

PSHE, RSE and Wellbeing Audit

Information on where in the curriculum each of these strands is covered explicitly. As well as this, weekly Thrive Friday sessions support the strands, with activities focusing on the SMSVC theme for that half term.

Core Theme 1: Health and Wellbeing KS2

<i>Pupils should have the opportunity to learn:</i>	<i>Where this is explicitly covered in SMSVC curriculum:</i>	<i>Where this is explicitly covered in other areas of the curriculum:</i>	<i>Catholic Virtues:</i>	<i>Virtual Curriculum:</i>
H1. how to make informed decisions about health	Michaelmas – Year 5 and 6 Lent – Year 5 and 6 Trinity – Year 5 and 6	PE: Pupils encouraged to take part in extra-curricular activities. Year 6 Science Topic: ‘The Art of Being Human’ looks at healthy eating, nutrients, exercise, drugs and alcohol. Geography: Year 6 topic that looks at environmental health and links to how they would live if we didn’t care for the environment.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	
H2. about the elements of a balanced, healthy lifestyle	Michaelmas – Year 5 and 6 Lent – Year 5 and 6	PE: Pupils encouraged to take part in extra-curricular activities. Year 6 Science Topic: ‘The Art of Being Human’ looks at healthy eating, nutrients, exercise, drugs and alcohol.	Attentive and Discerning Curious and Active Learned and Wise	
H3. about choices that support a healthy lifestyle, and recognise what might influence these	Lent – Year 5 and 6	PE: Pupils encouraged to take part in extra-curricular activities. Year 6 Science Topic: ‘The Art of Being Human’ looks at healthy eating, nutrients, exercise, drugs and alcohol.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	Bread/Pasta ingredients choices
H4. how to recognise that habits can have both positive and negative effects on a healthy lifestyle	Lent – Year 5 and 6	Year 6 Science Topic: ‘The Art of Being Human’ looks at healthy eating, nutrients, exercise, drugs and alcohol.	Curious and Active Learned and Wise	

H5. about what good physical health means; how to recognise early signs of physical illness	Lent – Year 6	Year 6 Science Topic: ‘The Art of Being Human’ looks at healthy eating, nutrients, exercise, drugs and alcohol	Curious and Active Learned and Wise Generous and Grateful Faith-filled and Hopeful	
H6. about what constitutes a healthy diet; how to plan healthy meals; benefits to health and wellbeing of eating nutritionally rich foods; risks associated with not eating a healthy diet including obesity and tooth decay.	Lent – Year 6	Year 6 Science Topic: ‘The Art of Being Human’ looks at healthy eating, nutrients, exercise, drugs and alcohol.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	Bread/Pasta ingredients choices
H7. how regular (daily/weekly) exercise benefits mental and physical health (e.g. walking or cycling to school, daily active mile); recognise opportunities to be physically active and some of the risks associated with an inactive lifestyle	Lent – Year 6 Trinity – Year 5 and 6	Year 6 Science Topic: ‘The Art of Being Human’ looks at healthy eating, nutrients, exercise, drugs and alcohol.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	
H8. about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn	Lent – Year 5	Year 6 Science Topic: ‘The Art of Being Human’ looks at healthy eating, nutrients, exercise, drugs and alcohol.	Curious and Active Intentional and Prophetic Learned and Wise	
H9. that bacteria and viruses can affect health; how everyday hygiene routines can limit the spread of		Year 5 Safeside Trip	Attentive and Discerning Curious and Active	

infection; the wider importance of personal hygiene and how to maintain it			Intentional and Prophetic Learned and Wise	
H10. how medicines, when used responsibly, contribute to health; that some diseases can be prevented by vaccinations and immunisations; how allergies can be managed	Lent – Year 5 and 6	Year 6 Science Topic: ‘The Art of Being Human’ looks at healthy eating, nutrients, exercise, drugs and alcohol.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Generous and Grateful	
H11. how to maintain good oral hygiene (including correct brushing and flossing); why regular visits to the dentist are essential; the impact of lifestyle choices on dental care (e.g. sugar consumption/acidic drinks such as fruit juices, smoothies and fruit teas; the effects of smoking)	Lent – Year 5	Year 6 Science Topic: ‘The Art of Being Human’ looks at healthy eating, nutrients, exercise, drugs and alcohol.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	
H12. about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer		Science: Year 6 ‘The Art of Being Human’	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	
H13. about the benefits of the internet; the importance of balancing time online with other activities; strategies for managing time online	Michaelmas – Year 5 and 6 Lent – Year 5 and 6	Computing: Year 6 E-Safety Unit Michaelmas	Attentive and Discerning Curious and Active Learned and Wise	
H14. how and when to seek support, including which adults to speak to in and	Michaelmas – Year 5 and 6 Lent – Year 6	Art: Extracurricular activities to support mental health and mental wellbeing.	Attentive and Discerning Curious and Active	

outside school, if they are worried about their health			Eloquent and Truthful Learned and Wise Loving and Compassionate Faith-filled and Hopeful	
H15. that mental health, just like physical health, is part of daily life; the importance of taking care of mental health	Michaelmas – Year 5 and 6 Trinity – Year 5 and 6	Art: Extracurricular activities to support mental health and mental wellbeing. Art: Relaxation activities such as painting, drawing and meditation/education research music played to support children’s mental health and mental wellbeing- All year groups and topics.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate Generous and Grateful Faith-filled and Hopeful	Wellbeing. Hand Embroidery
H16. about strategies and behaviours that support mental health — including how good quality sleep, physical exercise/time outdoors, being involved in community groups, doing things for others, clubs, and activities, hobbies and spending time with family and friends can support mental health and wellbeing	Michaelmas – Year 5 and 6 Trinity – Year 5 and 6	Art: Extracurricular activities to support mental health and mental wellbeing. Art: Relaxation activities such as painting, drawing and meditation/education research music played to support children’s mental health and mental wellbeing- All year groups and topics. PE – all units in all year groups. Specifically leadership unit in year 8	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Generous and Grateful Faith-filled and Hopeful	Wellbeing. Hand Embroidery
H17. to recognise that feelings can change over time and range in intensity	Lent – Year 5 and 6 Trinity – Year 5 and 6 Michaelmas – Year 5 and 6		Curious and Active Learned and Wise	
H18. about everyday things that affect feelings and the	Lent – Year 5 and 6 Michaelmas – Year 5 Trinity – Year 5 and 6	SMSVC: Puberty Session	Curious and Active Eloquent and Truthful	Wellbeing.

importance of expressing feelings		KS2 English: exploration of different character's feelings in a range of different narratives.	Intentional and Prophetic Learned and Wise	
H19. a varied vocabulary to use when talking about feelings; about how to express feelings in different ways	Michaelmas – Year 5 Lent – Year 6 Trinity – Year 5 and 6	KS2 English: exploration of different character's feelings in a range of different narratives.	Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise	Wellbeing.
H20. strategies to respond to feelings, including intense or conflicting feelings; how to manage and respond to feelings appropriately and proportionately in different situations	Michaelmas – Year 5 Lent – Year 6		Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate	Wellbeing.
H21. to recognise warning signs about mental health and wellbeing and how to seek support for themselves and others	Trinity – Year 5 and 6		Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate	Wellbeing.
H22. to recognise that anyone can experience mental ill health; that most difficulties can be resolved with help and support; and that it is important to discuss feelings with a trusted adult	Michaelmas – Year 5 Trinity – Year 5 and 6		Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate	

