

Term	Year 7 Sail theme		Year 8 Sail theme		Year 9 Theme		Year 10 Theme		Year 11 Theme							
Autumn Term 1	Who are we? (10 weeks)	Transition to secondary school and personal safety in and outside school, including first aid.	May the force be with you! (10 weeks)	The UK political system and democracy. The rule of law and the role of the judiciary and how to influence change.	Citizens of the World! (8 weeks)	Being a global citizen and recognising our responsibility to keep each other safe and free from extremism.	Can you believe everything you read? (6 weeks)	Addressing extremism and radicalisation. Community cohesion and challenging extremism.	Healthy Relationships (8 weeks)	Different families and parental responsibilities, pregnancy, marriage & forced marriage. Changing relationships, including developing respectful & safe relationships on and off line.						
Autumn Term 2					Global Citizens (10 weeks)	Diversity, prejudice and bullying.	Inspiration – who or what inspires me? (10 weeks)	Mental health and emotional wellbeing, including body image and coping strategies.			Choices and decisions (8 weeks)	Setting goals, learning strengths, career options and goal setting as part of the GCSE options process	Healthy Body, Healthy Mind! (7 weeks)	Mental health and ill health, stigma, safeguarding health, including during periods of transition or change.	Looking ahead (12 weeks)	Building for the future/ Next steps. Self-efficacy, stress management, and future opportunities. Application processes, and skills for further education, employment and career progression.
Spring Term 1											Who has the power? (10 weeks)	Democracy and UK electoral system. The role of the monarchy and why it is important to exercise our right to vote.	Enterprise and Innovation – Looking to the future! (10 weeks)	Equality of opportunity in careers and life choices, and different types and patterns of work.		
Spring Term 2	Festivals (7 weeks)	Building relationships, self-worth, romance and friendships (including online) and boundaries.	Now and Then / changes – Dealing with change (7 weeks)	Online safety, gender identity, sexual orientation, consent, 'sexting'.	Healthy Body, Healthy Mind (6 weeks)	Healthy lifestyle, diet, exercise, lifestyle balance and healthy choices, first aid.	Appropriate relationships (6 weeks)	Relationships and sex expectations, myths, pleasure and challenges, including the impact of the media and pornography.	Can you say anything you like? (8 weeks)	Rights and responsibilities and how to effect change in a democratic and responsible way.						
Summer Term 1					Financial Health (3 weeks)	Managing finances	Keeping myself safe! (8 weeks)	Peer influence, healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation.	Who decides? (6 weeks)	Citizenship with elements of British Values.	Study Skills (8 weeks)	Preparation for exams				
Summer Term 2	How can I be financially secure? (6 weeks)	Careers, Finance														