




		LTP for : KS3		
		Y7/8 cycle A	Y7/8 cycle A	Y9
A u t u m n 1	Key area of understanding	Health and Wellbeing: Healthy mind	Health and Wellbeing: Healthy mind	Health and Wellbeing: Safety and wellbeing
	Knowledge & skills development	<ul style="list-style-type: none"> Identify an understanding the different types of emotions Understanding personal strengths and the importance of identifying our own and those around us. Understand the importance of improving our own self-esteem and self-confidence. Understanding how to deal with criticism Knowing what bullying and loneliness and knowing where help can be gained. 	<ul style="list-style-type: none"> Understanding the emotions one may feel and the behaviours that each emotion may present. Know how we could build our own self-confidence or our peers'. Know how our emotions could impact our self-esteem or self-confidence. Understand the term resilience and why it is important to help us succeed in life. 	<ul style="list-style-type: none"> Identify what self-esteem and self-confidence is and know how it can be managed. Identify strategies to support our emotional wellbeing. Understand and identify the importance of mindfulness. Importance of sleep.
A u t u m n 2	Key area of understanding	Health and Wellbeing: Healthy body	Health and Wellbeing: Personal safety	Health and Wellbeing: Safety and wellbeing
	Knowledge & skills development	<ul style="list-style-type: none"> Identifying the benefits, short and long term consequences of: physical exercise, diet and an ineffective hygiene routine. Impact of a poor oral hygiene routine. Creating a healthy diet. Understand what constitutes a healthy meal. 	<ul style="list-style-type: none"> Know how to be safe on the road. Understand bike safety. Understand the difference between good and bad strangers. Understand fire safety. Understand sun safety. Know the importance of the emergency services. Understand that it is our responsibility to keep ourselves safe. Show an awareness of how to travel safely within the community. 	<ul style="list-style-type: none"> Understand the impact of drugs. Understand the impact of alcohol. Know what addiction is and the dangers. Understand the characteristics of a poor diet.
S p r i n g 1	Key area of understanding	Community: Environment	Community and Tolerance: Community citizen	Community: My community
	Knowledge & skills development	<ul style="list-style-type: none"> Know the roles and responsibilities of being a citizen in your community. Identifying the positive and negatives within our environment. Recognising how the environment can be harmed. Understand how we can improve our environment. Understanding our responsibilities within our environment. Identify the choices and factors that are leading to these results. 	<ul style="list-style-type: none"> Understand the importance of belonging to different groups. Identify how people can volunteer in society. Be aware of people who can help them. Recognising diversity within the community. Know how a sense of belonging can support a person's wellbeing. Identify some volunteering opportunities within the local community. Know how people change on who can help me when at home and in the community. 	<ul style="list-style-type: none"> Understand what is within our local and wider community. Recognise a community responsibility. Know how we can support our community. Identify the diversity within my community and the importance of this. Identify the different types of work within my community. Know the groups who can support me within my community.
S p	Key area of understanding	Community: Money	Community: The world of work	Community: Employability

r i n g 2	Knowledge & skills development	<ul style="list-style-type: none"> ● Understand the importance of money ● Prioritising how we can spend our money. ● Understand how our priorities may change as we grow up. ● Know how our spending can be influenced. ● Be aware that our attitudes with money have been affected by our and our family's experiences with money. ● Know how we can keep our money safe. ● Understand how money can impact our emotions. 	<ul style="list-style-type: none"> ● Recognise our own personal abilities and our achievements. ● Identify the skills for employability. ● Recognise the different types of work. ● Identify different jobs that could be done within the local community. ● Understand what might influence a person's job or career choice. ● Begin to understand the what an ambitious and realistic job aspiration is. ● Begin to understand different career routes. ● Identify how having a type of work can help support someone's wellbeing. 	<ul style="list-style-type: none"> ● Know how to develop strengths, interests, skills and qualities. ● Identify skills for employability. ● Identifying aspirations and understand how to reach them. ● Explore routes into work and training. ● Know how to challenge stereotypes and cultural expectations. ● Know the different types of work that people can do.
S u m m e r 1	Key area of understanding Knowledge & skills development	Relationship and Sex Education <ul style="list-style-type: none"> ● Understanding the differences in families. ● Know what a respectful and caring relationship is. ● Recognising the differences in family. ● Develop an awareness of the correct terminology for different relationships within a family. 	Relationship and Sex Education: Relationships <ul style="list-style-type: none"> ● Understand how family can support us and how we can support our own family. ● Understand how families can support our emotional wellbeing. ● Understand the importance of a respectful and caring relationship is. ● Recognise how an online relationship could be different to a physical relationship. ● Be aware of some of the dangers of an online relationship. 	Relationship and Sex Education: Relationships <ul style="list-style-type: none"> ● Identifying healthy and positive relationships within a family. ● Understand how stereotypes can impact upon a relationship. ● Understand the relationships between boyfriends and girlfriends. ● Knowing appropriate behaviours within an online relationship. ● Knowing the importance of saying no. ● Understand the importance of a trusted adult.
S u m m e r 2	Key area of understanding Knowledge & skills development	Relationship and Sex Education <ul style="list-style-type: none"> ● Identify and compare the attributes of a physical and online relationship. ● Identify ways that we can keep safe at home and at school. ● Understand how an online relationship is different to a physical relationship. ● Puberty ● Understand how we can keep ourselves safe. 	Relationship and Sex Education: Growing up <ul style="list-style-type: none"> ● Understand that we change as we grow up. ● Identify changes during puberty. ● Begin to understand how our emotions can change as we grow up. ● Understand how we can keep ourselves safe. ● Recognise differences as we grow up. ● Be aware that puberty happens to everybody at different times. ● Understand that being aware of our own changes can help us tolerate others behaviours during puberty. ● Know the importance of keeping ourselves safe. 	Relationship and Sex Education: Keeping safe and a changing adolescent body <ul style="list-style-type: none"> ● Recognising the physical changes during puberty. ● Recognise the emotional changes during puberty. ● Identify ways we can support ourselves with the emotional and physical changes during puberty. Understand consent and that people should not be pressurised, manipulated or coerced.