H23. about change and loss, including death, and how these can affect feelings; ways of expressing and managing grief and bereavement	Michaelmas – Year 6	RE: Year 6, Trinity 1	Attentive and Discerning Curious and Active Eloquent and Truthful Learned and Wise Loving and Compassionate Faith-filled and Hopeful	
H24. problem-solving strategies for dealing with emotions, challenges and change, including the transition to new schools		Transition days	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate	
H25. about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes)	Michaelmas – Year 5 and 6	RE – Year 5 Unit B – Followers of Christ RE – Year 6 – Beliefs of Sikhism RE – Year 7 – Every unit RE – Year 8 - Every Unit	Attentive and Discerning Curious and Active Learned and Wise Faith-filled and Hopeful	
H26. that for some people gender identity does not correspond with their biological sex	Michaelmas – Year 6	RE – Year 7 - What sort of person do I want to become? RE – Year 7 – What is our spiritual/ physical/ emotional and sexual identity RE- Year 8 – Why are relationships important?	Attentive and Discerning Curious and Active Learned and Wise	
H27. to recognise their individuality and personal qualities	Michaelmas – Year 5 and 6 Trinity – Year 5	PE: Pupils asked to improve their performance in sport and challenge themselves to achieve different levels. Art: Pupils required to self -reflect on their art pieces and set themselves targets. Future careers based around the ‘arts’ discussed. All year groups and topics.	Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate Generous and Grateful	

		<p>All subjects: End of topic assessments and termly review of targets. In the short term, pupils praised for good work using ePraise.</p> <p>Year 6 pupils read 'You are Awesome' by Matthew Syed.</p>	Faith-filled and Hopeful	
H28. to identify personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth	Michaelmas – Year 5 and 6 Trinity – Year 5	<p>PE: Pupils asked to improve their performance in sport and challenge themselves to achieve different levels.</p> <p>Art: Pupils required to self-reflect on their art pieces and set themselves targets. Future careers based around the 'arts' discussed. All year groups and topics.</p> <p>All subjects– End of topic assessments and termly review of targets. In the short term, pupils praised for good work using ePraise.</p> <p>Year 6 pupils read 'You are Awesome' by Matthew Syed.</p>	<p>Curious and Active</p> <p>Eloquent and Truthful</p> <p>Intentional and Prophetic</p> <p>Learned and Wise</p> <p>Loving and Compassionate</p> <p>Generous and Grateful</p> <p>Faith-filled and Hopeful</p>	Bread/Pasta adapting and researching recipes.
H29. about how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking	Michaelmas – Year 5	<p>Year 6 pupils read 'You are Awesome' by Matthew Syed.</p> <p>SATs prep in KS2 English and Maths.</p>	<p>Attentive and Discerning</p> <p>Curious and Active</p> <p>Intentional and Prophetic</p> <p>Learned and Wise</p> <p>Generous and Grateful</p>	
H30. to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction	Lent – Year 5 and 6	SMSVC: Puberty Session	<p>Curious and Active</p> <p>Learned and Wise</p>	

<p>H31. about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)</p>	<p>Lent – Year 5 and 6</p>	<p>Year 5 Lent term puberty talks (separate for boys and girls)</p>	<p>Attentive and Discerning Curious and Active Learned and Wise</p>	
<p>H32. about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene</p>	<p>Lent – Year 5 and 6</p>	<p>Year 5 Lent term puberty talks (separate for boys and girls)</p>	<p>Attentive and Discerning Curious and Active Learned and Wise</p>	
<p>H33. about the processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for</p>	<p>Lent – Year 5 and 6</p>	<p>Year 7 Science – Genes – Human Reproduction</p>	<p>Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate Generous and Grateful Faith-filled and Hopeful</p>	
<p>H34. about where to get more information, help and advice about growing and changing, especially about puberty</p>	<p>Lent – Year 5 and 6</p>	<p>Year 7 Science – Genes – Human Reproduction</p>	<p>Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Faith-filled and Hopeful</p>	

H35. about the new opportunities and responsibilities that increasing independence may bring	Michaelmas – Year 5 and 6 Lent – Year 5		Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Faith-filled and Hopeful	
H36. strategies to manage transitions between classes and key stages		Transition days	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	
H37. reasons for following and complying with regulations and restrictions (including age restrictions); how they promote personal safety and wellbeing with reference to social media, television programmes, films, games and online gaming		Computing: Year 5 E-Safety Unit Michaelmas; Year 6 E-Safety Unit Michaelmas; Michaelmas Anti-Bullying Week (November); Lent – Safer Internet Week (February). Art: pupils are required to use ICT to collect/source images and learn how to protect personal information etc. All year groups and topics.	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate	
H38. how to predict, assess and manage risk in different situations	Lent – Year 5 and 6	Year 5 Safeside Trip Art: through practical lessons pupils learn about health and safety in the Art studio, how to become aware and prevent dangerous situations from occurring. All year groups and topics. Geography: Year 5 look at the risk and dangers when traveling and specifically the risks that refugees face on their journey. Year 6 cover a topic about their local community and how it has developed and how they can continue to care for it.	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise	

<p>H39. about hazards (including fire risks) that may cause harm, injury or risk in the home and what they can do to reduce risks and keep safe</p>	<p>Lent – Year 5</p>	<p>Year 5 Safeside Trip</p> <p>Art: through practical lessons pupils learn about health and safety in the Art studio, how to become aware and prevent dangerous situations from occurring. All year groups and topics.</p> <p>Geography: Year 5 look at the risk and dangers when traveling and specifically the risks that refugees face on their journey. Year 6 cover a topic about their local community and how it has developed and how they can continue to care for it.</p>	<p>Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise</p>	<p>Sports Leadership and First Aid</p>
<p>H40. about the importance of taking medicines correctly and using household products safely, (e.g. following instructions carefully)</p>	<p>Lent – Year 5 and 6</p>	<p>Science: Year 6 ‘The Art of Being Human’</p>	<p>Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise</p>	
<p>H41. strategies for keeping safe in the local environment or unfamiliar places (rail, water, road) and firework safety; safe use of digital devices when out and about</p>	<p>Lent – Year 5 and 6</p>	<p>Year 5 Safeside Trip</p> <p>Geography: Year 5 look at the risk and dangers when traveling and specifically the risks that refugees face on their journey. Year 6 cover a topic about their local community and how it has developed and how they can continue to care for it.</p>	<p>Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate Faith-filled and Hopeful</p>	<p>Sports Leadership and First Aid</p>
<p>H42. about the importance of keeping personal information private; strategies for keeping safe online, including how to manage requests for personal information or images of themselves and</p>	<p>Michaelmas – Year 5 and 6 Lent – Year 5 and 6</p>	<p>Computing: Year 5 E-Safety Unit Michaelmas; Year 6 E-Safety Unit Michaelmas; Michaelmas Anti-Bullying Week (November); Lent – Safer Internet Week (February).</p> <p>Art: pupils are required to use ICT to collect/source images and learn how to protect personal information etc. All year groups and topics.</p>	<p>Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise</p>	

others; what to do if frightened or worried by something seen or read online and how to report concerns, inappropriate content and contact			Loving and Compassionate Faith-filled and Hopeful	
H43. about what is meant by first aid; basic techniques for dealing with common injuries	Lent - Year 5 and 6		Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate	Sports Leadership and First Aid
H44. how to respond and react in an emergency situation; how to identify situations that may require the emergency services; know how to contact them and what to say	Lent – Year 6	Year 5 Safeside Trip	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate	Sports Leadership and First Aid
H45. that female genital mutilation (FGM) is against British law, what to do and whom to tell if they think they or someone they know might be at risk	Michaelmas – Year 6		Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise	
H46. about the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their	Lent – Year 5 and 6	Year 6 Science Topic: 'The Art of Being Human' looks at healthy eating, nutrients, exercise, drugs and alcohol.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	

impact on health; recognise that drug use can become a habit which can be difficult to break				
H47. to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others	Lent – Year 5 and 6		Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	
H48. about why people choose to use or not use drugs (including nicotine, alcohol and medicines)	Lent 2 – Year 5 and 6		Attentive and Discerning Curious and Active Learned and Wise	
H49. about the mixed messages in the media about drugs, including alcohol and smoking/vaping	Lent 2 – Year 5 and 6	Computing: Year 6 E-Safety Unit Michaelmas	Attentive and Discerning Curious and Active Learned and Wise	
H50. about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns	Lent 2 – Year 5 and 6		Attentive and Discerning Curious and Active Eloquent and Truthful Learned and Wise Faith-filled and Hopeful	

