

St Thomas's Centre  
Long Term Plan.



	Autumn term Health and Wellbeing		Spring Term Relationships and Sex Education		Summer Term Living in the Wider World	
Year 10	Mental Health wellbeing	Internet safety and harms	Families	Respectful relationships including friendships	Learning skills, choices and pathways	Work & Career, Employment rights and responsibilities
Year 11	Physical Health and Fitness	Drugs, alcohol and tobacco	Online and Media	Intimate and sexual relationship, including sexual health	Financial Choices	Media Literacy and digital resilience