

Thematic Menu 2023-24					
Key Stage	Step				
1	1 & 2	United Kingdom	Spain	The Caribbean	
		Australia	Brazil	China	
2	3, 4, 5 & 6	Italy	USA	Antarctica	
		Egypt	France	Japan	
		Greece	Mexico	Scandinavia	
3	7, 8 & 9	Antarctica	Americas	Oceania	
		Asia	Europe	Africa	
4	10 & 11	Leicestershire	Nottinghamshire	Lincolnshire	

Curriculum Sequence KS2						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Step 3	<ul style="list-style-type: none"> Feelings and me Resilience & self-esteem Exercise and wellbeing Personal identity Strengths and interests 	<ul style="list-style-type: none"> Role models Manners and politeness Family and me People who care for me Caring for others 	<ul style="list-style-type: none"> Jobs and sectors Careers and skills Targets and goals Career routes Stereotypes 	<ul style="list-style-type: none"> Personal safety & risk Fire safety Healthy eating What is a habit? Healthy choices 	<ul style="list-style-type: none"> Seeking permission Privacy and boundaries Friendship boundaries Respectful behaviour Bullying and hurtful behaviour 	<ul style="list-style-type: none"> Rules and laws Rights & responsibilities E-safety Age-appropriate content Why is the news important?
Step 4	<ul style="list-style-type: none"> Value for money Responsible spending Keeping track of money Gambling and risk What is advertising? 	<ul style="list-style-type: none"> Allergies Germ and Illness Vaccinations Drugs and Medicines Habits and Addiction 	<ul style="list-style-type: none"> Communicating Online Cyberbullying Harmful Content/ Contact Hurtful Behaviour Secrets 	<ul style="list-style-type: none"> Fake Images Digital Footprint Diverse Communities Racism Prejudice & Discrimination 	<ul style="list-style-type: none"> Staying Healthy Growing Up Girls Growing Up Boys Changing Emotions Personal Hygiene 	<ul style="list-style-type: none"> Committed Relationships Honesty & Trust Positive Friendships Dares & Challenges Respecting Difference
Step 5	<ul style="list-style-type: none"> Internet & screen time Age restrictions Careers & stereotypes Fake news Fireworks & bonfires 	<ul style="list-style-type: none"> Understanding emotions Feelings & emotions Self-esteem What is mental health? Physical health 	<ul style="list-style-type: none"> Caring for babies Gender identity Online behaviour Risks Stranger danger 	<ul style="list-style-type: none"> Success & achievement Responsibility Courtesy & manners Change, grief & loss The environment 	<ul style="list-style-type: none"> Healthy habits Sleep hygiene Sun safety Medicines/product safety First aid 	<ul style="list-style-type: none"> Behaviour & respect Feeling left out Friendships Peer pressure Loving stable families
Step 6	<ul style="list-style-type: none"> Healthy living Being healthy Dental hygiene Germ, bacteria & viruses Mental health symptoms 	<ul style="list-style-type: none"> Positive relationships Disagreeing respectfully Family and commitment Love and abuse Online gaming safety 	<ul style="list-style-type: none"> Help & advice Identity & community Diversity in the UK Social media Online privacy & data 	<ul style="list-style-type: none"> Body image Girls' puberty Boys' puberty Hormones & emotions Alcohol & Drugs 	<ul style="list-style-type: none"> Bullying Bullying or teasing? Consent Attraction Human Reproduction 	<ul style="list-style-type: none"> What is money? Attitudes about money Personal safety & hazards Transition

