

	Autumn Term	Spring Term	Summer Term
Year 7	<p>Term 1a Relationships and Friendships</p> <p>Term 1b Health and wellbeing</p> <p>Personal Development Relationships and friendships:</p> <ul style="list-style-type: none"> - British values - Good communication between friends. Be kind / caring. - Understanding difference between bullying and banter <ul style="list-style-type: none"> - Dealing with conflict - Friendship and relationships <p>Personal Development Health and wellbeing:</p> <ul style="list-style-type: none"> - Being active / healthy - Physical and mental health - The dangers of smoking / vaping <p>Ridgeway 360 Relationships and friendships</p> <p>Academic – Dealing with conflict. Physical – Social – Caring and communicating. Mental – Support and the effect of looking after each other. Mental impacts of bullying</p> <p>Ridgeway 360 Health and wellbeing</p> <p>Academic – Science – understanding how our bodies work. Physical – Being active and fitness. Social – Team sport – being active together. Mental – physical and mental combined are best for overall wellbeing.</p>	<p>Term 2 Living in the wider world</p> <p>Personal Development Living in the wider world:</p> <ul style="list-style-type: none"> - Living in a global village <ul style="list-style-type: none"> - Our role in society - Being a British citizen and dealing with racism - Money management and budgeting <ul style="list-style-type: none"> - E Safety - Radicalisation and what to look for. <p>Ridgeway 360 Living in the wider world</p> <p>Academic – The history of racism and radicalisation. Physical – Social – E-safety and avoiding the risks. Mental – Being non-judgemental and inclusive to all.</p>	<p>Term 3a Relationships and SRE</p> <p>Term 3b Health and wellbeing</p> <p>Personal Development Relationships and SRE:</p> <ul style="list-style-type: none"> - Changes – puberty - Periods – what happens and why? <ul style="list-style-type: none"> - Families and FGM - FGM and culture. What should we do if we are aware? <p>Personal Development Health and wellbeing:</p> <ul style="list-style-type: none"> - Aspiration and self-esteem. What should we aim for? How can we get there? <ul style="list-style-type: none"> - Manging oneself <p>Ridgeway 360 Relationships and SRE</p> <p>Academic – Biological changes in our bodies, culture and understanding FGM. Physical – Being healthy and understanding bodily changes. Social – Who to talk to and understanding oneself regarding changes. Mental – How the way we think, and feel might change during puberty.</p> <p>Ridgeway 360 Health and wellbeing</p> <p>Academic – How to get the best from us in school. Growth mindset. Physical – Link between physical and mental self. Social – Dealing with peer pressure. Mental – Feeling secure in ourselves.</p>



<p style="text-align: center;">Year 8</p>	<p style="text-align: center;">Term 1a Finance</p> <p style="text-align: center;">Term 1b Careers</p> <p>Personal Development Finance:</p> <ul style="list-style-type: none"> - What does being British mean? Who are we? - Managing money, understanding tax and NI - Being smart with money. Saving. Debt <p>Personal Development Careers:</p> <ul style="list-style-type: none"> - Working as a team - Motivating oneself to achieve <ul style="list-style-type: none"> - Being confident - Effective communication in school and in the workplace <p style="text-align: center;">Ridgeway 360 Finance</p> <p>Academic – Maths and working with money. Who are the British? Physical – Social – Living with money and managing this effectively. Saving Mental – Money waste – how to avoid?</p> <p style="text-align: center;">Ridgeway 360 Careers</p> <p>Academic – Maths and working with money. Physical – Social – Effective communication Mental – Motivating oneself.