<i>Pupils should have the opportunity to learn:</i>	<i>Where this is explicitly covered in SMSVC curriculum:</i>	<i>Where this is explicitly covered in other areas of the curriculum:</i>	<i>Catholic Virtues:</i>	<i>Virtual Curriculum:</i>
H1. how we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing	Michaelmas – Year 7 and 8 Trinity – Year 7 and 8	Computing: KS3 Safer Internet Week (February). RE: Year 7 Lent 1. Art: All year groups and topics. Pupils required to self-reflect on their art pieces and set themselves targets.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate Generous and Grateful Faith-filled and Hopeful	
H2. to understand what can affect wellbeing and resilience (e.g. life changes, relationships, achievements and employment)	Michaelmas – Year 7 and 8 Trinity – Year 7 and 8	RE: Year 7 Lent 1. Geography: Year 7 – pupils study living in extreme climates and in low-income countries and compare and contrast to their own way of living and beliefs.	Attentive and Discerning Curious and Active Learned and Wise Faith-filled and Hopeful	Wellbeing.
H3. the impact that media and social media can have on how people think about themselves and express themselves, including regarding body image, physical and mental health	Michaelmas – Year 7 and 8 Trinity – Year 7 and 8	Computing: KS3 Safer Internet Week (February). RE: Year 7 Lent 1.	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise	
H4. simple strategies to help build resilience to negative opinions, judgements and comments	Michaelmas – Year 7 and 8 Trinity 2 – Year 7 and 8 Lent 2 – Year 7 and 8	RE: Year 7 Lent 1. Art: through peer assessment, pupils are required to be honest and respond meaningful to others artwork. Pupils are required to listen and appreciate other peers’ opinions. All year groups and topics.	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise	Wellbeing.

		Geography: All year groups are expected to be able to peer assess and consider their feedback to be constructive and not critical.		
H5. to recognise and manage internal and external influences on decisions which affect health and wellbeing	Trinity – Year 7 and 8 Michaelmas – Year 8 Lent – Year 7 and 8	Geography: KS3 – focus on self-esteem considering how the cultures being studied would consider our perception of them.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	Wellbeing.
H6. how to identify and articulate a range of emotions accurately and sensitively, using appropriate vocabulary	Trinity – Year 7 and 8 Michaelmas – Year 8	KS3 English: exploration of different character’s feelings in a range of different narratives.	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate	Wellbeing.
H7. the characteristics of mental and emotional health and strategies for managing these	Trinity – Year 7 and 8		Attentive and Discerning Curious and Active Learned and Wise	Wellbeing.
H8. the link between language and mental health stigma and develop strategies to challenge stigma, myths and misconceptions associated with help-seeking and mental health concerns	Michaelmas Term Mental Health Awareness Day This is also covered at STA – Year 9.		Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate	
H9. strategies to understand and build resilience, as well as how to respond to	Michaelmas – Year 8 Mental Health Awareness Day		Attentive and Discerning Curious and Active Eloquent and Truthful	Wellbeing.

disappointments and setbacks			Intentional and Prophetic Learned and Wise	
H10. a range of healthy coping strategies and ways to promote wellbeing and boost mood, including physical activity, participation and the value of positive relationships in providing support	Lent – Year 7 and 8 Trinity – Year 7 and 8		Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Faith-filled and Hopeful	Wellbeing.
H11. the causes and triggers for unhealthy coping strategies, such as self-harm and eating disorders, and the need to seek help for themselves or others as soon as possible [NB It is important to avoid teaching methods and resources that provide instruction on ways of self-harming, restricting food/inducing vomiting, hiding behaviour from others etc., or that might provide inspiration for pupils who are more vulnerable (e.g. personal accounts of weight change)	Michaelmas – Year 8		Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate	
H12. how to recognise when they or others need help with their mental health and wellbeing; sources of help and support and strategies for accessing what they need	Michaelmas – Year 8 Trinity – Year 7 and 8	Year 7 read ‘Sputnik’s Guide to the Galaxy’	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise	

			Loving and Compassionate Faith-filled and Hopeful	
H13. the importance of, and strategies for, maintaining a balance between school, work, leisure, exercise, and online activities	Trinity 2 – Year 7 and 8	Computing: KS3 Safer Internet Week (February). Geography: Year 8 tourism unit.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Generous and Grateful	Sports Leadership and First Aid
H14. the benefits of physical activity and exercise for physical and mental health and wellbeing	Trinity 2 – Year 7 and 8	PE: Year 8 pupils choose their activities.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	Wellbeing.
H15. the importance of sleep and strategies to maintain good quality sleep		PE: Pupils asked to reflect on the importance of fitness.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	
H16. to recognise and manage what influences their choices about physical activity		Science: Year 8 Organisms.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	
H17. the role of a balanced diet as part of a healthy lifestyle and the impact of unhealthy food choices		Science: Year 8 Organisms.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	Bread/Pasta ingredients choices
H18. what might influence decisions about eating a		Science: Year 8 Organisms.	Attentive and Discerning Curious and Active	

balanced diet and strategies to manage eating choices			Intentional and Prophetic Learned and Wise	
H19. the importance of taking increased responsibility for their own physical health including dental check-ups, sun safety and self-examination (especially testicular self-examination in late KS3); the purpose of vaccinations offered during adolescence for individuals and society		Science: Year 8 Organisms.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	
H20. strategies for maintaining personal hygiene, including oral health, and prevention of infection		RE: Year 7 Lent 1. Science: Year 8 Organism.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	
H21. how to access health services when appropriate	Trinity – Year 7 and Year 8		Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate	
H22. the risks and myths associated with female genital mutilation (FGM), its status as a criminal act and strategies to safely access support for themselves or others who may be at risk, or	Lent – Year 8		Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise	

who have already been subject to FGM				
H23. the positive and negative uses of drugs in society including the safe use of prescribed and over the counter medicines; responsible use of antibiotics	Lent – Year 7	Science: Year 8 Organisms.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	
H24. to evaluate myths, misconceptions, social norms and cultural values relating to drug, alcohol and tobacco use	Lent – Year 7		Attentive and Discerning Curious and Active Learned and Wise Loving and Compassionate	
H25. strategies to manage a range of influences on drug, alcohol and tobacco use, including peers	Lent – Year 7	Science: Year 6 ‘The Art of Being Human’	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	
H26. information about alcohol, nicotine and other legal and illegal substances, including the short-term and long-term health risks associated with their use	Lent – Year 7	Science: Year 8 Organisms.	Attentive and Discerning Curious and Active Learned and Wise	
H27. the personal and social risks and consequences of substance use and misuse including occasional use	Lent – Year 7	Science: Year 8 Organisms.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	
H28. the law relating to the supply, use and misuse of legal and illegal substances	Lent – Year 7		Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	

H29. about the concepts of dependence and addiction including awareness of help to overcome addictions	Lent – Year 7	Science: Year 8 Organisms.	Attentive and Discerning Curious and Active Learned and Wise Loving and Compassionate	
H30. how to identify risk and manage personal safety in increasingly independent situations, including online	Lent – Year 7 and 8 Michaelmas – Year 7 and 8	Computing: KS3 Safer Internet Week (February).	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Faith-filled and Hopeful	
H31. ways of assessing and reducing risk in relation to health, wellbeing and personal safety	Lent – Year 7 and 8		Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Faith-filled and Hopeful	
H32. the risks associated with gambling and recognise that chance-based transactions can carry similar risks; strategies for managing peer and other influences relating to gambling	Michaelmas – Year 8		Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	
H33. how to get help in an emergency and perform basic first aid, including cardio-pulmonary	Lent – Year 7 and 8	PE: Year 8 have the option of a sports leadership course.	Attentive and Discerning Curious and Active Eloquent and Truthful	Sports Leadership and First Aid

resuscitation (CPR) and the use of defibrillators			<p>Intentional and Prophetic</p> <p>Learned and Wise</p> <p>Loving and Compassionate</p> <p>Generous and Grateful</p> <p>Faith-filled and Hopeful</p>	
H34. strategies to manage the physical and mental changes that are a typical part of growing up, including puberty and menstrual wellbeing	Lent – Year 7	<p>RE: Year 7 Lent 1.</p> <p>Science: Year 8 Organisms.</p>	<p>Attentive and Discerning</p> <p>Curious and Active</p> <p>Intentional and Prophetic</p> <p>Learned and Wise</p>	
H35. about the purpose, importance and different forms of contraception; how and where to access contraception and advice (see also Relationships)		RE: Year 8 Lent 2.	<p>Attentive and Discerning</p> <p>Curious and Active</p> <p>Intentional and Prophetic</p> <p>Learned and Wise</p> <p>Loving and Compassionate</p>	
H35. that certain infections can be spread through sexual activity and that barrier contraceptives offer some protection against certain sexually transmitted infections (STIs)		RE: Year 8 Lent 2.	<p>Attentive and Discerning</p> <p>Curious and Active</p> <p>Intentional and Prophetic</p> <p>Learned and Wise</p> <p>Loving and Compassionate</p>	

