

Half term	Topic	Objectives	Key knowledge
Autumn 1	Health and wellbeing	1. To identify and describe the main structures of the male and female reproductive systems and genitalia, and to understand the basic functions of these structures.	The functions of these systems are reproduction, hormone production, and sexual function. Awareness of our bodies keeps us safer and healthier.
		2. To understand the influences that inform decision making in sexual relationships and to explain how consent applies.	Consent means an <i>active, informed, and freely given</i> agreement to participate in sexual activity — it must be ongoing and can be withdrawn at any time. Healthy relationships are based on respect, equality, and communication.
		3. To be able to explain the menstrual cycle and how it relates to reproduction. To explain how menstruation affects mood and to evaluate different period products.	The menstrual cycle averages 28 days and involves hormonal changes that prepare the uterus for possible pregnancy; ovulation usually occurs around day 14. Menstruation is the shedding of the uterine lining when pregnancy does not occur; hormonal fluctuations can affect mood, energy, and emotions. Period products include pads, tampons, menstrual cups, and reusable underwear — each with advantages (comfort, cost, sustainability) and disadvantages.
		4. To know how to reduce the risk of STI transmission, to demonstrate how to safely use a condom and to know where	Condoms are the only contraceptive method that also protects against most STIs when used correctly. Reducing risk includes regular testing, avoiding sharing sex toys, and open communication with partners.

		and how to access STI testing.	STI testing is available at GP surgeries, sexual health clinics, online and in some pharmacies — often free and confidential.
		5. To know about fertility, including factors which can affect fertility. To know about options available to people with infertility. To consider factors affecting fertility in the UK and globally.	Fertility can be affected by age, lifestyle (smoking, alcohol, diet), medical conditions (PCOS, endometriosis, low sperm count), and environmental factors. Infertility treatments include IVF, hormone therapy, egg/sperm donation, and surrogacy. Global fertility factors include access to healthcare, cultural expectations, economic conditions, and environmental pollution.
		6. To revisit missed learning, recap learning and address any misconceptions through assessment.	
Autumn 2 Living in the wider world	Citizenship	1. To be able to suggest actions citizens can take in democratic and electoral processes to influence decisions locally, nationally and beyond.	Citizens can influence decisions by voting, campaigning, petitioning, and contacting their representatives. Peaceful protest, volunteering, and joining pressure groups or political parties can drive change. Engaging in civic debate and using social media responsibly can amplify citizens' voices.
	Local governance	2. To be able to explain the different tiers of governance in the UK and to be able to identify the roles and	The UK has local, devolved, and national levels of government, each with distinct powers. Local councils provide services such as housing, education, waste management, and planning.

		responsibilities of local government.	Councillors represent residents and make decisions on how local resources are used.
	Electoral systems	3. To know about the different electoral systems used in and beyond the United Kingdom. To analyse the ability of citizens to engage in a free and fair elections, including the role of the fair press.	Different electoral systems affect how votes translate into seats and representation; The UK uses First Past the Post for general elections. Free and fair elections rely on transparency, equal access to information, and absence of corruption. A free press helps citizens make informed choices and holds leaders accountable. Electoral fairness can be undermined by misinformation, unequal media access, or voter suppression.
	International politics	4. To know systems of international governance and the United Kingdom's relations with the rest of Europe, the Commonwealth, the United Nations and the wider world. To know about Human rights and the system of international law.	The UK participates in global organisations like the UN, NATO, and the Commonwealth. These organisations promote peace, security, and cooperation between nations. Human rights are universal protections outlined in documents like the Universal Declaration of Human Rights and the Human rights act 1998.
		5. To know about the legal system in the UK, different sources of law and how the law helps society deal with complex problems.	The UK legal system includes criminal, civil, and family law. Laws come from Parliament (statute law), the courts (common law), and international agreements. The law protects rights, resolves disputes, and maintains social order.

		6. To know the different ways in which a citizen can contribute to the improvement of their community. To know the best way to support others is to first support yourself.	Citizens can volunteer, support local initiatives, or take part in community projects. Active citizenship includes helping others, caring for the environment, and promoting inclusion. Community participation strengthens social ties and fosters a sense of belonging.
		7. To revisit missed learning, recap learning and address any misconceptions	
Spring 1		1. To know the distinction between gender and sexuality and to know that relationships come in many different forms. To know about the history of prejudice against the LGBTQ+ community and how to challenge discrimination.	Gender is a social and personal identity, while sexuality relates to attraction and orientation and people may identify across a spectrum of genders and sexualities. Respecting diversity in relationships promotes equality and inclusion.
Relationships		2. To know that families too come in many forms and to know about common sources of conflict within families and strategies for conflict resolution.	Families can include nuclear, extended, blended, adoption/fostering, single-parent, and same-sex parent families. Conflict can arise from communication issues, stress, or differing expectations. Healthy communication, empathy, and compromise help resolve family disagreements.
		3. To know about parenting, the importance of the first 5 years of life on	Early childhood experiences strongly influence emotional, cognitive, and social development.

		development and different experiences and realities of parenting.	Parenting involves meeting a child's physical, emotional, and educational needs.
		4. To know about domestic violence and where to seek support.	Domestic violence includes physical, emotional, sexual, or financial abuse. It is never acceptable and can affect anyone regardless of gender or background. Support is available through the police, helplines, and specialist organisations (e.g. Refuge, Women's Aid).
		5. To know about coercive control and how it can present within relationships.	Coercive control is a form of abuse which can occur in any relationship, it involves patterns of manipulation, isolation, intimidation, or restriction of freedom. Recognising signs of control helps individuals seek help or support others safely.
		6. To know the hallmarks of a healthy relationship and to know everyone deserves to be safe.	Healthy relationships are based on respect, trust, equality, and communication. Boundaries and consent are essential for mutual wellbeing. Everyone has the right to safety and support in all relationships.