team working and leadership skills and develop flexibility and resilience
Week 4	<b><u>Thinking about others</u></b> Empathy, understanding, compassion, being a good role model.	Week 4	<b><u>Environment</u></b> What improves and harms our local, natural and built environment.	Week 4	<b><u>Personal Strengths</u></b> Evaluate personal strengths and areas for development
Week 5	<b><u>Targets and goals for the future</u></b> Short term goals, long term goals. My aspirations.	Week 5	<b><u>Recognising and Managing Risks.</u></b> What is Right and Wrong, concept of consent, personal space.	Week 5	<b><u>Strengths, Interests, skills and Qualities</u></b> How these are changing and how they relate to future employability

Week 6	<b><u>Self Esteem and Self Confidence</u></b>	Week 6	<b><u>Safer Internet Use</u></b> Awareness of social media, Apps without restrictions, blocking, reporting issues, Parental controls, digital footprint, strengths of passwords. Safe use of ICT incl. own and others personal data and images <b>Safer Internet Day (Tuesday 7<sup>th</sup> February)</b>	Week 6	<b><u>My Targets and Goals for the Future</u></b> Knowledge and skills needed to set realistic and challenging targets and goals.
Week 7	<b><u>Making positive choices and resolving conflicts</u></b>	Week 7	<b><u>Drugs and Alcohol Awareness</u></b> The risks, the law and personal safety.	Week 7	<b><u>Rights and Opportunities</u></b> To recognise that they have the same rights to opportunities in learning and work as all people; to recognise and challenge stereotypes; and/or family or cultural expectations that may limit their aspirations
Week 1	<b><u>Dealing with risky relationships</u></b> Including forms of bullying and challenges posed by online bullying, abuse, sexual, violence, online encounters.	Week 1	<b><u>Friendships and Social Pressures on Young People</u></b>	Week 1	<b><u>Developing Organisation Skills</u></b> Their own identity as a learner/learning styles. Developing study, research, presentation and organisation skills.
Week 2	<b><u>Staying Safe in our community</u></b> Health & Safety, Fire Safety, Choices made that effect health and safety and consequences of these choices. <b>(Guy Fawkes, Fireworks)</b>	Week 2	<b><u>Managing loss including bereavement, separation and divorce</u></b> How to access appropriate advice and support.	Week 2	<b><u>Types of Work and Job Roles</u></b> Employment, self-employment and voluntary. Career pathways through education and work.
Week 3	<b><u>Anti-Bullying</u></b> Definitions- Imbalance of power, challenging disablist language, race and religion, homophobic language, diversity, hate crime, cyber use, general bullying, appearance related etc. <b>National Anti-Bullying Week. Theme: Power For Good!</b>	Week 3	<b><u>Health and Well Being and Healthy Living</u></b> Benefits of exercise, healthy eating, sleep, dental/optical/medical care/personal hygiene. <b>(Healthy Living Week)</b>	Week 3	<b><u>What is a Curriculum Vitae?</u></b> To understand that it is important to track and record our progress, achievements etc. A brief introduction to what a C.V is and that it is personal to each individual.

Week 4	<b><u>Developing Team Building Skills</u></b>	Week 4	<b><u>Relationships</u></b> Communicating and expressing feelings. How our behaviour affects others. Discuss what physical contact is acceptable/unacceptable, building healthy relationships.	Week 4	<b><u>Making Decisions</u></b> Sources of information, advice and support available to them, making informed decisions/what this means and the skills to manage decision-making processes.
Week 5	<b><u>Developing Social Skills</u></b> Communication, interactions, negotiation, Verbal/non-verbal (Socialization).	Week 5	<b><u>Talking about Puberty</u></b> Becoming men and women, hygiene, menstruation and wet dreams, menstruation (girls). Body image, physical/emotional changes.	Week 5	<b><u>How to Manage Money</u></b> The management of money and being a critical consumer. The role money plays in their own and other's lives. Explore social and moral dilemmas about the use of money, (including how the choices pupils make as consumers affect other people's economies and environment).
Week 6	<b><u>Peer Pressures</u></b>	Week 6	<b><u>Reproduction</u></b>	Week 6	<b><u>Safety in the Workplace and at Home</u></b> To understand that household products, including medicines, can be harmful if not used properly
Week 7	<b><u>Debate a Topic</u></b> Current affairs, social and cultural. Pro/Con questions (overcome any fears pupils have of public speaking).	Week 7	<b><u>Local Health Services</u></b> Services and support that are available to us.	Week 7	<b><u>Personal Hygiene and the Well Being of Yourself and Others</u></b> Personal hygiene and how some diseases are spread, how these can be controlled and the responsibilities they have for their own health and that of others