Core Theme 2: Relationships KS2

<i>Pupils should have the opportunity to learn:</i>	<i>Where this is explicitly covered in SMSVC curriculum:</i>	<i>Where this is explicitly covered in other areas of the curriculum:</i>	<i>Catholic Virtues:</i>	<i>Virtual Curriculum:</i>
R1. to recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)	Michaelmas – Year 5 and 6	Year 5 Lent term puberty talks (separate for boys and girls). Geography: All year groups will at times consider how others around the world are feeling.	Attentive and Discerning Curious and Active Learned and Wise Loving and Compassionate	
R2. that people may be attracted to someone emotionally, romantically and sexually; that people may be attracted to someone of the same sex or different sex to them; that gender identity and sexual orientation are different		RE: Year 5, Lent 1	Attentive and Discerning Curious and Active Learned and Wise Loving and Compassionate	
R3. about marriage and civil partnership as a legal declaration of commitment made by two adults who love and care for each other, which is intended to be lifelong	Michaelmas – Year 6	RE: Year 5, Lent 1	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate Generous and Grateful	

			Faith-filled and Hopeful	
R4. that forcing anyone to marry against their will is a crime; that help and support is available to people who are worried about this for themselves or others	Michaelmas – Year 6	RE: Year 5, Lent 1	Attentive and Discerning Curious and Active Eloquent and Truthful Learned and Wise Loving and Compassionate	
R5. that people who love and care for each other can be in a committed relationship (e.g. marriage), living together, but may also live apart	Michaelmas – Year 6	RE: Year 5, Lent 1	Attentive and Discerning Curious and Active Learned and Wise Loving and Compassionate	
R6. that a feature of positive family life is caring relationships; about the different ways in which people care for one another	Michaelmas – Year 5 and 6 Lent – Year 5		Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate Generous and Grateful	
R7. to recognise and respect that there are different types of family structure (including single parents, same-sex parents, step-parents, blended families, foster parents); that families of all types can give family members love, security and stability	Lent – Year 5 Michaelmas – Year 5	Year 7 read ‘Sputnik’s Guide to the Galaxy’	Attentive and Discerning Curious and Active Learned and Wise Loving and Compassionate Generous and Grateful	
R8. to recognise other shared characteristics of healthy	Lent – Year 5 Michaelmas – Year 5 and 6		Attentive and Discerning	

family life, including commitment, care, spending time together; being there for each other in times of difficulty			<p>Curious and Active</p> <p>Intentional and Prophetic</p> <p>Learned and Wise</p> <p>Loving and Compassionate</p> <p>Generous and Grateful</p> <p>Faith-filled and Hopeful</p>	
R9. how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice	Lent – Year 5 Michaelmas – Year 5 and 6		<p>Attentive and Discerning</p> <p>Curious and Active</p> <p>Eloquent and Truthful</p> <p>Intentional and Prophetic</p> <p>Learned and Wise</p> <p>Faith-filled and Hopeful</p>	
R10. about the importance of friendships; strategies for building positive friendships; how positive friendships support wellbeing	Lent – Year 5 Michaelmas – Year 5 and 6	Year 7 read ‘Sputnik’s Guide to the Galaxy’ Year 8 read ‘Holes’ and ‘Once’	<p>Attentive and Discerning</p> <p>Curious and Active</p> <p>Eloquent and Truthful</p> <p>Intentional and Prophetic</p> <p>Learned and Wise</p> <p>Loving and Compassionate</p> <p>Generous and Grateful</p>	
R11. what constitutes a positive healthy friendship (e.g. mutual respect, trust, truthfulness, loyalty, kindness, generosity, sharing interests and experiences, support with	Lent – Year 5 Michaelmas – Year 5 and 6		<p>Attentive and Discerning</p> <p>Curious and Active</p> <p>Intentional and Prophetic</p> <p>Learned and Wise</p>	

problems and difficulties); that the same principles apply to online friendships as to face-to-face relationships			Loving and Compassionate Generous and Grateful Faith-filled and Hopeful	
R12. to recognise what it means to 'know someone online' and how this differs from knowing someone face-to-face; risks of communicating online with others not known face-to-face	Michaelmas – Year 5 and 6 Lent – Year 5 and 6	Computing: Year 6 E-Safety Unit Michaelmas.	Attentive and Discerning Curious and Active Eloquent and Truthful Learned and Wise	
R13. the importance of seeking support if feeling lonely or excluded	Trinity – Year 5 and 6		Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Faith-filled and Hopeful	
R14. that healthy friendships make people feel included; recognise when others may feel lonely or excluded; strategies for how to include them	Michaelmas – Year 5 and 6		Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate Generous and Grateful	
R15. strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise	Lent – Year 5 Michaelmas – Year 5 and 6		Attentive and Discerning Curious and Active Eloquent and Truthful	

the effect of online actions on others			<p>Intentional and Prophetic</p> <p>Learned and Wise</p> <p>Faith-filled and Hopeful</p>	
R16. how friendships can change over time, about making new friends and the benefits of having different types of friends	Michaelmas – Year 5 and 6 Lent – Year 5		<p>Attentive and Discerning</p> <p>Curious and Active</p> <p>Learned and Wise</p> <p>Loving and Compassionate</p> <p>Generous and Grateful</p> <p>Faith-filled and Hopeful</p>	
R17. that friendships have ups and downs; strategies to resolve disputes and reconcile differences positively and safely	Michaelmas – Year 5 and 6 Lent – Year 5		<p>Attentive and Discerning</p> <p>Curious and Active</p> <p>Eloquent and Truthful</p> <p>Intentional and Prophetic</p> <p>Learned and Wise</p> <p>Loving and Compassionate</p> <p>Generous and Grateful</p> <p>Faith-filled and Hopeful</p>	
R18. to recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary	Michaelmas – Year 5 and 6 Lent 1 – Year 5 and 6	Computing: Year 6 E-Safety Unit Michaelmas; Michaelmas Anti-Bullying Week (November).	<p>Attentive and Discerning</p> <p>Curious and Active</p> <p>Eloquent and Truthful</p> <p>Intentional and Prophetic</p> <p>Learned and Wise</p> <p>Faith-filled and Hopeful</p>	

