

## KS3 Student Enrichment Calendar and Curriculum – Cycle 1

W/C	PSHE/ CEIAG Year 7	PSHE/ CEIAG Year 8	Stretch Year 7	Stretch Year 8	Calendared Dates
<b>Week 2</b> 05/09/22	Challenges of new school and management of friendships	How to set aspirational goals for future careers and challenge expectations that limit choices	<b>Project Lecture:</b> Introduction to Stretch Lectures and Stretch Project. Explanation of EPQ rationale and the transferrable skills. Presentation and project expectations	<b>Project Lecture:</b> Introduction to Stretch Lectures and Projects Explanation of EPQ rationale and the transferrable skills. Presentation and project expectations.	
<b>Week 3</b> 12/09/22	How to improve study skills and identify personal strengths and weaknesses	Social and cultural norms/ values – drug, alcohol and tobacco	<b>Project Lecture:</b> Different methods of completing an investigation. Introduction to different assessment objectives i.e. AO1 manage, AO2 use resources and AO3 develop and realise. How to write an analytical document	<b>Project Lecture:</b> Presentation / IT skills and different methods of collating an investigation. Introduction to different assessment objectives i.e. AO1 manage, AO2 use resources and AO3 develop and realise. How to present analytical findings.	Year 7 Puberty sessions – w/c 12/09/22 Sexual health week
<b>Week 4</b> 19/09/22	Positive relationships and bullying	About employment, self-employment and voluntary work	<b>Project Lecture:</b> How to choose a topic based on an idea. All explore 'How important is community?' Being an active participant of your community and society – what does this mean?	<b>Project Lecture:</b> Project based on 'Humanities - specifically History / Geography'. Investigate 'why is sustainability important' - how to pose a question that links with this topic.	Recycling week
<b>Week 5</b> 26/09/22	How to be enterprising. Links between values and careers	Medical and recreational drugs, how to use over the counter and prescription medications safely and relationship between habit and dependence	<b>Project Lecture:</b> How to draw your conclusions and evaluations in Stretch project.	<b>Stretch Lecture:</b> Historical interpretations of post Roman Britain (ABR)	OCTOBER Black History/ Mental health / Diversity month
<b>Week 6</b> 03/10/22	Peer pressure, influences and management of risk	How to challenge stereotypes and discrimination in relation to work and pay	<b>Project Lecture:</b> Writing to inform – techniques, strategies. Writing a conclusion and evaluation.	<b>Stretch Lecture:</b> The Abolition of Slavery Act	
<b>Week 7</b> 10/10/22	Introduction to range of careers and abilities/ qualifications required for different careers	Over-consumption of energy drinks	<b>Stretch Lecture:</b> Why is learning to read and enjoying literature from a young age important? Focus on the importance of literacy, DEAR time and children's psychological milestones that are enhanced through an understanding of literacy.	<b>Stretch Lecture:</b> Deforestation and the hunger issue	World Mental Health Day – 10/10/22 Step up, Speak out #1 Sexual Harassment – 14/10/22
<b>Week 8</b> 17/10/22	Personal safety strategies and travel safety Fire safety and safety over ½ term	Equality of opportunity in life and work	<b>Project Lesson:</b> Computer room session to support completion of Stretch project	<b>Project Lesson:</b> Computer room session to support completion of Stretch project	Fire safety assembly
<b>Week 9</b> 07/11/22	Introduction to Unifrog (all classes in computer rooms)	How to assess the risks of alcohol, tobacco, nicotine and e-cigarettes	Deadline for Stretch projects to be handed in <b>Stretch Lecture:</b> Importance of Community/ cultural celebrations	Deadline for Stretch projects to be handed in <b>Stretch Lecture:</b> Remembrance Day	Remembrance Day – 11/11/22 International Stress Awareness week
<b>Week 10</b> 14/11/22	How to respond in an emergency and basic first aid	Introduction to Unifrog (all classes in computer rooms for seminar)	Stretch project presentations	Stretch project presentations	Antibullying week
<b>Week 11</b> 21/11/22	How to challenge career stereotypes and broaden horizons	How to manage influences in relation to substance use	Stretch project presentations	Stretch project presentations	Prison me, no way (year 9)– 22/11/23
<b>Week 12</b> 29/11/22	How to identify, express and manage emotions in a positive way	Exploring different patterns of work – considering work/ life balance. Unifrog exploration in form time	Stretch finals	Stretch finals	
<b>Week 13</b> 05/12/22	Equality of opportunity	Recognise and promote positive social norms	<b>Lecture:</b> Exploring transferrable skills learnt within Stretch projects and the progression pathways transferrable skills can link to.	<b>Lecture:</b> Iconic historical speakers and forms of presentation to inform Nelson Mandela; Martin Luther King, Winston Churchill; Malala Yousafzai Jacinda Ardern (Covid 19)	National volunteer day – 05/12/22

