

Wildern Academy Trust - Education for Life Curriculum Overview

	Autumn 1 Health and Wellbeing	Autumn 2 Relationships	Spring 1 Living in the Wider World	Spring 2 Health and Wellbeing	Summer 1 Relationships	Summer 2 Living in the Wider World
Year 7	Healthy Me Healthy Eating, Energy Drinks, Exercise, Sleep, Mindfulness	No Outsiders Living in a diverse society, Prejudice & Discrimination, Bullying, Responding to bullying	Skills & Aspirations Careers, Your Future, Personal Qualities, Personal Skills	Health & Puberty Basic First Aid, Healthy Lifestyles, Puberty, FGM	Building Relationships Friendship, Teamwork, Inappropriate & Unwanted Contact, Celebrating Differences	Finance Banking Credit and Debit, Budgeting, Saving, Spending Habits
Year 8	Drugs & Alcohol Drugs, Smoking, Vaping, Alcohol, Addiction, Influences on alcohol consumption	No Outsiders Prejudice & Discrimination, Homophobia & Biphobia, Racist and Religious Discrimination	Setting Goals Exploring Careers, Making Decisions, Pathways, Developing a Growth Mindset	Emotional Wellbeing Self Esteem, Social Media, Body Image, Building Self Esteem and Confidence	Identity & Relationships Gender Identity, Sexual Orientation, Consent, Sexting, Contraception	Citizenship British Values, Democracy & Dictatorship, How Parliament works, Campaigning, Police and the Law
Year 9	Peer influence, Substance Use & Gangs Peer Pressure, Impacts of Drugs, Alcohol & Binge Drinking, New Psychoactive Substances, Gangs, Knife Crime	Respectful Relationships Finding a partner, Marriage, Religious Ceremonies, Civil Cermonies, Same Sex Marriage, Forced Marriage, Cohabitation, Relationship Breakdown, Divorce	When I grow up Your future, moving out, Finance & Budgeting, Renting and Buying a Home (mortgages)	Healthy Lifestyles Emotional Wellbeing, Coping Strategies, Mindfulness, First Aid, Emergency CPR, Cancer, Self Determination, Euthanasia	Intimate Relationships Readiness for Sex, Sex in the media, Consent, Contraception, STIs, HIV, Pornography, Revenge Porn	Global Concerns Food and Water security, Single Use Plastics, Dealing with the next pandemic, Homelessness, Renewable Energy, Consumerism
Year 10	Mental Health Mental Health, Anxiety, Exam Stress, Mental Health in the media, Healthy & Unhealthy Coping Strategies, Building Resilience	Family Matters Fertility, IVF, Pregnancy, Miscarriage, Adoption, Abortion, Fostering, Loss and Grief, Bereavement, Coercive Control, Domestic Abuse, Grooming inc. online, Sexual Exploitation, Toxic Masculinity, County Lines, Honour Based Violence	Financial Decision Making Budgeting, Payslips, Loans, Gambling, Fraud, Impacts of risky behaviours	Exploring Influence Risk Taking, Drugs and the Law, Effects of Drugs, Addiction, Getting Help, Substance Use, Alcohol & the Law, Alcohol related violence	Human Rights Human Rights, Valuing Diversity, Prejudice & Discrimination in the Media, Freedom of Expression, Religion in the Modern Word, Extremism & Radicalisation, Upstanders & Bystanders	Virtual Work Experience: Sales Marketing Finance Learning and Development CVs
Year 11	Building for the future Post 16 Options, Personal Statements, CVs, Revision Timetables	Communication in Relationships Gender Identity, Sexual Orientation, Safe Sex, Coercive Control, Sexual Harassment, Stalking, Healthy and Unhealthy Relationships	Democracy & Human Rights British Values, Human Rights, Democracy, Parliament, General Elections, Voting, The Law, The Right to Life	Independence Harm reduction & drugs, Emergency First Aid (CPR), Cancer (Breast & Testicular), Vaccinations, Health Care, Organ Donations	Life After Wildern Themes Revisited: Living in the Wider World Relationships Health and Wellbeing	

Supporting you to be responsible, confident, healthy and respectful young adults prepared for life and work in an ever changing world