R19. about the impact of bullying, including offline and online, and the consequences of hurtful behaviour	Michaelmas – Year 5 Lent – Year 5 and 6	Computing - Year 6 E-Safety Unit Michaelmas; Michaelmas Anti-Bullying Week (November). Year 6 read ‘Wonder’ by RJ Palacio.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	
R20. strategies to respond to hurtful behaviour experienced or witnessed, offline and online (including teasing, name-calling, bullying, trolling, harassment or the deliberate excluding of others); how to report concerns and get support	Michaelmas – Year 5 and 6 Lent 1 – Year 5 and 6	Computing: Year 6 E-Safety Unit Michaelmas; Michaelmas Anti-Bullying Week (November).	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Faith-filled and Hopeful	
R21. about discrimination: what it means and how to challenge it	Michaelmas – Year 5 and 6	Year 6 read ‘Wonder’ by RJ Palacio.	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate Faith-filled and Hopeful	
R22. about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online)	Michaelmas – Year 5 and 6 Lent 1 – Year 5	Computing: Year 6 E-Safety Unit Michaelmas 2.	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise	
R23. about why someone may behave differently online, including pretending to be	Michaelmas – Year 5 and 6 Lent 1 – Year 5 and 6	Computing: Year 6 E-Safety Unit Michaelmas; Michaelmas Anti-Bullying Week (November); Year 5 E-	Attentive and Discerning Curious and Active	

someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns		Safety Unit Michaelmas 2; Lent – Safer Internet Week (February).	Eloquent and Truthful Learned and Wise	
R24. how to respond safely and appropriately to adults they may encounter (in all contexts including online) whom they do not know	Michaelmas – Year 5 and 6 Lent 1 – Year 5 and 6	Computing: Year 6 E-Safety Unit Michaelmas; Michaelmas Anti-Bullying Week (November); Year 5 E-Safety Unit Michaelmas 2; Lent – Safer Internet Week (February).	Attentive and Discerning Curious and Active Eloquent and Truthful Learned and Wise	
R25. recognise different types of physical contact; what is acceptable and unacceptable; strategies to respond to unwanted physical contact	Michaelmas – Year 6 Lent – Year 6	NCPCC Pants Campaign – Year 5.	Attentive and Discerning Curious and Active Eloquent and Truthful Learned and Wise	
R26. about seeking and giving permission (consent) in different situations	Lent – Year 6		Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate	
R27. about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret	Michaelmas – Year 5 and 6 Lent – Year 6		Attentive and Discerning Curious and Active Eloquent and Truthful Learned and Wise	
R28. how to recognise pressure from others to do something unsafe or that	Lent – Year 6		Attentive and Discerning Curious and Active	

<p>makes them feel uncomfortable and strategies for managing this</p>			<p>Eloquent and Truthful Intentional and Prophetic Learned and Wise</p>	
<p>R29. where to get advice and report concerns if worried about their own or someone else's personal safety (including online)</p>	<p>Michaelmas – Year 5 and 6 Lent – Year 5 and 6</p>	<p>Computing: Year 6 E-Safety Unit Michaelmas; Michaelmas Anti-Bullying Week (November).</p>	<p>Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Faith-filled and Hopeful</p>	
<p>R30. that personal behaviour can affect other people; to recognise and model respectful behaviour online</p>	<p>Michaelmas – Year 5 and 6 Lent – Year 5</p>		<p>Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate Faith-filled and Hopeful</p>	
<p>R31. to recognise the importance of self-respect and how this can affect their thoughts and feelings about themselves; that everyone, including them, should expect to be treated politely and with respect by others (including when online and/or anonymous) in school and in wider society; strategies to</p>	<p>Michaelmas – Year 5 and 6 Lent – Year 5 and 6</p>	<p>Computing: Year 6 E-Safety Unit Michaelmas; Michaelmas Anti-Bullying Week (November). Year 6 pupils read 'Wonder' by RJ Palacio and 'You are Awesome' by Matthew Syed.</p>	<p>Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate Generous and Grateful Faith-filled and Hopeful</p>	

improve or support courteous, respectful relationships				
R32. about respecting the differences and similarities between people and recognising what they have in common with others e.g. physically, in personality or background		<p>Geography: Year 5 El Salvador; Year 6 Local study.</p> <p>Year 6 pupils read 'Wonder' by RJ Palacio and 'You are Awesome' by Matthew Syed.</p>	<p>Attentive and Discerning</p> <p>Curious and Active</p> <p>Intentional and Prophetic</p> <p>Learned and Wise</p> <p>Loving and Compassionate</p> <p>Generous and Grateful</p>	
R33. to listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyle are different to their own	Michaelmas 1 – Year 6	<p>Music: Ensemble performances in year 5 (Michaelmas, Lent and Trinity).</p> <p>PE: Consistently working in teams.</p> <p>Geography: Year 5 Asking a child about his life in a LIC.</p>	<p>Attentive and Discerning</p> <p>Curious and Active</p> <p>Eloquent and Truthful</p> <p>Intentional and Prophetic</p> <p>Learned and Wise</p> <p>Loving and Compassionate</p> <p>Faith-filled and Hopeful</p>	
R34. how to discuss and debate topical issues, respect other people's point of view and constructively challenge those they disagree with	Michaelmas – Year 5	English: Y5 Trinity Debate Unit.	<p>Attentive and Discerning</p> <p>Curious and Active</p> <p>Eloquent and Truthful</p> <p>Intentional and Prophetic</p> <p>Learned and Wise</p> <p>Loving and Compassionate</p>	

Core Theme 2: Relationships KS3

<i>Pupils should have the opportunity to learn:</i>	<i>Where this is explicitly covered in SMSVC curriculum:</i>	<i>Where this is explicitly covered in other areas of the curriculum:</i>	<i>Catholic Virtues:</i>	<i>Virtual Curriculum:</i>
R1. about different types of relationships, including those within families, friendships, romantic or intimate relationships and the factors that can affect them	Michaelmas – Year 8 Lent – Year 7 and 8	RE: Year 7 Lent 1. English: Y7 Lent 1; Y8 English Lent.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate Generous and Grateful	
R2. indicators of positive, healthy relationships and unhealthy relationships, including online	Michaelmas – Year 8 Lent – Year 7 and 8	RE: Year 7 Lent 1.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate	
R3. about the similarities, differences and diversity among people of different race, culture, ability, sex, gender identity, age and sexual orientation	Michaelmas – Year 7 and 8	RE: Year 7, Lent 2.	Attentive and Discerning Curious and Active Learned and Wise Loving and Compassionate	

R4. the difference between biological sex, gender identity and sexual orientation		RE: Year 8 Lent 2.	Attentive and Discerning Curious and Active Learned and Wise	
R5. to recognise that sexual attraction and sexuality are diverse		RE: Year 7 Lent; Year 8 Lent 2.	Attentive and Discerning Curious and Active Learned and Wise	
R6. that marriage is a legal, social and emotional commitment that should be entered into freely, and never forced upon someone through threat or coercion	Lent – Year 7	RE: Year 8 Lent 2.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate	
R7. how the media portrays relationships and the potential impact of this on people’s expectations of relationships	Michaelmas – Year 7 and 8	Computing: Year 8 Lent Safer Internet Week.	Attentive and Discerning Curious and Active Learned and Wise	
R8. that the portrayal of sex in the media and social media (including pornography) can affect people’s expectations of relationships and sex		Computing: Year 8, Lent 1.	Attentive and Discerning Curious and Active Learned and Wise	
R9. to clarify and develop personal values in friendships, love and sexual relationships	Lent – Year 7 and 8	RE: Year 8, Lent 2.	Attentive and Discerning Curious and Active	

			Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate	
R10. the importance of trust in relationships and the behaviours that can undermine or build trust	Lent 1 – Year 7 and 8	RE: Year 7 Lent 1. English: Y7 Lent 1; Y8 English Lent. Year 7 read 'Sputnik's Guide to the Universe'.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate Generous and Grateful	
R11. to evaluate expectations about gender roles, behaviour and intimacy within romantic relationships		RE Year 8 Lent 2. English Y7 Lent 1; Y8 English Lent 1.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate	
R12. that everyone has the choice to delay sex, or to enjoy intimacy without sex		RE: Year 8, Lent 2.	Attentive and Discerning Curious and Active Eloquent and Truthful Learned and Wise Loving and Compassionate	