## KS4 Student Enrichment Calendar and Curriculum – Cycle 1

	PSHE/ CEIAG Year 9	PSHE/ CEIAG Year 10	PSHE/ CEIAG Year 11	Calendared Dates
<b>Week 2</b> 05/09/22	Distinguishing between healthy and unhealthy relationships and friendships	Financial decision making - How to effectively budget and benefits of savings	How to balance ambition and unrealistic expectations. Building self-efficacy, including motivation, perseverance and resilience	
<b>Week 3</b> 12/09/22	Transferable skills, abilities and interests	Promote mental health and emotional wellbeing	Options for post 16 and career pathways	Year 7 Puberty sessions – w/c 12/09/22
<b>Week 4</b> 19/09/22	How to assess risk and manage influences, including online, and how 'group think' affects behaviour.	Prevent and manage debt, including credit rating and pay day lending – thinking error's leading to debt	Nature, causes and effects of stress	Recycling week
<b>Week 5</b> 26/09/22	Demonstrate strengths	Signs of emotional and mental ill-health	Stress management strategies including maintaining healthy sleep habits	OCTOBER Black History/ Mental health/ Diversity month
<b>Week 6</b> 03/10/22	Passive, aggressive and assertive behaviour.	Relationship between gambling and debt	Introduction to Unifrog (all classes in computer rooms)	
<b>Week 7</b> 10/10/22	Managing risk in relation to gangs.	Introduction to Unifrog (all classes in computer rooms)	Effective revision techniques and strategies	World Mental Health Day – 10/10/22 Step up, Speak out #1 Sexual Harassment – 14/10/22
<b>Week 8</b> 17/10/22	Introduction to Unifrog (all classes in computer rooms)	How to challenge stigma, stereotypes and misinformation regarding mental health (focusing on social media and online influences)	Positive and safe ways to create content online and the opportunity it offers, consider how to balance time online.	Fire safety assembly Positive choices workshop day year 8 – 18/10/22
<b>Week 9</b> 07/11/22	Legal and physical risks of carrying a knife.	How to reframe negative thinking and identify signs of emotional or mental ill-health	Rights, responsibilities and challenges in relation to working part time whilst studying – achieving a work/ life balance	Remembrance Day – 11/11/22
<b>Week 10</b> 14/11/22	Different types of employment and career pathways, skills for decision making	How to manage risk in relation to financial activities	MOCK WEEK How to manage the judgement of others and challenge stereotyping, particularly in a professional environment	Antibullying week Year 11 Mock week
<b>Week 11</b> 21/11/22	Positive social norms	How to access support and treatment for mental ill-health	MOCK WEEK How to use feedback constructively and maximise employability	Prison me, no way (year 9)– 22/11/22 Year 11 Mock week
<b>Week 12</b> 29/11/22	How to work towards aspirations and set meaningful, realistic goals for the future	Law and illegal financial activities, including fraud and cybercrime	Application process, personal statements and interview technique. Managing online presence and taking opportunities to broaden experience	
<b>Week 13</b> 05/12/22	About GCSE and post-16 options	How data is generated, collected and shared to influence targeted advertising	How to maintain a healthy self-concept	

