

# Get Set days (Provisional)



## KS4 LONG-TERM OVERVIEW Year 9

### Get Set (Off curriculum day)

	Autumn term		Spring Term		Summer Term	
<b>Year9</b>	<b>Peer influence, substance use and gangs</b> Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	<b>Setting goals</b> Learning strengths, career options and goal setting as part of the GCSE options process	<b>Managing conflict</b> At home and the dangers of running away from home Tackling homophobia, transphobia and sexism	<b>Healthy lifestyle</b> Diet, exercise, lifestyle balance and healthy choices, and first aid (CPR)	<b>Employability skills</b> Employability and online presence	<b>Enterprise project</b> Planning and carrying out an enterprise project Reflecting on learning skills development in key stage 3

# Get Set days



## KS4 LONG-TERM OVERVIEW Year 10

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>PSHE/ Citizenship</b>	<b>Mental health</b> Mental health and ill health, stigma, safeguarding health, including during periods of transition or change	<b>Exploring influence</b> The influence and impact of drugs, gangs, role models and the media	<b>Healthy relationships</b> Relationships and sex expectations, myths, pleasure, and challenges, including the impact of the media and pornography	<b>Citizenship</b> Other systems and forms of government, both democratic and non-democratic, in UK and beyond UK Human Rights	<b>Financial decision making</b> The impact of financial decisions, debt, gambling and the impact of advertising on financial choices	<b>Interview Day</b> Evaluation of work experience and preparation for mock interviews
	<b>Addressing extremism and radicalisation</b> Communities, belonging and challenging extremism			<b>Law and Order</b> Legal system in UK and internationally, and the rights of the citizen		
<b>PRE</b>	<b>Radicalisation and Religion</b>	<b>Prejudice and discrimination</b>		<b>Death penalty</b> Atheist & religious responses	<b>Religious views</b> Money & Gambling	
<b>e-Safety</b>	Online Reputation	Fake news and illegal content	Big data	Right to privacy and data protection	Right to access	
<b>My future self (Careers, revision, and employability)</b>	<b>Employability Skills workshop</b> <b>Career roadmap -path to work.</b>	<b>Revision Techniques</b> Preparing for mock examinations	<b>Work preparation</b> CV and covering letter workshop	<b>Post 16 Choices &amp; introduction to colleges</b>	<b>Work experience</b> Preparation for work experience and readiness for work	

# Get Set days



## KS4 LONG-TERM OVERVIEW Year 11

	Autumn 1	Autumn 2	Spring 1	Spring 2
PSHE/ Citizenship	<b>Building for the future</b> Self-efficacy, stress management, and future opportunities	<b>Families</b> Different families and parental responsibilities, pregnancy, and changing relationships	<b>Communication in relationships</b> Personal values, assertive communication (including in relation to contraception and sexual health), relationship challenges and abuse, consent and rape culture	<b>Mental health and well being</b> Managing personal mental health and stress, for forthcoming GCSEs
			<b>Independence</b> Responsible health choices, and safety in independent contexts	<b>Financial futures</b> Mortgages, loans, managing money, obtaining car insurance
PRE	Environment- Start of religious views on	Forced and arranged marriage	Sanctity and value of human life	Meditation
e-Safety	Online bubbles	Protecting myself online		
My future self (Careers, revision, and employability)	<b>Next steps -Transition to post 16</b> Application processes, and skills for further education, employment and career progression	<b>Revision techniques</b> Tried and tested revision techniques to help plan GCSE revision for mocks and beyond	Using online tools for employment	

Consent highlighted in yellow