R13. how to safely and responsibly form, maintain and manage positive relationships, including online	Michaelmas – Year 8 Lent – Year 7 and 8	Computing: KS3 E-Safety Week (Lent); Year 7 Lent 2; Year 8 Trinity 1.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate Generous and Grateful	
R14. the qualities and behaviours they should expect and exhibit in a wide variety of positive relationships (including in school and wider society, family and friendships, including online)	Michaelmas – Year 8 Lent – Year 7 and 8	RE: Year 7, Lent 2.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate Generous and Grateful Faith-filled and Hopeful	
R15. to further develop and rehearse the skills of team working		PE: team sports. Group activities across the curriculum.	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise	Sports Leadership and First Aid
R16. to further develop the skills of active listening, clear communication, negotiation and compromise	Lent – Year 7 and 8	KS3 English – presentation skills.	Attentive and Discerning Curious and Active	

			Eloquent and Truthful Intentional and Prophetic Learned and Wise	
R17. strategies to identify and reduce risk from people online that they do not already know; when and how to access help	Michaelmas 2 – Year 7 and 8 Lent 2 – Year 7	Computing: KS3 E-Safety Week (Lent); Year 7 Lent 2; Year 8 Trinity 1.	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise	
R18. to manage the strong feelings that relationships can cause (including sexual attraction)		RE: Year 7 Lent 1.	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate	
R19. to develop conflict management skills and strategies to reconcile after disagreements	Lent – Year 7 and 8		Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate	

R20. to manage the influence of drugs and alcohol on decision-making within relationships and social situations	Lent – Year 7		Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	
R21. how to manage the breakdown of a relationship (including its digital legacy), loss and change in relationships	Michaelmas – Year 8 Lent – Year 7	RE: Year 8 Lent 2. Year 7 read ‘A Monster Calls’.	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate Faith-filled and Hopeful	
R22. the effects of change, including loss, separation, divorce and bereavement; strategies for managing these and accessing support		RE: Year 8 Lent 2. Year 7 read ‘Sputnik’s Guide to Life on Earth’ by Frank Cottrell-Boyce and ‘A Monster Calls’ by Patrick Ness. Year 8 read ‘Once’ by Morris Gleitzman.	Attentive and Discerning Curious and Active Eloquent and Truthful Learned and Wise Loving and Compassionate Faith-filled and Hopeful	
R23. the services available to support healthy relationships and manage unhealthy relationships, and how to access them	Lent – Year 7 and 8		Attentive and Discerning Curious and Active	

			<p>Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate Faith-filled and Hopeful</p>	
R24. that consent is freely given; that being pressurised, manipulated or coerced to agree to something is not giving consent, and how to seek help in such circumstances	Lent – Year 8	RE: Year 7 Lent 1.	<p>Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate</p>	
R25. about the law relating to sexual consent		RE: Year 8 Lent 2.	<p>Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise</p>	
R26. how to seek, give, not give and withdraw consent (in all contexts, including online)	Lent – Year 8	RE: Year 7 Lent 1.	<p>Attentive and Discerning Curious and Active Eloquent and Truthful</p>	

			<p>Intentional and Prophetic</p> <p>Learned and Wise</p> <p>Loving and Compassionate</p>	
R27. that the seeker of consent is legally and morally responsible for ensuring that consent has been given; that if consent is not given or is withdrawn, that decision should always be respected	Lent – Year 8		<p>Attentive and Discerning</p> <p>Curious and Active</p> <p>Intentional and Prophetic</p> <p>Learned and Wise</p> <p>Loving and Compassionate</p>	
R28. to gauge readiness for sexual intimacy		<p>RE: Year 7 Lent 1.</p> <p>Science: Year 8 Organisms.</p>	<p>Attentive and Discerning</p> <p>Curious and Active</p> <p>Eloquent and Truthful</p> <p>Learned and Wise</p>	
R29. the impact of sharing sexual images of others without consent	Lent – Year 7 and 8	Computing: Year 8 Lent Safer Internet Week.	<p>Attentive and Discerning</p> <p>Curious and Active</p> <p>Intentional and Prophetic</p> <p>Learned and Wise</p> <p>Loving and Compassionate</p>	
R30. how to manage any request or pressure to share an image of themselves or others, and how to get help		Computing - KS3 E-Safety Week (Lent); Year 7 Lent 2; Year 8 Trinity 1.	<p>Attentive and Discerning</p> <p>Curious and Active</p>	

			Eloquent and Truthful Learned and Wise	
R31. that intimate relationships should be pleasurable		RE: Year 8, Lent 2	Attentive and Discerning Curious and Active Eloquent and Truthful Learned and Wise Loving and Compassionate	
R32. the communication and negotiation skills necessary for contraceptive use in healthy relationships (see also 'Health')		RE: Year 8 Lent 2.	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate	
R33. the risks related to unprotected sex		RE: Year 8 Lent 2.	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate	

R34. the consequences of unintended pregnancy, sources of support and the options available		RE: Year 8 Lent 2.	Attentive and Discerning Curious and Active Eloquent and Truthful Loving and Compassionate Faith-filled and Hopeful	
R35. the roles and responsibilities of parents, carers and children in families	Lent – Year 7	RE: Year 8 Lent 2. English: Y8 Lent 1; Y7 English Lent 1.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate Generous and Grateful	
R36. the nature and importance of stable, long-term relationships (including marriage and civil partnerships) for family life and bringing up children	Michaelmas – Year 8	RE: Year 8 Lent 2.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate Generous and Grateful Faith-filled and Hopeful	
R37. the characteristics of abusive behaviours, such as grooming, sexual harassment,	Michaelmas – Year 7 and 8 Lent – Year 8	Computing: Year 7 – Michaelmas Anti-Bullying Week.	Attentive and Discerning	

<p>sexual and emotional abuse, violence and exploitation; to recognise warning signs, including online; how to report abusive behaviours or access support for themselves or others</p>			<p>Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate</p>	
<p>R38. to recognise bullying, and its impact, in all its forms; the skills and strategies to manage being targeted or witnessing others being bullied</p>	<p>Michaelmas – Year 7 and 8 Lent – Year 8</p>	<p>Computing: Year 7 – Michaelmas Anti-Bullying Week. RE: Year 8 Trinity 1. English: Y7 Lent 1; Y8 English Lent 1; Y8 English Michaelmas 1.</p>	<p>Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate</p>	
<p>R39. the impact of stereotyping, prejudice and discrimination on individuals and relationships</p>	<p>Michaelmas – Year 7 and 8</p>	<p>RE: Year 8 Trinity 1. English: Y7 Lent 1; Y8 English Lent 1; Y8 English Michaelmas 1. Year 8 read ‘Once’ by Morris Gleitzman.</p>	<p>Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate</p>	
<p>R40. about the unacceptability of prejudice-based language and behaviour, offline and online, including sexism, homophobia, biphobia,</p>	<p>Michaelmas – Year 7 and 8</p>	<p>RE: Year 8 Lent 2; Year 8 Trinity 1. English: Y7 Lent 1; Y8 English Lent 1; Y8 English Michaelmas 1. Year 8 read ‘Once’ by Morris Gleitzman.</p>	<p>Attentive and Discerning Curious and Active Eloquent and Truthful</p>	

transphobia, racism, ableism and faith-based prejudice			Intentional and Prophetic Learned and Wise Loving and Compassionate	
R41. the need to promote inclusion and challenge discrimination, and how to do so safely, including online	Michaelmas – Year 7 and 8	RE: Year 7, Lent 2.	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate Faith-filled and Hopeful	
R42. to recognise peer influence and to develop strategies for managing it, including online	Lent – Year 8		Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate	
R43. the role peers can play in supporting one another to resist pressure and influence, challenge harmful social norms and access appropriate support	Lent – Year 8		Attentive and Discerning Curious and Active Eloquent and Truthful	