The above LTP demonstrates the progression and curriculum offer for the core of learners within the identified year group of the pathway 3 curriculum. MTPs, can be viewed and discussed upon request, provide in depth details for the full range of St Hugh's learners within pathway 3.

		LTP for : KS4	
		Y10	Y11
A u t u m n 1	Key area of understanding	Relationship and Sex Education: Families and relationships	Relationship and Sex Education: Families and relationships
	Knowledge & skills development	<ul style="list-style-type: none"> Identify a positive and negative relationship. Identify when a relationship changes to a negative one. Understand how people should behave within relationships. Identify the risks of an online relationship. Understand that what is shared online is available to the public. 	<ul style="list-style-type: none"> Knowing the differences in family relationships. Recognising when a healthy relationships changes to a negative one. Knowing how consent can be given online. Understanding the importance of a trusted adult.
A u t u m n 2	Key area of understanding	Relationship and Sex Education: Sex education	Relationship and Sex Education: Sex education
	Knowledge & skills development	<ul style="list-style-type: none"> Recognise the physical and emotional changes people go through during puberty. Identify inappropriate touches and when help maybe required. Understand when a relationship may become sexual or intimate. Identify relationships when consent has been given. 	<ul style="list-style-type: none"> Understanding the importance of a personal hygiene routine when going through puberty. Know how consent can be given and understand when it has been withheld. Know when a contraceptive has been effective. Understand the difference between sexual and peer pressure.
S p r i n g 1	Key area of understanding	Community: Being a responsible community citizen	Community: Equality
	Knowledge & skills development	<ul style="list-style-type: none"> Identifying and understand the role and responsibilities of being a community citizen. Understand how our choices can impact our community. Know how to be a positive and effective citizen. Identifying current issues within a local and wider community. Identifying the local amenities within my community. Recognise and accept the different cultures and customs within my community. 	<ul style="list-style-type: none"> Identifying the community's cultural diversity. Recognising the different ethnic groups within my community. Equality and diversity within my community. Stereotypes, prejudices and discrimination within my community. Respectfully expressing opinions within my community.
S p r i n g 2	Key area of understanding	Community: Being a responsible community citizen	Community: Financial understanding
	Knowledge & skills development	<ul style="list-style-type: none"> Identifying influences on financial decisions. Know the different types of support for financial decisions. Knowing how to effectively manage a budget. Understanding debt. Understand the impact finances can have on a person's health and wellbeing. 	<ul style="list-style-type: none"> Identify the different types of work and contracts. Recognise what is required for work or further education. Identify the positive and negative differences between the different options post-16.
S u m m e r 1	Key area of understanding	Health and Wellbeing: Wellbeing	Health and Wellbeing: Personal wellbeing
	Knowledge & skills development	<ul style="list-style-type: none"> Managing self-esteem and self-confidence. Recognise how self-esteem and self-confidence can be further developed. Understanding body image. 	<ul style="list-style-type: none"> Understanding stress and anxiety Know how to maintain good health. Identifying and understanding the impact of drugs. Physical and psychological risks of alcohol and addiction. Know where to get help if required.

S u m m e r 2	Key area of understanding	Health and Wellbeing: Wellbeing	
	Knowledge & skills development	<ul style="list-style-type: none"> • Understanding peer pressure and the impact of it. • Understanding social media and the positive and negative impact of it. 	

The above LTP demonstrates the progression and curriculum offer for the core of learners within the identified year group within pathway 3.