## KS3 Student Enrichment Calendar and Curriculum – Cycle 2

	PSHE/ CEIAG Year 7	PSHE/ CEIAG Year 8	Stretch Year 7	Stretch Year 8	Calendared Dates
<b>Week 1</b> 12/12/22	Positive relationships and bullying	Introduction to apprenticeships, colleges, sixth forms L3 qualifications	<b>Project Lecture:</b> Re-introduction of Stretch rationale. Recap of EPQ Assessment Objectives and new skill introduction – presenting ideas which leading to a Q & A session. Introduce Science led project and strategies to gather evidence to support research and findings for your question.	First Give launch and introduction to students	
<b>Week 2</b> 02/01/23	Saving, spending and budgeting	Group think and persuasion. How to manage influences on beliefs and decisions	<b>Project Lecture:</b> Use of PowerPoint and functions to support a successful, interesting and evaluative presentation.	First Give L1	
<b>Week 3</b> 09/01/23	Signs and effects of all types of bullying, including online	Apprenticeships and vocational courses – requirements	<b>Stretch Lecture:</b> CERN	First Give L2	Year 8/10 cycle assessments
<b>Week 4</b> 16/01/23	How to manage risk-taking behaviour (financial)	Gender identity, transphobia and gender- based discrimination.	<b>Stretch Lecture:</b> Religion vs. Science – can the 2 co-exist?	First Give L3	
<b>Week 5</b> 23/01/23	How to respond to bullying of any kind, including online and how to support others	A level and sixth forms – requirements	<b>Stretch Lecture:</b> Space	First Give L4	Chinese New Year – 23/01/23
<b>Week 6</b> 30/01/23	How to make safe financial choices	Recognising and challenging homophobia and biphobia. LINK with Step up, Speak out assembly.	<b>Stretch lesson:</b> Will a human ever be born on Mars?	First Give L5	Step up, Speak out #2 Diversity – 03/02/23 Year 7/9 cycle assessments
<b>Week 7</b> 06/02/23	Peer pressure	How can you start to consider career options in year 8?	<b>Stretch lesson:</b> Presenting skills/ preparing your Stretch project	First Give L6	FEBRUARY LGBTQ+ Pride month Race equality week/ National Apprenticeship week
<b>Week 8</b> 20/02/23	Unifrog – Numeracy (Computer room – DEAR)	How to develop self-worth and confidence. Identity and personal characteristics.	<b>Stretch project:</b> Computer room to support completion of project	First Give L7	
<b>Week 9</b> 27/02/23	Identity, rights and responsibilities	Making the best choices, breaking down stereotypes.	Deadline for Stretch projects to be handed in	First Give L8	MARCH Women's history/ reading month World book day – 02/03/23
<b>Week 10</b> 06/03/23	Ethical and unethical business practices	Recognising and challenging racism and religious discrimination.	Stretch project presentations	Social Action/ presentations	International women's day – 08/03/23 Science week – 10/03/23 – 17/03/23
<b>Week 11</b> 13/03/23	Living in a diverse society	What are the options when making your options? Maintaining high aspirations.	Stretch project presentations	Social Action/ presentations	
<b>Week 12</b> 20/03/23	Your place in the 'real world'	Protected Characteristics	Stretch finals	First Give Workshops for finalists	
<b>Week 13</b> 27/03/23	How to challenge prejudice, stereotypes and discrimination	Employability skills Unifrog session in DEAR	Stretch evaluation and skills audit	First Give finals	

## KS4 Student Enrichment Calendar and Curriculum – Cycle 2

	PSHE/ CEIAG Year 9	PSHE/ CEIAG Year 10	PSHE/ CEIAG Year 11	Calendared Dates
<b>Week 1</b> 12/12/22	Different types of families and parenting	Relationship vales and role of pleasure in a relationship	Gender identity, gender expression and sexual orientation	
<b>Week 2</b> 02/01/23	Positive relationships in the home and ways to reduce homelessness amongst young people	Assumptions, misconceptions and socials norms about sex, gender and relationships	How to communicate wants and needs assertively	
<b>Week 3</b> 09/01/23	Conflict and its causes in different contexts – friends/ family	Opportunities and risks or forming/ conducting relationships online.	How to handle unwanted attention; harassment and stalking, including online	
<b>Week 4</b> 16/01/23	Conflict resolution	How to manage the impact of media and pornography on sexual attitudes, expectations and behaviours	Unhealthy, exploitative and abusive relationships – various forms of relationship abuse	
<b>Week 5</b> 23/01/23	How to manage relationship/ family changes – relationship breakdown, separation and divorce	Consent – manipulation, coercion and capacity to consent and how to recognise signs. How to recognise victim blaming	Access support in abusive relationships and how to overcome challenges in seeking support	Chinese New Year – 23/01/23
<b>Week 6</b> 30/01/23	Relationship between physical and mental health	Asexuality, abstinence and celibacy	Different types of families and changing family structures	Step up, Speak out #2 Diversity – 03/02/23
<b>Week 7</b> 06/02/23	Balancing work, leisure, exercise and sleep – healthy holiday routines	Diversity and equality	Readiness for parenthood and positive parenting qualities	FEBRUARY LGBTQ+ / Pride month Race equality week/ National Apprenticeship week
<b>Week 8</b> 20/02/23	Informed healthy eating choices	Evaluate strengths and weaknesses in relation to career development	Fertility – pregnancy/ birth/ miscarriage/ unplanned pregnancy options	
<b>Week 9</b> 27/02/23	Manage influences on body image	Opportunities in learning and work, strategies for overcoming challenges or adversity	Adoption and fostering	MARCH Women's history/ reading month World book day – 02/03/23
<b>Week 10</b> 06/03/23	Social media and distorted images	Responsibilities in the workplace, how to manage practical problems and H&S	Managing change/ loss/ grief/ bereavement	International women's day – 08/03/23 Science week – 10/03/23 – 17/03/23
<b>Week 11</b> 13/03/23	Making independent health choices	How to maintain a positive personal presence online	MOCK WEEK Honour based violence/ forced marriages – how to get support	Year 11 Mock Week
<b>Week 12</b> 20/03/23	Responsibility for self-awareness for physical health	Check in regarding progression and pathways	Support for applications. Realistic expectations following mocks	
<b>Week 13</b> 27/03/23	Physical and emotional well being	Potential opportunities to support building experiences for post 16 study	Next steps and specific targets going towards GCSE exams	