			<p>Intentional and Prophetic</p> <p>Learned and Wise</p> <p>Loving and Compassionate</p> <p>Generous and Grateful</p> <p>Faith-filled and Hopeful</p>	
R44. that the need for peer approval can generate feelings of pressure and lead to increased risk-taking; strategies to manage this	Lent 2 – Year 8		<p>Attentive and Discerning</p> <p>Curious and Active</p> <p>Eloquent and Truthful</p> <p>Intentional and Prophetic</p> <p>Learned and Wise</p> <p>Loving and Compassionate</p>	
R45. about the factors that contribute to young people joining gangs; the social, legal and physical consequences of gang behaviours	Lent – Year 7		<p>Attentive and Discerning</p> <p>Curious and Active</p> <p>Intentional and Prophetic</p> <p>Learned and Wise</p>	
R46. strategies to manage pressure to join a gang, exit strategies and how to access appropriate support	Lent – Year 7		<p>Attentive and Discerning</p> <p>Curious and Active</p> <p>Eloquent and Truthful</p> <p>Intentional and Prophetic</p>	

			Learned and Wise	
R47. motivations, misconceptions and consequences of carrying weapons and strategies for managing pressure to carry a weapon	Lent – Year 7 and 8		Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	

Core Theme 3: Living in the Wider World KS2

<i>Pupils should have the opportunity to learn:</i>	<i>Where this is explicitly covered in SMSVC curriculum:</i>	<i>Where this is explicitly covered in other areas of the curriculum:</i>	<i>Catholic Virtues:</i>	<i>Virtual Curriculum:</i>
L1. to recognise reasons for rules and laws; consequences of not adhering to rules and laws	Lent – Year 5 and 6	Year 5 Safeside Trip. KS2 Knife Crime Assembly. Geography: year 6, country code. Year 5 highway code.	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise	
L2. to recognise there are human rights, that are there to protect everyone	Michaelmas – Year 5 and 6 Lent – Year 6		Attentive and Discerning Curious and Active Learned and Wise Loving and Compassionate	

L3. about the relationship between rights and responsibilities	Michaelmas – Year 5 and 6		<p>Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise</p>	
L4. the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others	Michaelmas – Year 5 and 6	<p>Year 5 read 'Born to Run' by Michael Morpurgo. Year 6 read 'Wonder' by RJ Palacio.</p>	<p>Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate Generous and Grateful Faith-filled and Hopeful</p>	
L5. ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)		<p>Year 5 Safeside Trip. Geography: year 6 environment topic; year 6 renewable energy.</p>	<p>Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate Generous and Grateful Faith-filled and Hopeful</p>	

L6. about the different groups that make up their community; what living in a community means	Michaelmas – Year 6	Year 5 Safeside Trip.	Attentive and Discerning Curious and Active Learned and Wise Loving and Compassionate Generous and Grateful	
L7. to value the different contributions that people and groups make to the community	Michaelmas – Year 6	Year 5 Safeside Trip.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate Generous and Grateful	
L8. about diversity: what it means; the benefits of living in a diverse community; about valuing diversity within communities	Michaelmas – Year 6		Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate Generous and Grateful	
L9. about stereotypes; how they can negatively influence behaviours and attitudes towards others; strategies for challenging stereotypes	Michaelmas – Year 6		Attentive and Discerning Curious and Active	

			<p>Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate Faith-filled and Hopeful</p>	
L10. about prejudice; how to recognise behaviours/actions which discriminate against others; ways of responding to it if witnessed or experienced	Michaelmas – Year 6		<p>Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate Faith-filled and Hopeful</p>	
L11. recognise ways in which the internet and social media can be used both positively and negatively	Michaelmas – Year 5 and 6 Lent – Year 5 and 6	<p>Geography: All year groups consider how the media reports on current global issues and how they can be exploited.</p> <p>Computing: Y5 and Y6 Michaelmas 2</p>	<p>Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise</p>	
L12. how to assess the reliability of sources of information online; and how to make safe, reliable choices from search results		<p>Geography: All year groups consider how the media reports on current global issues and how they can be exploited.</p> <p>Computing: Y5 and Y6 Michaelmas 2</p>	<p>Attentive and Discerning Curious and Active Learned and Wise</p>	

L13. about some of the different ways information and data is shared and used online, including for commercial purposes		Computing: Y5 and Y6 Michaelmas 2	Attentive and Discerning Curious and Active Learned and Wise	
L14. about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information		Computing: Y5 and Y6 Michaelmas 2	Attentive and Discerning Curious and Active Learned and Wise	
L15. recognise things appropriate to share and things that should not be shared on social media; rules surrounding distribution of images	Michaelmas – Year 5 and 6 Lent – Year 5 and 6	Computing: Year 5 – Michaelmas 2; Year 6 Michaelmas 2.	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate	
L16. about how text and images in the media and on social media can be manipulated or invented; strategies to evaluate the reliability of sources and identify misinformation	Michaelmas – Year 5 and 6	Computing: Year 5 – Michaelmas 2; Year 6 Michaelmas 2.	Attentive and Discerning Curious and Active Eloquent and Truthful Learned and Wise	
L17. about the different ways to pay for things and the choices people have about this	Trinity – Year 5		Attentive and Discerning Curious and Active Learned and Wise	

L18. to recognise that people have different attitudes towards saving and spending money; what influences people's decisions; what makes something 'good value for money'	Trinity – Year 5		Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	Banking and Money Matters
L19. that people's spending decisions can affect others and the environment (e.g. Fair trade, buying single-use plastics, or giving to charity)		Geography: Year 6 environment Year 5 transport in LICs Vs HICs.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	
L20. to recognise that people make spending decisions based on priorities, needs and wants	Trinity – Year 5		Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	Banking and Money Matters Business Studies
L21. different ways to keep track of money	Trinity – Year 5	Maths: Year 5 Lent 2 (Decimals and Percentages); Year 5 Trinity 1 (Decimals); Year 6 Lent 1 (Decimals); Year 6 Lent 1 (Percentages).	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	Banking and Money Matters
L22. about risks associated with money (e.g. money can be won, lost or stolen) and ways of keeping money safe	Trinity – Year 5		Attentive and Discerning Curious and Active Intentional and Prophetic	Banking and Money Matters

			Learned and Wise	
L23. about the risks involved in gambling; different ways money can be won or lost through gambling-related activities and their impact on health, wellbeing and future aspirations			Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate	
L24. to identify the ways that money can impact on people's feelings and emotions	Trinity – Year 5		Attentive and Discerning Curious and Active Learned and Wise Loving and Compassionate	
L25. to recognise positive things about themselves and their achievements; set goals to help achieve personal outcomes	Michaelmas – Year 5 and 6		Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate Generous and Grateful Faith-filled and Hopeful	Business Studies
L26. that there is a broad range of different jobs/careers that people can	Trinity – Year 5 and 6		Attentive and Discerning	Business Studies

have; that people often have more than one career/type of job during their life			Curious and Active Learned and Wise	Online Careers Pathway – Invest in Yourself.
L27. about stereotypes in the workplace and that a person’s career aspirations should not be limited by them	Trinity – Year 5 and 6		Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Faith-filled and Hopeful	
L28. about what might influence people’s decisions about a job or career (e.g. personal interests and values, family connections to certain trades or businesses, strengths and qualities, ways in which stereotypical assumptions can deter people from aspiring to certain jobs)	Trinity 1 – Year 5 and 6		Attentive and Discerning Curious and Active Learned and Wise	Business Studies Online Careers Pathway – Invest in Yourself.
L29. that some jobs are paid more than others and money is one factor which may influence a person’s job or career choice; that people may choose to do voluntary work which is unpaid	Trinity – Year 5 and 6		Attentive and Discerning Curious and Active Learned and Wise	The Love of Reading. Online Careers Pathway – Invest in Yourself.
L30. about some of the skills that will help them in their future careers e.g. teamwork, communication and negotiation	Trinity – Year 5 and 6	Introductory lesson for each subject – links to careers.	Attentive and Discerning Curious and Active Eloquent and Truthful	All units on VC. Online Careers Pathway –

			<p>Intentional and Prophetic Learned and Wise</p>	Invest in Yourself.
L31. to identify the kind of job that they might like to do when they are older	Trinity – Year 5 and 6		<p>Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Faith-filled and Hopeful</p>	<p>Many units on VC.</p> <p>Online Careers Pathway – Invest in Yourself.</p>
L32. to recognise a variety of routes into careers (e.g. college, apprenticeship, university)	Trinity – Year 5 and 6		<p>Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Faith-filled and Hopeful</p>	Online Careers Pathway – Invest in Yourself.

