

## Nailsea School Curriculum Map – *ABSolute Curriculum*– Extended Tutor Time

		Topic Title	Indicative Content
Year 7	Term 1	Friendships and anti-bullying	<ul style="list-style-type: none"> <li>What makes a good friend?</li> <li>What are negative friendships?</li> <li>What are positive friendships?</li> <li>What is bullying?</li> <li>Why is bullying unacceptable in Nailsea School?</li> <li>How can we stop bullying?</li> </ul>
	Term 2	Healthy living and responsible healthy choices	<ul style="list-style-type: none"> <li>Healthy living intro</li> <li>Balanced diet</li> <li>Eating healthily</li> <li>Consequences of not eating healthily</li> <li>Energy drinks</li> <li>Exercise</li> <li>Smoking intro</li> <li>Drugs intro</li> </ul>
	Term 3	E safety	<ul style="list-style-type: none"> <li>Safe social media</li> <li>Staying safe online</li> <li>Online bullying</li> <li>Sources of help</li> </ul>
	Term 4	Puberty, emotional health and wellbeing	<ul style="list-style-type: none"> <li>Good mental wellbeing</li> <li>Emotional literacy: anger</li> <li>Puberty- boys</li> <li>Puberty- girls</li> <li>FGM</li> </ul>
	Term 5	Inclusion and Diversity – Sex, Gender, Age, Orientation and Disability	<ul style="list-style-type: none"> <li>What is diversity?</li> <li>What is inclusion?</li> <li>Introduction to protected characteristics</li> <li>Diversity in the UK</li> <li>Gypsie, Roma and Traveller communities</li> <li>Disabilities</li> <li>LGBTQ+</li> </ul>
	Term 6	Reflection and Looking Forward	<ul style="list-style-type: none"> <li>Intro to resilience</li> <li>Reflection on the year</li> <li>GRIT</li> <li>Looking to the future</li> </ul>

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		Topic Title	Indicative Content
Year 8	Term 1	Careers and finance	<ul style="list-style-type: none"> <li>Finance: income and expenditure</li> <li>Finance: tax and national insurance</li> <li>How tax is spent- public funding in the UK</li> <li>Finance: budgeting and saving</li> <li>Careers skills: entrepreneurs</li> <li>Careers skills: teamwork</li> <li>Careers: Communication skills</li> </ul>
	Term 2	Body Image	<ul style="list-style-type: none"> <li>Negative and positive self-talk.</li> <li>Body image, expectations and impact of body image e.g., eating disorders.</li> <li>Types of relationships e.g., family, friends etc.</li> <li>Introduction to romantic relationships.</li> <li>Introduction to consent and the law.</li> <li>Sharing online- the law &amp; our values.</li> </ul>
	Term 3	GRIT and Resilience	<ul style="list-style-type: none"> <li>Having a positive mindset</li> <li>Growth Mindset</li> <li>What does it mean to be resilient?</li> <li>How can we be resilient at Nailsea School?</li> </ul>
	Term 4	My goals, behaviour and emotions	<ul style="list-style-type: none"> <li>Self-confidence and goals</li> <li>Personal development and target setting</li> <li>Managing my behaviour to achieve</li> <li>Emotional literacy: self-awareness</li> <li>Mindfulness</li> </ul>
	Term 5	Looking after our health	<ul style="list-style-type: none"> <li>Vaping, nicotine and addiction</li> <li>Cancer awareness</li> <li>Personal safety and first aid</li> <li>Teenage pregnancy</li> </ul>
	Term 6	Relationships	<ul style="list-style-type: none"> <li>Kindness</li> <li>Friendships</li> <li>Peer pressure</li> <li>Bullying vs banter</li> </ul>

