| Half Term 1a  Focus: Independence, identity and community | | | | | | | |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| First aid- CPR, AED’s, wounds and choking | Making healthy choices- cosmetic and plastic surgery | Making healthy choices- organ donation, vaccines and health clinics | Creating influences | Identity and mental health | Gender norms | Gender identities | Adulting, self worth and celebrating success  Assessment |

| Half Term 1b  Focus: Relationships | | | | | | | |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Marriage and civil partnership | Becoming a parent | Family relationships and value conflicts | Communication and vulnerability in relationships | Abusive relationships | Making decisions about sex | Pregnancy  Assessment |  |

| Half Term 2a  Focus - Wellbeing and relationships | | | | | | | |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Impact on attitudes and behaviour | The potential damage on relationships from viewing explicit materials | Exploitation | Spiral of addiction | Pornography and the law  Assessment |  |  |  |

| Half Term 2b  Focus: Body awareness | | | | | | | |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Connecting with yourself mindfully- stress | Connecting with yourself mindfully- self concept and motivation | Body image in media- pornography | Body image dangers | Parenthood and fertility- routes to parenthood, infertility and miscarriages | Parenthood and fertility- choices in parenthood, pregnancy and birth  Assessment |  |  |

| Half Term 3a  Focus: Wellbeing | | | | | | | |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Know your rights | Online wellbeing | Media influence and gangs | Media influence, radicalisation and extremism | Conversations about mental health | Mental wellbeing  Assessment |  |  |

| Half Term 3b  Focus: Body awareness and wellbeing | | | | | | | |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Developing sexuality and readiness for sex | Privacy and consent | Sexual health and STI’s | What is addiction | How addiction affects people | Consequences of addiction | Seeking help for addiction  Assessment |  |