

KS3 and KS4 Curriculum Plan

2026-7

Thirds

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1. Settling into secondary school 2. Friendship 3. Self-esteem 4. Bullying 5. First Aid 6. Health and Wellbeing	1. Media Influence 2. Digital Citizenship 3. Screen time and Mental Health 4. Peer Pressure and Risk 5. Child Abuse 6. Emotional Literacy	1. Puberty & FGM 2. Managing Changes 3. Personal Health 4. Smoking, Vaping and Snus 5. Healthy Eating 6. Sugar and Oral Health	1. Families and Commitment 2. Family Disputes 3. Mental Health 4. Street Safety 5. Sun, Rail and Water Safety	1. The Equality Act and Stereotyping 2. Prejudice and Discrimination 3. Gender Stereotyping 4. Racism	1. LGBTQ+ 2. Celebrating Difference 3. Bullying and Bystanders 4. Building Stress Resilience

First Aid during Pastoral Drop Morning

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2025-26

Removes

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer
1. Healthy Boundaries 2. Gangs and Grooming 3. Personal Safety and Knife Crime	1. Resilience 2. Body Image 3. Managing Life Changes	1. Alcohol - Attitudes and Influence 2. Alcohol - Laws and Risks 3. Drugs - Laws and Risks	4. Cannabis & Nitrous Oxide - Risk and Harm 5. Other Illegal Drugs - Risk and Harm	4 x lessons on Identity, Heritage and Challenging Prejudice

Drop Day

1. AI - Risks and Harms 2. Sharing Images, Sextortion and Deep Fakes 3. Social Media and Influencers 4. First Aid (School Nurse) 5. Positive Masculinity

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L4th

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1. British Values 2. Why do we have laws? 3. How are laws made? 4. Changing the Law 5. New law debate 6. The Criminal Justice System	1. Fake News 2. Extremism and Radicalisation 3. Extreme Views – Misogyny 4. Extreme Views – Racism (Far Right) 5. Extreme Views – Islamophobia 6. Extreme Views – Anti-Semitism	1. Romantic Relationships 2. Relationship Expectations 3. Healthy Relationships 4. Consent 5. Dating and Culture 6. Marriage, Co-habitation and Commitment	5 x lessons on Careers and Economic Wellbeing	1. Sharing Images and Deep Fakes 2. Online Harms 3. Grooming 4. Online Gambling - Social Media, Competitions and Gaming	1. Abusive Relationships 2. AI, Chatbots and Digital Relationships 3. Pornography and Unhealthy Behaviour 4. Relationship Break-ups

Drop Day

Contraception, STIs, Viewing Harmful Images, Relationship Safety, Alcohol and Vaping

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U4th

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1. Elections and Campaigning 2. Voting Systems 3. Voting 4. Political Parties 5. The Work of an MP 6. Voting Age	1. Harassment and Personal Safety 2. Sexual Exploitation 3. Online Abuse 4. Online Relationships 5. Abusive Relationships 6. Self-Expression and Self-Esteem	1. Wellbeing, Happiness and Sleep 2. Nutrition and UPF 3. Screen time and Social Media 4. and 5. Healthy and Lifestyle Prevention	1. Personal Budgeting 2. Credit and Debit Cards 3. Taxation 4. Fraud 5. Consumer Rights and Responsibilities	1. Substances and Emergencies (School Nurse) 2. Alcohol and Spiking 3. Ecstasy and Ketamine - Risk and Harm 4. Cocaine and Heroin - Risk and Harm	4 x Careers Lessons

Drop Morning

Drugs and Risk, Contraception and STIs, Sexual Violence, Consent

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Fifths

Autumn Term	Spring Term	Summer Term
1. Independent Study and Revision Skills 2. Revision Skills (Talk) 3. Contraception and STI's (Talk) 4. Substances and Emergencies (School Nurse) 5. Ecstasy and Ketamine - Risk and Harm 6. Heroin and Cocaine - Risk and Harm	Mock Exams 1. Pornography and Exploitation 2. Pornography - Harms and Addiction 3. Sexual Violence and Misogyny (Talk t.b.c)	1. Managing Exam Stress,, Resilience and Results