

Learning for Life

U4 Curriculum Map

Health and Wellbeing

Parenting skills and family life	Students will explore the challenges of bringing up a family and the importance of family budgeting. They will understand the skills needed to be a good parent.	Spring term
Drugs	Reminder for students to understand the law about different types of drugs.	Spring term
Alcohol	Students will be able to evaluate the risks associated with alcohol.	Spring term
Emotional wellbeing	Students will reflect on their mental health and be able to explain the factors that affect it. They will understand the impact of good and poor mental health.	Spring term
Dealing with stress	Students will be able to recognise the signs and symptoms of stress. They will reflect on sleeping habits. They will know how to manage stress effectively.	Spring term
Pressures and influences	Students will explore and understand how the media influences how we see ourselves and will reflect on how their own health is affected by the media. They will reflect if males or females feel differently about body image.	Spring term

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Being health aware	Students will be able to explain why it is important for individuals to take responsibility for their own health. They will about health checks they can do. They will learn about what is involved in health screening and where to seek advice.	Spring term
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Sex and Relationships

The teenage brain	Students will explore what positive and negative risks are and know what the 'head' and 'heart' responses are to risk. They will evaluate their own personal responses to risk and risk taking.	Autumn term
Relating to others	Students will be able to describe different types and levels of relationships and know the roles within relationships.	Autumn term
Skills for successful relationships	Students will develop and evaluate strategies that can help begin new relationships.	Autumn term
Sexual relationships	Students will understand the importance of, and responsibility that comes with, sexual relationships. Students will understand issues that can make relationships unhealthy or damaging and why respect is important in a relationship.	Autumn term
Harassment and Gender	Students will understand how men and women have diverse outlooks on life and why some choose to belittle the other because of their gender.	Autumn Term

Living In the Wider World

Rights and responsibilities online	Students will understand how online activity leaves a 'digital footprint'.	Summer term
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	They will know the importance of being responsible online and be able to evaluate their online behaviour.	
When things go wrong online	Students will be able to explain what cyberbullying is and how it affects people. They will be able to describe what trolling is and how it effects people. They will understand what hacking is and why it occurs and how to protect themselves online. They will know where to report online concerns.	Summer term
Living in Britain	Students will be able to explain different experiences that can unite people from different backgrounds positively.	Summer term
The Equality Act and hate crime	Students will understand what the Equality Act is and its purpose and be able to list the protected characteristics. They will understand what hate crimes are and their impact on communities.	Summer term
Responsible consumerism	Students will understand how advertising encourages the spending of money. They will be able to decide if 'offers' are really as good as they seem. They will explore ways to reduce their own waste.	Summer Term