Core Theme 3: Living in the Wider World KS3

<i>Pupils should have the opportunity to learn:</i>	<i>Where this is explicitly covered in SMSVC curriculum:</i>	<i>Where this is explicitly covered in other areas of the curriculum:</i>	<i>Catholic Virtues:</i>	<i>Virtual Curriculum:</i>
L1. study, organisational, research and presentation skills		English: presentation skills covered in KS3 English.	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise	Business Studies.
L2. to review their strengths, interests, skills, qualities and values and how to develop them	Trinity 1 – Year 7 and 8 Year 7 to 8 Transition Day	Music: Y8 What makes a good song/ Bronze and Silver Arts Award (Lent).	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Loving and Compassionate Generous and Grateful Faith-filled and Hopeful	All VC units.
L3. to set realistic yet ambitious targets and goals	Trinity – Year 7 and 8	Introductory lesson for each subject – link to skills, targets and careers.	Attentive and Discerning Curious and Active	

			<p>Intentional and Prophetic Learned and Wise Faith-filled and Hopeful</p>	
L4. the skills and attributes that employers value	Trinity 1 – Year 7 and 8	Introductory lesson for each subject – link to skills, targets and careers.	<p>Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise</p>	Online Careers Pathway – Invest in Yourself.
L5. the skills and qualities required to engage in enterprise	Trinity 1 – Year 7 and 8		<p>Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise</p>	Online Careers Pathway – Invest in Yourself. Business Studies.
L6. the importance and benefits of being a lifelong learner	Trinity – Year 7 and 8	Introductory lesson for each subject – link to skills, targets and careers.	<p>Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Faith-filled and Hopeful</p>	
L7. about the options available to them at the end of key stage 3, sources of information, advice and support, and the skills to	Trinity – Year 7 and 8		<p>Attentive and Discerning Curious and Active</p>	

manage this decision-making process			Eloquent and Truthful Intentional and Prophetic Learned and Wise	
L8. about routes into work, training and other vocational and academic opportunities, and progression routes	Trinity – Year 7 and 8		Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Faith-filled and Hopeful	Online Careers Pathway – Invest in Yourself.
L9. the benefits of setting ambitious goals and being open to opportunities in all aspects of life	Trinity – Year 7 and 8		Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Generous and Grateful Faith-filled and Hopeful	Online Careers Pathway – Invest in Yourself.
L10. to recognise and challenge stereotypes and family or cultural expectations that may limit aspirations	Michaelmas – Year 7 and 8	RE: Year 8 Trinity 1. Geography: Year 7 Africa topic.	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise	

			Loving and Compassionate Faith-filled and Hopeful	
L11. different types and patterns of work, including employment, self-employment and voluntary work; that everyone has a different pathway through life, education and work	Trinity – Year 7 and 8		Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Faith-filled and Hopeful	Online Careers Pathway – Invest in Yourself.
L12. about different work roles and career pathways, including clarifying their own early aspirations	Trinity – Year 7 and 8	Music – Y8 selected pupils in Silver Arts Award.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Faith-filled and Hopeful	Online Careers Pathway – Invest in Yourself.
L13. about young people’s employment rights and responsibilities	Trinity – Year 8		Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise	
L14. to manage emotions in relation to future employment	Trinity – Year 7		Attentive and Discerning Curious and Active	

			Eloquent and Truthful Intentional and Prophetic Learned and Wise Faith-filled and Hopeful	
L15. to assess and manage risk in relation to financial decisions that young people might make		Maths: Y7, Trinity 2. Maths: Y8, Michaelmas 2/Lent 1.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	Banking and Money Matters
L16. about values and attitudes relating to finance, including debt		Maths: Y7, Trinity 2. Maths: Y8, Michaelmas 2/Lent 1.	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise	Banking and Money Matters
L17. to manage emotions in relation to money		Maths: Y7, Trinity 2. Maths: Y8, Michaelmas 2/Lent 1.	Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Generous and Grateful	Banking and Money Matters

L18. to evaluate social and moral dilemmas about the use of money, including the influence of advertising and peers on financial decisions		Geography: Year 8 Natural Disaster response.	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	
L19. to recognise financial exploitation in different contexts e.g. drug and money mules, online scams	Michaelmas – Year 8 Lent – Year 7	Computing: Y8, Trinity 1 and Trinity 2	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate	
L20. that features of the internet can amplify risks and opportunities, e.g. speed and scale of information sharing, blurred public and private boundaries and a perception of anonymity	Lent – Year 7 and 8	Computing: Y8, Lent 1	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise	
L21. to establish personal values and clear boundaries around aspects of life that they want to remain private; strategies to safely manage personal information and images online, including on social media	Michaelmas – Year 7 and 8 Lent – Year 7 and 8	Computing: Year 8 – E Safety Week (Lent).	Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate	

<p>L22. the benefits and positive use of social media, including how it can offer opportunities to engage with a wide variety of views on different issues</p>	<p>Michaelmas – Year 7 and 8</p>	<p>Computing: Year 8 – E Safety Week (Lent).</p>	<p>Attentive and Discerning Curious and Active Eloquent and Truthful Learned and Wise Loving and Compassionate Generous and Grateful</p>	
<p>L23. to recognise the importance of seeking a variety of perspectives on issues and ways of assessing the evidence which supports those views</p>	<p>Michaelmas – Year 7</p>		<p>Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise</p>	
<p>L24. to understand how the way people present themselves online can have positive and negative impacts on them</p>	<p>Michaelmas – Year 7 and 8 Lent – Year 7 and 8</p>	<p>Computing: Y7, Trinity 2. Computing: Y8, Lent 1.</p>	<p>Attentive and Discerning Curious and Active Intentional and Prophetic Learned and Wise Loving and Compassionate</p>	
<p>L25. to make informed decisions about whether different media and digital content are appropriate to view and develop the skills to act on them</p>		<p>Computing: Y7, Lent 1 and Lent 2</p>	<p>Attentive and Discerning Curious and Active Intentional and Prophetic</p>	

			Learned and Wise	
L26. that on any issue there will be a range of viewpoints; to recognise the potential influence of extreme views on people’s attitudes and behaviours	Michaelmas – Year 7		Attentive and Discerning Curious and Active Learned and Wise	
L27. to respond appropriately when things go wrong online, including confidently accessing support, reporting to authorities and platforms	Michaelmas – Year 7 and 8		Attentive and Discerning Curious and Active Eloquent and Truthful Intentional and Prophetic Learned and Wise Faith-filled and Hopeful	

RSE Framework – Topics

Relationships Education – Key Stage 2	
Topic 1	Families and People who Care for Me
Topic 2	Caring Friendships
Topic 3	Respectful Relationships
Topic 4	Online Relationships
Topic 5	Being Safe
Physical and Mental Wellbeing – Key Stage 2	
Topic 1	Mental Wellbeing
Topic 2	Internet Safety and Harms
Topic 3	Physical Health and Fitness
Topic 4	Healthy Eating
Topic 5	Drugs, Alcohol and Tobacco
Topic 6	Health and Prevention
Topic 7	Basic First Aid
Topic 8	Changing Adolescent Body
Relationships Education – Key Stage 3	
Topic 1	Families
Topic 2	Respectful Relationships, Including Friendships
Topic 3	Online and Media
Topic 4	Being Safe
Topic 5	Intimate and Sexual Relationships, Including Sexual Health
Physical and Mental Wellbeing – Key Stage 3	
Topic 1	Mental Wellbeing
Topic 2	Internet Safety and Harms
Topic 3	Physical Health and Fitness
Topic 4	Healthy Eating
Topic 5	Drugs, Alcohol and Tobacco
Topic 6	Health and Prevention
Topic 7	Basic First Aid
Topic 8	Changing Adolescent Body