### KS3 Student Enrichment Calendar and Curriculum – Cycle 3

	PSHE/ CEIAG Year 7	PSHE/ CEIAG Year 8	Stretch Year 7	Stretch Year 8	Calendared Dates
<b>Week 1</b> 17/04/23	How to develop self- worth and self-efficacy	The qualities of positive, healthy relationships and how to demonstrate positive behaviour in healthy relationships	<b>Project Lecture:</b> Introduction to project content to be based on Social Science / Geography but with the title being 'Express yourself'. Student presentation can be in a format of the students' choice – this can include performance, written or presented formally.  What is Social Science / Geography? How does it link in with Extended Project Qualification rationale and how can we add our own opinion and thoughts into a data, evidence led study?	<b>Project Lecture:</b> Introduction to topic of 'culture' and choice of different formats of presentation. What is culture, how do we define it, how will students identify with the topic to explore something they enjoy and find interesting?  Recap on strength of sources for the topic; primary, secondary and citing these currently in project. Introduction to Harvard referencing/ citations etc.	
<b>Week 2</b> 24/04/23	Qualities and behaviour relating to different positive relationships	Online communication, using social networking sites safely.	<b>Project Lesson:</b> How is expression of thought, opinion and experience portrayed through the creative and performing arts? Explore choosing different presentation formats and deciding which is the most appropriate for your subject and topic.  <b>Introduction to the 7 Social Sciences:</b> Anthropology, Archaeology, Economics, Geography, History, Law, Linguistics, Politics, Psychology and Sociology.	<b>Stretch Lecture:</b> Throw away culture	
<b>Week 3</b> 01/05/23	Recognising unhealthy relationships	Gender identity and sexual orientation. Forming new partnerships and developing relationships.	<b>Stretch lecture:</b> Stanislavsky and Brecht	<b>Stretch Lecture:</b> Explore the 7 elements of Culture. Social organisation, customs, religion, language, government, economy, and arts.	MAY National fitness month 'Move it May'
<b>Week 4</b> 08/05/23	Recognise and challenge media stereotypes	Recognising online grooming in different forms.	<b>Stretch lecture:</b> The creative industry	<b>Stretch Lecture:</b> World Dance / Music	Mental health week Step up, Speak out #3 Mental Health - 12/05/23
<b>Week 5</b> 15/05/23	Evaluate expectations for a romantic relationship	Law in relation to consent, legal and moral duty is with the seeker of consent. Effective communication about consent in relationships.	<b>Stretch lecture:</b> Social Geography	<b>Stretch Lecture:</b> The power of politics	
<b>Week 6</b> 22/05/23	Consent, how to seek and assertively communicate consent	Risks of 'sexting' and how to manage requests or pressure to send an image.	<b>Stretch lecture:</b> Ancient Egypt	<b>Stretch Lecture:</b> Job roles and their perceived worth	Red Nose Day – 23/05/23
<b>Week 7</b> 05/06/23	How to recognise and respond to inappropriate and unwanted contact. FGM how to access help and support	Introduction to contraception – condom/ pill	<b>Stretch lecture:</b> Importance of history to understand our modern world	<b>Stretch Lesson:</b> Computer room	
<b>Week 8</b> 12/06/23	How to make healthy lifestyle choices, including diet, dental health, physical activity and sleep	How to make responsible decisions, consider age restrictions when accessing different forms of media	<b>Stretch lesson:</b> Computer room	<b>Stretch Lesson:</b> Computer room	
<b>Week 9</b> 19/06/23	Manage influences relating to caffeine and smoking	How to recognise biased or misleading information online, how to critically assess different media sources	Deadline for Stretch projects to be handed in	Deadline for Stretch projects to be handed in	
<b>Week 10</b> 26/06/23	Personal hygiene	How to distinguish between content which is publicly and privately shared	Stretch project presentations	Stretch project presentations	
<b>Week 11</b> 03/07/23	Puberty (recap)	How to assess and manage risks in relation to gambling and chance-based transactions	Stretch project presentations	Stretch project presentations	

