

SPHERE Topic Overview

KS3 Curriculum

	Year 7	Year 8	Year 9
1	<p>New Beginnings & Me Friendships, Unhealthy friendships, Understanding emotions & teenage brain, Communication skills, Bullying & Banter, Cyberbullying, Why people bully.</p>	<p>Emotional Wellbeing & Me Emotional Wellbeing, Depression, Understanding your brain, Self Esteem & improving self-esteem, Dealing with Stress, Resilience, Growth Mind Sets, Target Setting, Coping with Bereavement</p>	<p>Identity & Me Target Setting, My Identity & Multiple Identities, Prejudice & Discrimination, Gender Identity & Gender Dysphoria, Transphobia, Sexuality & Homophobia, Equality Act 2010</p>
2	<p>Growing Up & Me Puberty – Physical and emotional changes, Periods and Wet Dreams, Personal hygiene, Independence, Coming of Age Ceremonies, Target Setting</p>	<p>Sex & Me Types of Relationship, Romantic Relationships, Sex & the Law, Sexting, Peer Pressure, Grooming, Arousal & Conception, Pregnancy, Giving Birth, Pornography</p>	<p>Risk & Me Risk & Risky situations, Peer Pressure, Why people join gangs, Gang behaviour and leaving gangs, Knife Crime, County Lines, Grooming & Radicalisation, Gambling</p>
3	<p>Relationships & Me Types of Relationship, Abusive relationships, types of families, Forced and arranged marriages, Gay marriages, Cohabitation & Divorce.</p>	<p>Substances & Me Types of Drugs, Vaccinations, Dangers of Alcohol, Smoking & Vaping, Illegal Drugs, Peer Pressure & Drugs</p>	<p>Intimate Relationships & Me Types of Relationship, Romantic Relationships, Sex & the Law, Consent & Peer Pressure, Celibacy, Intimacy without Sex, Contraception, Teen pregnancies, STIs, Self checking.</p>
4	<p>Healthy Living & Me Importance of sleep, exercise & healthy eating, Dangers of energy drinks, Importance of good oral health, Eating disorders, Self harm.</p>	<p>Democracy & Me Democracy & Dictatorships, Houses of Parliament, House of Commons, Political Parties, Types of Election, How Laws are made, Role of Police, Types of Court, Life in Prison, Tribunals</p>	<p>Options & Me Importance of Options, Planning my future, Post 16 Choices, Family & Cultural expectations, What colleges and employers look for, Reviewing Targets</p>
5	<p>Rights & Me What are Rights and UDHR? Rights within home and education, role of press, child soldiers, Breast Ironing and FGM, Do animals have rights? Role of Amnesty International Review SMART Targets</p>	<p>Internet & Me History of Internet, IT in Industry, Features of Internet, Social Media, Fake News, Online Presence, Sexting, The Dark Web, Grooming & Radicalisation, AI – What's it all about? Staying Safe on line</p>	<p>Communities & Me Types of Community inc. Online Communities. Threats to Communities – Prejudice, Discrimination, Bullying, Islamophobia, Radicalisation, Improving Kingstone Community</p>
6	<p>Money & Me The Lottery, Importance of Budgeting, Personal Budget Plans, Savings, Loans and Interest, Types of Bank Account, Online Banking, Online Scams, Advertising & Spending, Tax and Financial Exploitation</p>	<p>Enterprise & Me Reviewing Targets, What is Enterprise, Problem Solving & Creative thinking, Role of Charities, Group Enterprise Activity</p>	<p>Work & Me Why work? Types of work, Routes into work, Work & Law, Employment Rights, Types of Harassment in Workplace, My career pathway</p>

KS4 Curriculum

	Year 10	Year 11
1	<p>Mental Health & Me</p> <p>Emotional Wellbeing, Depression, Self Esteem & improving self-esteem, Assertiveness, Dealing with Stress, Resilience, Growth Mind Sets, Target Setting, Coping with Bereavement, Supporting people with Mental Health issues</p>	<p>Lifestyles & Me</p> <p>Importance of Sleep & Diet, Social Media, Digital Footprints, Fake News, Dangers of the Internet, Dark Web, Selfies & Internet Safety, Body Image & the Media, Fake Tans, Tattoos, Cosmetic Procedures, Eating Disorders, Self-Harm, Blood Donation</p>
2	<p>Sexual Health & Me</p> <p>Types of Relationship, Sex & Law, Sexual Relationships, Masturbation, Sexual Arousal, Orgasms, Pornography, Revenge Porn, Consent, Assault and Rape, Unsafe Sex – Alcohol & Chem Sex, Contraception, STIs, Religious Beliefs towards Sexual Activity</p>	<p>Next Steps & Me</p> <p>Curriculum Vitaes, Personal Profiles, CV Writing, References, Interview Techniques</p>
3	<p>Family & Me</p> <p>Marriage, Types of family, Forced marriages, Arranged marriages, Domestic Abuse, Divorce, Development of the Fetus, Fertility, Infertility Treatments, Miscarriages, Teen Pregnancies, Adoption, Fostering, Abortion, Religious Views towards Abortion, Parenting Skills,</p>	<p>Politics & Me</p> <p>Democracy & Dictatorships, Houses of Parliament, House of Commons, Political Parties, Elections, Making Laws, Taxes & Public Services, Local Council, Young people & Politics</p>
4	<p>Prejudice & Me</p> <p>Prejudice & Discrimination, Rights & Responsibilities, Equality Act, Sexuality, Islamophobia, Role of Press & Reliability of Information</p>	<p>Money Matters & Me</p> <p>The Lottery, Importance of Budgeting, Personal Budget Plans, Savings, Loans and Interest, Types of Bank Account, Online Banking, Online Scams, Advertising & Spending, Tax and Financial Exploitation</p>
5	<p>Peer Pressure & Me</p> <p>Peer Pressure, Manipulation, Persuasion & Coercion, Knife Crime, County Lines, Grooming & Radicalisation, Gambling, Violent Crime, Gangs, Substance Use/Misuse inc. Alcohol, Vaping & Drugs</p>	<p>Revision & GCSE Exams</p>
6	<p>Work Experience & Me</p> <p>Types of Employment, Opportunities, Career Choices & Employability, Personal Strengths, Goal Setting, Challenging Stereotypes, Online Presence, Safety in Workplace, H&S, Confidentiality & Harassment in the Workplace</p>	