

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	
1			Year 7			Year 8			Year 9			Year 10			Year 11			
2		W/C	Area	Code	Lesson	Area	Code	Lesson	Area	Code	Lesson	Area	Code	Lesson	Area	Code	Lesson	
3		01/09/25	Relationships & Sex Education			Relationships & Sex Education			Health and Wellbeing			Health and Wellbeing			Health and Wellbeing			
4	Autumn Term 1	08/09/25		R2	From Strangers to Friends		R13	Managing Unhealthy & Toxic Relationships		HW37	The Happiness Trap		HW55	Is It Worth A Gamble?		HW73	Stereotypes & Prejudice	
5		15/09/25		R3	How To Have Healthy Relationships		R14	Repairing Relationships		HW38	Managing Anxiety		HW56	Phone Addiction		HW74	Gender Biases	
6		22/09/25		R4	Tackling Cyberbullying		R15	Peer Pressure Survival Guide		HW39	Combating Negative Self Talk		HW57	Keeping Your Online Data Safe		HW75	Gambling Addiction	
7		29/09/25		R5	Understanding Bullying		R16	Together Against Bullying		HW40	Thinking Traps		HW58	The Hidden Scars of Knife Crime		HW76	Striving For Equality	
8		06/10/25		R6	Safe & Healthy Relationships		R17	Online Relationships		HW41	Mental Benefits of Exercise		HW59	The Rule of Law		HW77	Discrimination and the Equality Act	
9		13/10/25		R7	Asking for Help		R18	The Many Forms of Relationships		HW42	Expressing Gratitude		HW60	The UK's Relationship with the World		HW78	Respecting Human Rights	
10		20/10/25		R8	Building a Sense of Belonging		R20	Random Acts of Kindness		HW44	Embracing Your Unique Gifts		HW62	Living with Purpose		HW80	Self-Examination and Screening	
11		27/10/25																
12	Autumn Term 2	03/11/25	Living in the Wider World	L1	Examining the Equality Act 2010	Health and Wellbeing	HW19	Sharing Information Online	Relationships & Sex Education	R25	Safe & Healthy Sex	Relationships & Sex Education	R37	The Spectrum of Relationships	Relationships & Sex Education	R49	Fertility & Pregnancy	
13		10/11/25		L2	The Role of Courts & Tribunals		HW20	The Limitless Internet		R26	Sexually Transmitted Infections		R38	Recognising Signs of Coercive Control		R50	Differences Between Forced & Arranged Marriage	
14		17/11/25		L3	Exploring the Democratic Process		HW21	Viewing Harmful Content		R27	Reproductive Health		R39	Sextortion		R51	Contraception Considerations	
15		24/11/25		L4	Making Sense of Money		HW22	Gender-Based Discrimination		R28	Pregnancy Choices		R40	The Distorted Reality of Pornography		R52	Sex & Substances	
16		01/12/25		L5	Budgeting Basics		HW23	Racism and Discrimination		R29	Forced Marriages		R41	Fertility & Reproductive Health		R53	Safe Relationships Online	
17		08/12/25		L6	Bank Accounts		HW24	Homophobia		R30	Respecting Transgender Identities		R42	Self-Examination and Screening		R54	Sexual Violence & Abuse	
18		15/12/25		L7	Smart Saving Strategies		HW25	Digital Footprint		R31	Addressing Gender Violence		R43	Building Positive Masculinity		R55	Navigating Conflict	
19		22/12/25																
20		29/12/25																
21	Spring Term 1	05/01/26	Health and Wellbeing	HW1	Combat Worry, Stress & Anxiety	Living in the Wider World	L7	Exploring the Democratic Process	Health and Wellbeing	HW43	Saving Lives With First Aid	Living in the Wider World	L19	Multi-Cultural Society	Living in the Wider World	L25	Public Money (Government and Economy)	
22				12/01/26	HW2		Dealing With Worry	L8		Religious Freedom in the UK	HW44		Substance Addiction	L20		Understanding Democracy	L26	The Role of Banks and Financial Institutions
23				19/01/26	HW3		The Stress Scale	L9		A History of Money	HW45		Informed Drug & Alcohol Choices	L21		Wages & Payslips	L27	Stock Market
