



# Y7 CAPE ROADMAP



Y8



## Healthy Lifestyles



- Diet and Exercise
- Maintaining physical health
- Dental Health



- Eating healthy
- Looking after the body and mind



## Rights and Responsibilities



- How laws are made
- Freedom of Speech
- Equality and Diversity



- Discrimination
- British values (Double lesson)



## RSE



- Puberty and emotional challenges
- Menstrual wellbeing
- Healthy/unhealthy relationships



- Managing conflict
- Introduction to consent
- Consent



## Democracy and Justice



- Who is Prime Minister
- Parliament
- MP's and their roles
- Parliament and the community



- Political parties And what they stand for



## Personal wellbeing



- Cyber Bullying



- Thriving in Secondary school
- Transition
- Dealing with change
- Connections and friendships



Y7





# Y7 CAPE ROADMAP



- What is a career
- What is success to you
- Working and earning

## Careers



- What is an Entrepreneur
- Challenges and rewards
- My interests





# Y8 CAPE ROADMAP



Y9



## Personal Wellbeing

- ☞ Mental health
- ☞ Emotional wellbeing
- ☞ Body image

- ☞ Eating healthy
- ☞ Diet and exercise



## Democracy and Justice

- ☞ Identity
- ☞ Immigration and refugees
- ☞ British Values

- ☞ Prejudice and discrimination
- ☞ Equality
- ☞ Tackling discrimination



## Careers

- ☞ Careers treasure hunt
- ☞ Careers terminology
- ☞ Creating the life you want
- ☞ Taking control

- ☞ LMI
- ☞ Careers and the future
- ☞ Careers and the climate



## Healthy Lifestyles

- ☞ Alcohol
- ☞ Smoking
- ☞ Types of drugs
- ☞ Dangers of drugs
- ☞ Effects of alcohol

- ☞ Over the counter drugs
- ☞ Mental Health awareness
- ☞ Staying physically and emotionally healthy



## RSE

- ☞ Relationship values
- ☞ Influences on relationship values

- ▲ Sexual orientation and Gender
- ▲ Avoiding assumptions
- ▲ Introduction to contraception
- ▲ Principles of relationships



Y8





# Y8 CAPE ROADMAP



Y9

## Rights and Responsibilities



- What are my rights
- Who protects my human rights
- Human trafficking



- Forced marriage
- FGM



Y8





# Y9 CAPE ROADMAP



Y10



## Rights and Responsibilities

- What is terrorism
- Why does terrorism exist
- 911 and other terrorist attacks



- Reaction to terrorism
- Affect of terrorism
- Case studies



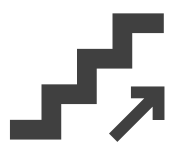
## Healthy Lifestyles



- Mental Health
- Coping with life
- Alcohol



- Managing influences
- Coping with grief



## Careers



- Choices
- Decision making
- What are my skills
- What are employability skills



- Impact of AI on the labour market
- Types of careers
- Researching subjects



## Personal Wellbeing



- Diet and exercise
- Maintaining physical health



- First Aid



## Democracy and Justice



- How do police investigate crime
- How are people tried for crimes
- How are people punished in the UK



- Young people and the justice system
- What age should we be accountable
- Prisons



Y9





# Y9 CAPE ROADMAP



Y10

RSE



- ⌋ Consent
- ⌋ Sex and the media
- ⌋ What if case studies
- ⌋ Contraception



- ⌋ Safe or unsafe
- ⌋ Disrespect nobody



Y9





# Y10 CAPE ROADMAP



Y11



- Healthy relationships
- Gender Identity
- Child exploitation
- Consent

## RSE



- Sexual Health
- Contraception



## Healthy Lifestyles



- Self examination
- Substance abuse
- Seeking help



- Organ donation and choices



- Financial choices
- Smart thinking
- Challenges
- Emotional wellbeing

## Personal Wellbeing



- Negative thinking
- Wellbeing and the media



## Careers



- Identifying interests
- CVs and cover letters
- Starting a job application
- Preparing a CV



- Completing a CV
- Preparing a cover letter
- Completing a cover letter



- Propaganda and conspiracy
- Conspiracy theories
- Extremism

## Rights and Responsibilities



- Extremism part 2
- Faith and hate
- London Bridge attack



Y10





# Y10 CAPE ROADMAP



Y11

## Democracy and Justice



- British Values
- Democracy
- Rule of Law
- The Tripartite system



- Freedom of Faith
- Religious beliefs and values
- Challenging discrimination



Y10





# Y11 CAPE ROADMAP

Y12



## Revision Skills

- ▲ Revision methods
- ▲ Planning
- ▲ Creating a timetable
- ▲ When and where
- ▲ How to revise effectively



## RSE

- Family conflict
- Long term commitment
- Sexual health, fertility and routes to parenthood
- Pregnancy choices
- Pregnancy outcomes
- Forced marriage and honour based violence



## Careers

- Post 16 options
- Researching options
- Work based learning - Apprenticeships
- ▲ Making decisions
- ▲ Intended destinations
- ▲ Applying to college/sixth form



Y11





# Y12 CAPE ROADMAP



Y13



- Staying safe on a night out
- Travelling abroad
- Travelling to work

## Healthy Choices and Safety

### Safety



- Rights and Responsibilities
- First Aid



## RSE

- Consent
- Child Exploitation
- Domestic violence
- Murdered by my boyfriend film



- Forced Marriage
- FGM



- Equality Act
- Stereotyping
- Are women really equal in the 21<sup>st</sup> Century
- Diversity

## Diversity and Inclusion



- How hate spreads
- Radicalisation and Extremism



## Careers

- Introduction to work experience
- How to contact employers
- Writing your CV



- Using social media
- Completing work experience
- Prepare a CV



- Mental Health
- Managing stress
- Body Image
- Body Image part 2

## Health and Wellbeing



- Eating disorders
- Eating disorders part 2



Y12



# Y12 CAPE ROADMAP



## Health and Wellbeing



- ⚡ Staying safe online
- ⚡ Setting boundaries online
- ⚡ Misinformation online



- ⚡ Preparing for work experience





# Y13 CAPE ROADMAP



## Revision techniques

END



- Intimacy
- Consent
- Sexual Health Providers and why
- Pregnancy and what to expect

### SRE

- Becoming a parent
- How to cope with pregnancy and miscarriages



## Careers

- Post 18 choices
- Results day and clearing
- Balancing life and work
- How to network and be enterprising

- The basics of an interview
- What makes an employer good to work for
- Should we adopt a 4 day week



## Health and Wellbeing

- Mental health revisited
- Mental Health
- Acknowledging skills and assets
- Understanding cultural identity

- Intersectionality marginalisation
- The role of constructive criticism
- Financial choices



Y13