## **Focus Weekly Themes**

### **KS 4/5**

Autumn	Theme	Spring	Theme	Summer	Theme
Week 1	<u><b>All about me</b></u> Getting to know each other/building on our knowledge of others. My family and friends. Talents, skills, hobbies and qualities. My favourite sport, animal, game etc.	Week 1	<u><b>Recognising Emotions</b></u> How we can <u>recognise</u> a wide range of our own emotions and within a range of relationships.	Week 1	<u><b>Careers and the world at work</b></u> How to develop employability, team working and leadership skills and develop flexibility and resilience.
Week 2	<u><b>Our similarities and differences.</b></u> Differences between boys/girls, men/woman. Personalities, skills, hobbies, family setting etc.	Week 2	<u><b>Managing Emotions</b></u> How we can <u>manage</u> a wide range of our own emotions and within a range of relationships.	Week 2	<u><b>Development of Curriculum Vitae</b></u> Concise, accurate, engaging and thorough. A summary of your career development, work experience, qualifications, awards and personal development.
Week 3	<u><b>New beginnings and change</b></u> New environments, people, career opportunities. Setting personal goals.	Week 3	<u><b>The Wider World</b></u> E.g. Human rights, Universal rights, the rights of the child/young person etc. (To Know that there are some cultural practices which are against British Laws such as FGM.)	Week 3	<u><b>Personal Strengths</b></u> Evaluate personal strengths and areas for development
Week 4	<u><b>Thinking about others</b></u> Empathy, understanding, compassion, being a good role model.	Week 4	<u><b>Environment</b></u> What improves and harms our local, natural and built environment.	Week 4	<u><b>Strengths, Interests, skills and qualities</b></u> How these are changing and how they relate to future employability
Week 5	<u><b>Targets and goals for the future</b></u>	Week 5	<u><b>Recognising and Managing Risks.</b></u>	Week 5	<u><b>Careers and employability Guidance</b></u>

	Short term goals, long term goals, My aspirations.		What is Right and what is wrong. Concept of Consent, personal space etc.		The information, advice and guidance available to them and how to access it
Week 6	<b><u>Self Esteem and Self Confidence</u></b>	Week 6	<b><u>Safer Internet Use</u></b> Awareness of social media, Apps without restrictions, blocking, reporting issues, Parental controls, digital footprint, strengths of passwords etc. <b>Safer Internet Day (Tuesday 7<sup>th</sup> February)</b>	Week 6	<b><u>Employability Skills And Further Development</u></b> Development study and employability skills (Including time management, self-organisation, presentation, team working and use of ICT)
Week 7	<b><u>Making positive choices and resolving conflicts</u></b>	Week 7	<b><u>Drugs and Alcohol Awareness</u></b> Personal safety, risks and the law. KS4/5 Definitions of terms such as dependant and addiction.	Week 7	<b><u>Confidentiality in the Work Place</u></b> When confidentiality should be kept and when it might need to be broken
Week 1	<b><u>Dealing with risky relationships</u></b> Including forms of bullying and challenges posed by online bullying, abuse, sexual, violence, online encounters.	Week 1	<b><u>Friendships and Social Pressures on Young People</u></b>	Week 1	<b><u>Financial Decisions</u></b> Recognise and manage the influences on their financial decisions (Including managing risks, planning expenditure, understanding debt and gambling)
Week 2	<b><u>Staying Safe in our community</u></b> Health & Safety, Fire Safety, Choices made that effect health and safety and consequences of these choices <b>(Guy Fawkes, Fireworks)</b>	Week 2	<b><u>Managing loss including bereavement, separation and divorce</u></b> How to access appropriate advice and support	Week 2	<b><u>My targets and goals for the future</u></b> Short, mid and long term goals.
Week 3	<b><u>Anti-Bullying</u></b> Definitions- Imbalance of power, challenging disablist language, Racism, homophobic language, diversity, hate crime, cyber use etc. <b>National Anti-Bullying Week.</b>	Week 3	<b><u>Health and Well Being and Healthy Living</u></b> Benefits of exercise, healthy eating, sleep, dental/optical/medical care/personal hygiene <b>(Healthy Living Week)</b>	Week 3	<b><u>Developing Social Skills</u></b> Communication, interactions, negotiation. Verbal/non-verbal (Socialization).

	<b>Theme: Power For Good!</b>				
Week 4	<b><u>Developing Team Building Skills</u></b>	Week 4	<b><u>Relationships</u></b> Communicating and expressing feelings. How our behaviour affects others. Discuss what physical contact is acceptable and unacceptable, building healthy relationships.	Week 4	<b><u>Spiritual and Cultural</u></b> Beliefs, customs, values and traditions of others in the UK and other places in the world
Week 5	<b><u>Developing Social Skills</u></b> Communication, interactions, negotiation. Verbal/non-verbal (Socialization).	Week 5	<b><u>Talking about Puberty</u></b> Becoming men and women, hygiene, menstruation and wet dreams, menstruation, building good relationships. Body image, physical/emotional changes.	Week 5	<b><u>Race, Culture, Ability, Disability, Sex, Gender Identity, Age and Sexual Orientation</u></b> Similarities and differences of these and the impact of stereotyping, prejudice bullying and discrimination on individuals and communities
Week 6	<b><u>Peer Pressures</u></b>	Week 6	<b><u>Reproduction, Pregnancy and Being a Parent-Your Questions Answered</u></b>	Week 6	<b><u>Safety in the workplace and at home</u></b> To understand that household products, including medicines, can be harmful if not used properly
Week 7	<b><u>Debate a Topic</u></b> Current affairs, social and cultural. Pro/Con questions (overcome any fear pupils may have of public speaking).	Week 7	<b><u>Contraception Methods, Safer sex, STD and HIV Transmission, sexual health services available.</u></b> <u>Your Questions Answered</u>	Week 7	<b><u>Personal Hygiene and the Well Being of Yourself and Others</u></b> Personal hygiene how some diseases are spread and can be controlled and the responsibilities they have for their own health and that of others