

KS4 year groups have 1 lesson per week – Tuesday Lesson 1

RSE

Citizenship

British Values

	Autumn 1	Autumn2	Spring 1	Spring 2	Summer 1	Summer 2
Year 10	Preparing for the future What's a CV Presentation skills Enterprise skills Legal rights in the workplace and Equalities Act Online presence and data	Human Rights What are Human Rights? What 'protections' do you have? How do trade unions work? What constitutes sexual harassment and sexual violence? Identity	Money Management Budgeting and essentials Risks of online gambling Loans and debt Credit cards Pensions Maintaining a healthy diet on a budget Attitudes to wealth in society	Drug and Alcohol addiction Law on drugs and alcohol Physical and psychological addiction Decriminalisation debate Alcohol and it's effects on the body Why people choose to drink	Looking after yourself Peer on peer abuse How to handle stress Meditation and relaxation Improving memory How to revise	Citizenship young people and voter engagement how fair are different voting systems Different types of government Life under Dictatorship What is a Communist Dictatorship
Year 11	Preparing for GCSEs Judging own weaknesses Improving revision Healthy eating and regular exercise The importance of sleep Anxiety and who to talk to	Careers Employability skills Sixth Form options Modern apprenticeships A-Levels and T-Levels Practice interviews Harmful behaviour online (social media)	Sexual relationships Long term relationships Relationship abuse Reproductive health and safe sex (including how to get contraception) Drugs, Alcohol and Consent Why people choose to be abstinent* FGM	Revision	Revision	Study leave