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		Topic Title	Indicative Content
Year 9	Term 1	Achieving with good mental wellbeing	<ul style="list-style-type: none"> <li>• Behaviour to achieve- rules</li> <li>• Human rights: access to education</li> <li>• Interpersonal skills</li> <li>• Discrimination and the Equality Act 2010</li> <li>• Growth mindset</li> <li>• Coping with stress</li> <li>• Managing anxiety</li> <li>• Selfie safety</li> </ul>
	Term 2	Preparing for the wider world- careers and enterprise	<ul style="list-style-type: none"> <li>• Taking control of my future</li> <li>• Work skills, enterprise and the work environment</li> <li>• What exactly is enterprise and what are enterprising skills and qualities</li> <li>• Enterprise and workplace skills and characteristics</li> </ul>
	Term 3	Preparing for the wider world- finance and careers	<ul style="list-style-type: none"> <li>• Financially savvy and avoiding debt</li> <li>• Managing money</li> <li>• Consumers and the law</li> <li>• Employability- applying and preparing for the world of work</li> </ul>
	Term 4	Sex Education	<ul style="list-style-type: none"> <li>• Positive friendships and relationships</li> <li>• Expectations and relationships- what is expected of us?</li> <li>• Love and romantic relationships</li> <li>• Healthy/unhealthy relationships</li> <li>• Consent</li> <li>• Safer sex- contraception etc.</li> <li>• Scenarios &amp; sources of help</li> </ul>
	Term 5	Wellbeing & Revision Techniques	<ul style="list-style-type: none"> <li>• Introduction to study skills for GCSE</li> <li>• Organisation skills</li> <li>• How to revise- techniques that work</li> <li>• Why revision is important</li> </ul>
	Term 6	Substance Abuse	<ul style="list-style-type: none"> <li>• Exploring attitudes</li> <li>• What are drugs?</li> <li>• Types of drugs- classes etc.</li> <li>• Drugs and the law</li> <li>• Managing risks</li> </ul>

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		Topic Title	Indicative Content
Year 10	Term 1	Mental health and wellbeing	<ul style="list-style-type: none"> <li>Managing tough times</li> <li>Suicide- signs and sources of help</li> <li>Managing social anxiety</li> <li>Social media and self-esteem</li> <li>Screen time</li> </ul>
	Term 2	Work Experience	
	Term 3	Finance	<ul style="list-style-type: none"> <li>Income and expenditure</li> <li>Managing money</li> </ul>
	Term 4	Democracy	<ul style="list-style-type: none"> <li>What is a democracy?</li> <li>What are the features of a democracy?</li> <li>How can young people feed in to the democratic process?</li> <li>Introduction to politics and government</li> <li>Devolution</li> <li>Democracy at Nailsea</li> </ul>
	Term 5	Wellbeing & Revision Techniques	<ul style="list-style-type: none"> <li>Memory and the brain</li> <li>How do we learn?</li> <li>Short and long-term memory</li> <li>Revision techniques</li> </ul>
	Term 6	Living in the wider world (2) Criminal justice system	<ul style="list-style-type: none"> <li>The criminal justice system</li> <li>Anti-social behaviour</li> <li>County lines</li> <li>Money laundering</li> <li>Terrorism</li> <li>Overt and covert racism</li> <li>Fake news and critical thinking</li> </ul>
		Topic Title	Indicative Content
Year 11	Term 1	Living in the wider world	<ul style="list-style-type: none"> <li>GCSE revision and study skills</li> <li>Applying to college or university</li> <li>Independent living</li> <li>Preparing for job interviews</li> <li>Health and safety at work</li> <li>Trade unions</li> </ul>
	Term 2	Health and wellbeing	<ul style="list-style-type: none"> <li>Perseverance and procrastination</li> <li>The importance of sleep</li> <li>Risk taking and decision making</li> <li>Gambling and online gambling</li> <li>Digital footprints</li> <li>Personal safety in the wider world</li> </ul>

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	Term 3	GCSE Assessment Preparation	
	Term 4	GCSE Assessment Preparation	
	Term 5		
	Term 6		