

## Inspire – Year 10 Whitmore Park Annexe

	Dreams and Goals Autumn 1	Changing Me Autumn 2	Relationships Spring 1	Healthy Me Spring 2	Being Me in My World Summer 1	Celebrating Difference Summer 2
Topics	Important relationships, resilience & how to develop it	Societal change, how will it affect me?, social media and social change, save the environment	My relationships, self, love?, lust?, attraction, attachment	My health MOT, top tips for health, adopting healthy habits	Freedom, human rights & act, safety, violations	Hidden disability, examples, challenges for those affected, protected characteristics, EQ act, equality
	Physical and mental health, MH tips	What makes a good relationship?	Pressures of different relationships, freedom and control	Cardiovascular disease, diabetes, cancer, breast cancer and risk factors, breast checking, substance misuse and physical health	Grief cycle, loss, responses to loss, support	Workplace expectations and disability, promoting equality, fair pay, rights and responsibilities
	Online safety – digital footprint, impact on career	Me and my relationships, attraction, love or crush?	Privacy, personal space, invasion of privacy, paparazzi and celebrity	Habits for a healthy lifestyle, dental health, how to see a dentist, skin health and sunscreen	Family expectations, active listening, roles within the family (i.e., firstborn etc)	Religion in decline?, positives, fundamentalism, stereotypes, celebrating diversity
	Money, wages and career goals, what affects your earning potential, budgeting	Pornography, art?, is it ok for adults to look at porn?,	Good relationship, control, anti-bullying, power, coercion, peer-on-peer abuse	Vaccination, UK vaccination program Does vaccination work, herd immunity, Covid 19 vaccination	First impressions, influences on our identity, self-image, be positive	Bullying, the law, types of bullying, LGBT+, emotional, peer-on-peer abuse consequences, get involved, golden rule
	Weekly costs, debt, gambling, emotions linked to too much/ little money	Alcohol, the law, effects of alcohol, scenarios	Social media, safety tips, laws, trolling, peer-on-peer abuse, employer's rights to access	Peer pressure, the changing teenage brain, risks in social situations, social risk and substance misuse	Marriage and the law, beliefs and religions, protected characteristics, respect	Making a positive contribution, making a stand, Malala, what matters to you?
	Gambling issues and support	Can a relationship be honest and real as well as exciting and fun?	Healthy relationships and control	Interactive play and wellbeing choices	Being unique, expectations, managing them	Is it only the rich that can change the world?, Charles Drew, How can I make a difference? needed,

**Aspire – Year 11 Pupils Whitmore Park Annexe**

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Topics</b>	<p>Intro to PSHE - Pupil Voice. Shaping your course</p> <p>Post 16 Options</p> <p>Planning for the Future</p> <p>External Speaker (Your Voice Matters)</p> <p>START - Finding Careers Information</p> <p>CV Writing</p> <p>Writing a Personal Statement</p> <p>Making Applications for Post 16</p>	<p>JBM 1 - Pros and Cons of becoming an adult</p> <p>JBM2 - Relationships and the Law</p> <p>JBM3 - Equality Act, Domestic Abuse, Peer on Peer</p> <p>JBM4 - Online law and safety</p> <p>JBM5 - Emergency Situations</p> <p>JBM6 - Situations and Consequences</p> <p>JDG4 - Intimate Relationships/Parenting</p>	<p>JR1 - Intimate romantic relationships</p> <p>JR2 - LGBT+ gender and sexuality spectrums</p> <p>JR3 Perceptions of LGBT+</p> <p>JR4 Balance of Power in relationship</p> <p>JR5 My body my choice</p> <p>JR6 - Being you in a relationship</p>	<p>JHM2 - Relationships and Consent</p> <p>JHM3 - Hormonal Health, Fertility and Infertility</p> <p>JHM4 - Contraceptives and Sexual Health</p> <p>JHM5 - Pregnancy and Choice</p> <p>JHM6 - Mutual Respect in intimate relationship</p>	<p>PH1 - Alcohol Awareness</p> <p>PH2 - Self-Care</p> <p>PH3 - Body image in a digital world</p> <p>PH4 - Building Connections</p> <p>JDG2 - Money, work, debt, employment</p> <p>JDG3 - Jobs in the Future, managing your skillset</p> <p>JDG6 - Can Technology help us reach our goals</p>	<p>Managing Change &amp; Transition</p> <p>Transition Fortnight</p> <p>Team Building</p> <p>Transition Visits</p>

Respire – Year 11 Pupils Whitmore Park Annexe

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Topics</p>	<p>Intro to PSHE – what jobs could we do? Identifying and recognising Part 1</p> <p>What job skills are important? Which do we possess? Which should we develop? Part 2</p> <p>Planning for the Future – transferable skills (dual coded) Link to S&amp;L goals Part 3</p> <p>Capturing our skills in a skills-focused CV Part 4</p> <p>What do I need to share about me and why? – writing a personal statement (Part 5)</p> <p>Post 16 Options – what do I need to achieve to enter the role that interests me most?</p> <p>External Speaker (Your Voice Matters)</p> <p>Making Applications for Post 16</p>	<p>JBM 1 - Pros and Cons of becoming an adult</p> <p>JBM2 - Relationships and the Law</p> <p>JBM3 - Equality Act, Domestic Abuse, Peer on Peer</p> <p>JBM4 - Online law and safety</p> <p>JBM5 - Emergency Situations ICE/crisis/fight or flight</p> <p>JBM6 - Situations and Consequences - understanding our own values and boundaries, making informed decisions and being comfortable establishing boundaries in tricky situations</p> <p>JDG4 - Intimate Relationships Part 1 – how to be a good partner and friend /students explore own views on what is good parenting ?– language for learning; physical caring and prioritising self &amp; others appropriately; avoiding control and manipulation/power imbalance in a relationship particularly a sexual one</p>	<p>JR1 - Intimate romantic relationships</p> <p>JR2 - LGBT+ gender and sexuality spectrums</p> <p>JR3 Perceptions of LGBT+</p> <p>JR4 Balance of Power in relationship (Part 2)</p> <p>JR5 My body my choice</p> <p>JR6 - Being you in a relationship return to Part 2 of understanding our own values and boundaries, making informed decisions and being comfortable establishing boundaries in tricky situations</p>	<p>JHM2 - Relationships and Consent repeat boundaries messaging and dealing with backlash from unsuitable partners (name calling in context e.g. frigid etc)</p> <p>JHM3 - Hormonal Health, Fertility and Infertility (choices; what they look like – physical props)</p> <p>JHM4 - Contraceptives and Sexual Health</p> <p>JHM5 - Pregnancy and Choice</p> <p>JHM6 - Mutual Respect in intimate relationship</p>	<p>PH1 - Alcohol Awareness</p> <p>PH2 - Self-Care (link with wellbeing curriculum coverage)</p> <p>PH3 - Body image in a digital world</p> <p>PH4 - Building Connections</p> <p>JDG2 - Money, work, debt, employment</p> <p>JDG3 - Jobs in the Future, managing your skillset link back to Aut 1</p> <p>JDG6 - Can Technology help us reach our goals – AI and it’s limitations and usefulness</p>	<p>Managing Change &amp; Transition</p> <p>Transition Fortnight</p> <p>Team Building</p> <p>Transition Visits</p>