</p>	<p style="text-align: center;">Term 2a Health</p> <p style="text-align: center;">Term 2b Stereotyping</p> <p>Personal Development Health:</p> <ul style="list-style-type: none"> - What is cancer and how could it affect us? - Smoking and vaping. Why should we stay away from these? - Being mindful / mentally aware and healthy <p>Personal Development Stereotyping:</p> <ul style="list-style-type: none"> - Knowing what disability is and what it means. How is it portrayed in the media? - Overcoming physical and mental challenges <ul style="list-style-type: none"> - How the media influences us - Religious prejudice. Why is it so wrong? <p style="text-align: center;">Ridgeway 360 Health</p> <p>Academic – Knowledge of cancer. What is it? Physical – Risks of smoking / vaping Social – The importance of sport and physical activity amongst friends Mental – Mindfulness</p> <p style="text-align: center;">Ridgeway 360 Stereotyping</p> <p>Academic – Exploring the different medias and understanding how they influence us. Physical – Challenges faced by people with a disability. Social – Thinking for oneself. Avoiding stereotyping Mental – Being smart with social media</p>	<p style="text-align: center;">Term 3 SRE</p> <p>Personal Development SRE:</p> <ul style="list-style-type: none"> - Being aware of STIs and how to avoid them. - Contraception and being safe. - Social media and what online grooming might look like. Spotting this. Knowing what to do. <ul style="list-style-type: none"> - Consent and the law <p style="text-align: center;">Ridgeway 360 SRE</p> <p>Academic – Biology link – STIs and Contraception Physical – Sexual health Social – Friends and social media. Being responsible. Mental – Being safe and suspicious with social media.</p>



Year 9	<p style="text-align: center;">Term 1a Self improvement</p> <p style="text-align: center;">Term 1b Contemporary issues</p> <p>Personal Development Self-improvement:</p> <ul style="list-style-type: none"> - What does being British mean? Who are we? - Interpersonal skills and effective communication - Being able to manage oneself. <p>Personal Development Contemporary issues:</p> <ul style="list-style-type: none"> - British values and religion. Inclusiveness regardless of religion <ul style="list-style-type: none"> - Rights and responsibilities - Geography/DT link - Being sustainable. Thinking about the future. <p>Ridgeway 360 Self improvement Academic – Study and revision. Physical – Social – Effective communication Mental – Dealing with stress. Being mindful.</p> <p>Ridgeway 360 Contemporary issues Academic – Religion in Britain Physical – How can we be more sustainable in our lives? Social – Knowing what’s right and being responsible. Mental – Thinking about the future.</p>	<p style="text-align: center;">Term 2a Careers and employability</p> <p style="text-align: center;">Term 2b Wellbeing and addiction</p> <p>Personal Development Careers and employability:</p> <ul style="list-style-type: none"> - Enterprise skills. Making good decisions. - Knowing what our consumer rights are - Dealing with money. Making good decisions <p>Personal Development Wellbeing and addiction</p> <ul style="list-style-type: none"> - Knowing about drugs and their effects - Knowing about alcohol and its effects <ul style="list-style-type: none"> - Understanding addiction and the consequences linked to it. - Identifying abuse in others <p>Ridgeway 360 Careers and employability Academic – Business studies link - Knowing about consumer rights. Physical – Social – Enterprise - effectively working and communicating with others. Mental – Making good decisions with money.</p> <p>Ridgeway 360 Wellbeing and addiction Academic – Science link – Alcohol and other drugs Physical – Healthy decisions Social – Healthy decisions Mental – Dealing with / avoiding unhealth addiction. How does addiction work?</p>	<p style="text-align: center;">Term 3a Wellbeing and addiction</p> <p style="text-align: center;">Term 3b Issues around the world</p> <p>Personal Development Wellbeing and addiction</p> <ul style="list-style-type: none"> - Being mentally healthy. What is mental health? - Anxiety – what to look for? How to deal with it. - Self-harm. What to look for? Supporting others. What to do? - What is LGBTQI? June – Pride month. The history? <p>Personal Development Issues around the world</p> <ul style="list-style-type: none"> - What is Aid? Why is it important? - The actions of UNICEF. How do they help? - Genocide – where it starts? How to avoid repeating history? <p>Ridgeway 360 Wellbeing and addiction Academic – History link - The history of LGBTQI Physical – Understanding why people self-harm. Social – Support others mentally. Being a good friend Mental – Dealing with anxiety and feelings that might lead to self-harm.</p> <p>Ridgeway 360 Issues around the world Academic – Geography and History link – Aid and genocide Physical – Social – Supporting / helping others who are less fortunate.</p>