24				26/01/26	HW4		Controlling Our Emotions	L10		Taking control of my money	HW46		Drugs and County Lines	L22		Different Types of Employment & Income Sources	L28	Cryptocurrency and Digital Currencies
25				02/02/26	HW5		Five-Minute Meditation	L11		Introducing the Economy	HW47		The Truth About Vaping	L23		Living Independently	L29	Credit & Debt
26				09/02/26	HW6		Rewiring Your Brain	L12		Fundamentals of Business	HW48		Instagram vs Reality	L24		Savings and pensions	L30	Insurance
27		16/02/26																
28	Spring Term 2	23/02/26	Health and Wellbeing	HW7	Managing Privacy Online	Health and Wellbeing	HW25	First Aid Beyond Emergencies	Living in the Wider World	L13	Volunteering In My Community	Relationships & Sex Education	R43	Understanding Sexual Consent	Health and Wellbeing	HW79	Building Resilience	
29				02/03/26	HW8		The Dangers Of Your Internet Algorithm	HW26		Oral Hygiene	L14		How laws are made	R44		Different Kinds of Intimacy	HW80	Party Drugs
30				09/03/26	HW9		Social Media Addiction	HW27		Health & Hygiene	L15		Budgeting and Long Term Goals	R45		Gender Identity & Sexual Orientation	HW81	Alcohol Dependence & Excessive Drinking
31				16/03/26	HW10		Alcohol And Your Health	HW28		The Mind-Body Connection	L16		Introduction to Investment	R46		Female Genital Mutilation	HW82	Reframing Failure
32				23/03/26	HW11		Smoking and Nicotine Addiction	HW29		Drug Awareness	L17		Financial Risk	R47		Sharing Illegal Images	HW83	Setting Goals that Drive Success
33		30/03/26																
34		06/04/26																
35	Summer Term 1	13/04/26	Relationships & Sex Education	R7	Different Types of Families	Relationships & Sex Education	R19	Understanding Consent	Health and Wellbeing	HW49	The Positivity Mindset	Health and Wellbeing	HW61	Unrealistic Online World	Exams			
36				20/04/26	R8		Positive Parenting	R20		Power Dynamics & Consent	HW50		Healthy Food Choices	HW62		Online Radicalisation		
37				27/04/26	R9		The Changing Adolescent Body	R21		Contraceptive Essentials	HW51		Evaluating Eating Habits	HW63		Extremism		
38				04/05/26	R10		Body Changes During Puberty	R22		Discussing Pornography	HW52		Character Strengths In Focus	HW64		Violence and exploitation by gangs		
39				11/05/26	R11		Sexual Consent	R23		Assessing The Trustworthiness of Others	HW53		Understanding Eating Disorders			Work experience		
40		18/05/26	R12	Building Healthy Relationships	R24	Introduction to FGM	HW54	Organ Donation	HW66	Reflections on work experience								
41		25/05/26																
42	Summer Term 2	01/06/26	Health and Wellbeing	HW13	The Balanced Diet	Health and Wellbeing	HW31	Overcoming Limiting Beliefs	Relationships & Sex Education	R31	Empowering Positive Masculinity	Health and Wellbeing	HW67	Understanding Vaccination And Immunisation	Exams			
43				08/06/26	HW14		Sleep Essentials	HW32		Optimising Character Strengths	R32		Relationships & Their Legal Status	HW68		Drugs		
44				15/06/26	HW15		Phones And Sleep	HW33		Strengths-Based Thinking	R33		Avoiding & Preventing Harassment	HW69		Prescription Medication Misuse		
45				22/06/26	HW16		Investing In Your Health	HW34		Taking Control With Worry Time	R34		Online Grooming	HW70		Vaping Crackdown		
46				29/06/26	HW17		Healthy & Balanced Lifestyles	HW35		Changing Emotions	R35		Rising Above Cyberbullying	HW71		Sleep, Exercise & Diet		
47				06/07/26	HW18		Healthy Eating, Healthy Living	HW36		Drug Laws UK	R36		Positive vs Negative Humour	HW72		Inclusivity & Belonging		
48				13/07/26	HW19		Rethinking Healthy Snacking	HW37		Growing Positivity & Optimism	R36		Exploring Emotional Intelligence	HW72		Smoking and Your Health		