Living in the wider world

Relationships

Health & Wellbeing

Curriculum Sequence KS3 & KS4			
	Autumn	Spring	Summer
Step 7	<ul style="list-style-type: none"> • Aspirations • Personal Development & Target Setting • Self-Esteem & Resilience • Career Skills & Qualities • Protected Characteristics • Online Safety • Social media • Media Literacy • Personal Budgeting Plan • Wants, needs & priorities • Savings, loans and interest rates • Financial transactions • Ethical Consumers 	<ul style="list-style-type: none"> • Bullying or banter • Cyberbullying • Falling in love • Different families • Healthy Relationships • Importance of Trust • Maintaining Friendships • Kindness and Empathy • Marriage • Online Grooming • Personal identity – British Values • Radicalisation & Extremism 	<ul style="list-style-type: none"> • Healthy Lifestyle • Eating responsibly • Consequences of not eating healthy • Exercise • Mental Health • Managing Anger • Smoking & Vaping • Drugs • Energy Drinks • Puberty • Periods • FGM • Personal hygiene • Oral hygiene
Step 8	<ul style="list-style-type: none"> • Careers: Communication Skills • Careers: Teamwork skills • Entrepreneurs • Employability skills • Stereotyping, discrimination & prejudice – teens and the media • Sexism in society • Homophobia • Prejudice & discrimination – racism • Income & Expenditure • National Insurance & Income Tax • Saving & Investing • Caring for the Environment 	<ul style="list-style-type: none"> • Cyberbullying • Gender Stereotypes • Misogyny • Transgender • Body image and the media – boys • Consent Sexting and sexual imagery • Dangers of Pornography • Contraception • STIs • Stereotyping, discrimination & prejudice – religion • Radicalisation & Extremism • Islamophobia • British Values – Tolerance & Respect • Domestic Conflict 	<ul style="list-style-type: none"> • Self-confidence • Managing behaviour • Emotional literacy – self-awareness & Mindfulness • Exploring identity • Group messaging and chats • Social media stress • Personal Safety & First Aid • Balanced diet & nutrition • Eating disorders • Vaping vs Smoking • Lifestyle diseases & Cancer awareness • Stereotyping, discrimination & prejudice – disability
Step 9	<ul style="list-style-type: none"> • Importance of community • Knife crime & The Law – young offenders • Employability skills & Applying for careers • Preparing for work • Enterprise • Accounts, savings, loans and financial institutions • The economy • Consumer rights • Avoiding Debt • Human rights – charities • Human rights – abuse and atrocities • Sustainability for the environment 	<ul style="list-style-type: none"> • Body image and the media – girls • Media & eating disorders • Peer pressure • Health and Unhealth Relationships • Domestic violence & abuse • Child Sexual Exploitation • Diverse British Communities • Protected characteristics • British Values - Gender equality • LGBTQ+ community • Pronouns • Sexual Harassment 	<ul style="list-style-type: none"> • Rules to succeed • Growth Mindset • Interpersonal Skills • Mental Health & Anxiety • Selfie-obsessed consequences • Managing stress and exam stress • Alcohol & Drug awareness • Gambling risks • Self-harm • Responsible health choices • Health advice and services • Prescription drugs • Importance of sleep
Step 10	<ul style="list-style-type: none"> • Career ambitions & qualifications • Careers in the STEM industries • Employment Rights & responsibilities • Prepare for work experience • Writing CVs • British Values – criminal justice system • Anti-social behaviour • Crime, gangs and county lines • Hate crime • Equality & Equity • International Women's day • Overt & covert racism • Terrorism • Fake news • Social media validation • Carbon footprints 	<ul style="list-style-type: none"> • Community cohesion • Role models • Managing conflict • Harassment & Stalking • Forced and arranged marriage • Pornography brains & Revenge porn • Same sex relationships • Gender & Transgender identity • LGBTQ+ rights • Sexism & gender prejudice • Looking after a child • Parenting types & styles • Adoption and fostering 	<ul style="list-style-type: none"> • Internet safety – screen time • Social media, self-esteem & resilience • Social media and loneliness • Social anxiety • Grief & bereavement • Time management • Study skills • Stress and Exam performance • Binge drinking • Nitrous oxide • Homelessness • Body image • Tattoos and piercing • Cancer self-examination
Step 11	<ul style="list-style-type: none"> • Exam revision & study skills • Applying to college & university • Preparing for interviews • Health & Safety at work • Trade unions • Globalisation • Independent travel • Independent living • Multiculturalism • Extremism & Radicalisation • Right wing extremism • Cybercrime • Internet safety – the dark web • Plastic pollution • Protecting animal rights 	<ul style="list-style-type: none"> • Bullying & body shaming • Language microaggressions • Relationship types & sexuality • Online dating • Safe sex • Consent, Rape and Sexual abuse • Relationship break ups • Fertility & reproductive health • Parenting costs & considerations • Unplanned pregnancy & Abortion • Positivity & happiness 	<ul style="list-style-type: none"> • Importance of PSHE • Celebrating diversity & identities • Neurodiversity • Body positivity & controversial issues • Privilege • Personal Safety • Risk taking • Gambling & online gaming • Sleep & sleep deprivation • Perseverance & procrastination • Digital footprint • First aid - CPR