

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme 1	Health and Wellbeing	Health and Wellbeing	Relationships	Relationships	Living in the wider world	Living in the wider world
Topic	Healthy lifestyle	Harmful substances	Personal relationships	Personal relationships	Finances	Aspirations, learning skills and careers
Knowledge	To know how to maintain good physical health and to know about risky behaviours	To know about legal and illegal drugs, smoking and alcohol and its impact on the body	To understand what a healthy relationship looks like and understand what is abusive	To explore different family relationships and how to cope with changes in relationships	To learn about personal budgeting and influences on a young consumer and to be able to recognise exploitation.	To know own strengths and interests and start to develop own aspirations. Start to consider and develop skills that employers' value.