	PSHE/ CEIAG Year 7	PSHE/ CEIAG Year 8	Stretch Year 7	Stretch Year 8	Calendared Dates
<b>Week 12</b> 10/07/23	Key reflections following first year at DCO	How to protect financial security online	Stretch finals	Stretch finals	
<b>Week 13</b> 17/07/23	Mental and physical wellbeing. Keeping healthy and positive routines over summer break	How to develop digital resilience and manage emotion. Daily wellbeing and remaining safe over summer break.	Stretch evaluation and skills audit	<b>Stretch Lecture:</b> What transferrable skills have you developed over the 2 years? What technology skills have you developed? What is intrinsic motivation and how can a growth mind-set be useful for progression and the future?	

### KS4 Student Enrichment Calendar and Curriculum – Cycle 3

	PSHE/ CEIAG Year 9	PSHE/ CEIAG Year 10	PSHE/ CEIAG Year 11	Calendared Dates
<b>Week 1</b> 17/04/23	Intimate relationships	Positive and negative role models, how to evaluate the influence of role models and become a positive role model for peers	Destinations and post 16 progression, expectations and application status	
<b>Week 2</b> 24/04/23	Facts and misconceptions about consent	Impact of drug and alcohol on individuals, personal safety and wider communities, how it affects decision making	Destinations and post 16 progression, expectations and application status	
<b>Week 3</b> 01/05/23	STIs, negotiating safer sex	Media's impact on perceptions of gang culture. How social media may distort, mis-represent or target information in order to influence beliefs and opinions	Destinations and post 16 progression, expectations and application status	MAY National fitness month 'Move it May'
<b>Week 4</b> 08/05/23	Consequences of unprotected sex, including pregnancy	How to keep self and other safe in situations that involve substance use. Seeking support and help for substance use and addiction		Mental health week Step up, Speak out #3 – Mental Health
<b>Week 5</b> 15/05/23	Portrayal of relationships in the media and how it affects expectations	How to manage peer influence in increasingly independent scenarios, in relation to gangs and crime. Exit strategies in pressurised and dangerous situations		Year 11 - GCSEs start
<b>Week 6</b> 22/05/23	Assess and manage risks of sending, sharing or passing on sexual images	Communities, inclusion, respect and belonging – Equality act, diversity and values		Red Nose Day – 23/05/23
<b>Week 7</b> 05/06/23	How to secure personal information online	Managing conflicting views and misleading information, safely challenging discrimination		
<b>Week 8</b> 12/06/23	Young people's employment rights and responsibilities	Recognise and responding to extremism and radicalisation		
<b>Week 9</b> 19/06/23	Skills for enterprise and employability	Opportunities in learning and work, responsibilities in the workplace		
<b>Week 10</b> 26/06/23	How to give and act upon constructive feedback	How to evaluate strengths and interests in relation to career development.		
<b>Week 11</b> 03/07/23	'Personal brand' online	Maintain a positive personal presence online		
<b>Week 12</b> 10/07/23	Identify and access support for concerns relating to life online	How to manage practical problems and H&S		
<b>Week 13</b> 17/07/23	Reflection on PSHE teaching and considerations of being safe and assessing risks during summer break	Successful transition into year 11 and positive steps towards next steps		