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Year 10	<p style="text-align: center;">Term 1 Living in the wider world</p> <p>Personal Development Living in the wider world</p> <ul style="list-style-type: none"> - Understanding British values - Racism in Britain and how we should deal with it if encountered. - Dispelling racial stereotypes <ul style="list-style-type: none"> - What is “Fake news” - Geography link – What is County Lines? How might it affect me? - Experiencing and dealing with anti-social behaviour <p>Ridgeway 360 Living in the wider world</p> <p>Academic – Being British and the history of racism.</p> <p>Physical –</p> <p>Social – Dealing with racism and antisocial behaviour around me. What should I do?</p> <p>Mental – Being Philosophical. Weighing up, observing, not judging</p>	<p style="text-align: center;">Term 2 Health and wellbeing</p> <p>Personal Development Health and wellbeing:</p> <ul style="list-style-type: none"> - Health and mobile screentime. When does it become unhealthy? - Safe and healthy use of social media. When is social media useful and when is it unhelpful and (potentially) dangerous? - Understanding “Hate Crime” and why it happens. Why is it so wrong? - What is grief? How does it affect us? How should we deal with it / support others? - What is sustainability? Why is sustainability important? <p>Ridgeway 360 Health and wellbeing</p> <p>Academic – Geography link – Understanding sustainability.</p> <p>Physical – Healthy Screen time</p> <p>Social – Using social media healthily.</p> <p>Mental – Dealing with and helping others with grief.</p>	<p style="text-align: center;">Term 3 Relationships</p> <p>Personal Development Relationships:</p> <ul style="list-style-type: none"> - Being in a relationship - Understanding and the acceptance of same sex relationships <ul style="list-style-type: none"> - Gender and trans identities. - What is sexism? Where do we see it in society? Why is it wrong? - What is revenge porn and what are the consequences (legally) if involved in it? - What is stalking and what are the consequences (legally) if involved in it? - Forced marriage in some cultures. <p>Ridgeway 360 Relationships</p> <p>Academic – RE and Geography – Understanding the culture of forced marriage.</p> <p>Physical – Healthy relationships regardless of sexual orientation</p> <p>Social – Healthy relationships. What do they look like?</p> <p>Mental – Health relationships</p>
	<p style="text-align: center;">Mental – Being brainwashed e.g., Nazi Germany</p>		



Year 11	<p>Term 1 Relationships, health, and wellbeing</p> <p>Personal Development Relationships, health, and wellbeing:</p> <ul style="list-style-type: none"> - Understanding British values - Understanding and respecting consent from all - Understanding obesity and body positivity - Our digital footprint and appreciating that it is forever! - The dangers of online gambling (link to addiction from year 9) - The importance of sleep to our mental and physical wellbeing <p>Ridgeway 360 Relationships, health, and wellbeing</p> <p>Academic – ICT link – Our digital footprint Physical – Reproductive health. Being healthy and the importance of sleep. Also body positivity Social – social media and our digital footprint Mental – the importance of sleep</p>	<p>Term 2 Relationships, health, and wellbeing</p> <p>Personal Development Relationships, health, and wellbeing:</p> <ul style="list-style-type: none"> - Applying to college and being a good interviewee - What is globalisation? What are the positives and negatives? - The internet and the dark web - Experiencing and dealing with extremism <p>Ridgeway 360 Relationships, health, and wellbeing</p> <p>Academic – Geography link - globalisation Physical – Social – being British and living in a multicultural country. Mental – What is extremism? Why do some people become extremists? How should I deal with this mentally?</p>	<p>Term 1 Relationships</p> <p>Personal Development Relationships:</p> <ul style="list-style-type: none"> - Types of relationship and safe sex - Dealing with break ups in a relationship - Understanding and respecting consent from all - Body shaming and the impacts it can have. Appreciating this. - Being happy and positive <p>Ridgeway 360 Relationships</p> <p>Academic – Geography link - globalisation Physical – Being safe in a sexual relationship. Social – being happy and positive and promoting this amongst my friends and peers. Be kind! Mental – understanding the mental effects body shaming can have.</p>