

## 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- oral hygiene and dental flossing</li> <li>Balanced diet</li> <li>Eating healthily – exercise etc.</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>Gypsy, 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> </ul>

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			<ul style="list-style-type: none"> <li>Looking to the future</li> </ul>
		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: budgeting and saving</li> <li>What influences our spending?</li> <li>How enterprising am I? <b>Dragons Den</b></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 &amp; sexting lesson</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> <li>Sexual harassment and the law</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> </ul>

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Year 12			<ul style="list-style-type: none"> <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>
	Term 3	GCSE Assessment Preparation	
	Term 4	GCSE Assessment Preparation	
	Term 5		
	Term 6		

### The Sixth Form

		Topic Title	Indicative Content
Year 12	Term 1	New beginnings	<ul style="list-style-type: none"> <li>Settling into the 6th form</li> <li>Study skills</li> <li>Balancing workload</li> <li>Getting paid work while studying.</li> <li>Democracy: including free speech vs hate speech, feminism and social justice.</li> <li>October: Black History week. At least 2 sessions following this theme.</li> </ul>
	Term 2	Health and resilience	<p>Looking at physical and mental health and ways to develop both.</p> <ul style="list-style-type: none"> <li>Relaxation</li> <li>Managing stress and anxiety</li> <li>Depression</li> <li>Stress and exam performance</li> <li>Sleep</li> <li>Resilience</li> </ul> <p>Kooth to come in to introduce. Remind about their app and discuss managing stress.</p>
	Term 3	Staying Safe	<p>Healthy relationships. (Including how to help a friend who is in an unhealthy relationship.) Including:</p> <ul style="list-style-type: none"> <li>Sex and media. Porn and its impact on society</li> <li>Fertility and what impacts it</li> <li>Sex: readiness and encounters</li> <li>Controlling relationships</li> <li>Sexual health (STIs), contraception and consent revisit.</li> <li>Miscarriage and unplanned pregnancy</li> <li>Honour' based violence</li> <li>Date Rape</li> </ul>
	Term 4	Taking Risks	<ul style="list-style-type: none"> <li>Alcohol</li> </ul>

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			<ul style="list-style-type: none"> <li>• Drugs including links to impact on learning.</li> <li>• Online safety.</li> </ul>
	Term 5	Social Action	<ul style="list-style-type: none"> <li>• Adding value to your skills.</li> <li>• Importance of being able to demonstrate your skills.</li> <li>• Volunteering/ charity work.</li> <li>• Employability skills</li> <li>• Post sixth form options explored</li> </ul>
	Term 6	Job preparation	<ul style="list-style-type: none"> <li>• CV writing</li> <li>• Application letter outlines.</li> <li>• Researching futures.</li> <li>• Preparation for mock Job interviews.</li> <li>• Applying to UCAS</li> </ul>
Year 13		<b>Topic Title</b>	<b>Indicative Content</b>
	Term 1	Getting ready for next steps	<ul style="list-style-type: none"> <li>• UCAS applications or getting ready for apprenticeships, preparing CV, application letter etc.</li> <li>• October: Black History week. At least 2 sessions following this theme.</li> </ul>
	Term 2	Living independently	Money and Finance. <ul style="list-style-type: none"> <li>• Finance: renting vs buying</li> <li>• Payday loans</li> <li>• Pensions and retirement</li> <li>• Taxes and the UK.</li> <li>• Banks and money</li> <li>• Pay check</li> <li>• Managing a household budget</li> </ul>
	Term 3	Physical Health	<ul style="list-style-type: none"> <li>• Fitness nutrition.</li> <li>• Healthy food on a budget.</li> <li>• Long term impacts of alcohol and drugs on physical health.</li> <li>• Toxic and positive masculinity. Body image</li> <li>• Emotional wellbeing (2)</li> <li>• Drugs, festivals and parties</li> <li>• Healthy Diets: BMI, obesity, food pyramids and eating well.</li> <li>• How is cancer diagnosed</li> </ul>
	Term 4	Exam preparation	<ul style="list-style-type: none"> <li>• Study/ revision skills.</li> </ul> Assisting students to review their mock exams and achieve their best in preparation for the exams.
	Term 5	Exam preparation	<ul style="list-style-type: none"> <li>• Individual and guided study.</li> </ul>
	Term 6		