

Year 7 – Getting Started

<u>Half-Term</u>	<u>Topic</u>
Autumn 1	Just Show Up – importance of attendance & punctuality
Autumn 2	Safe & Smart Online – managing screen time, kindness online
Spring 1	Being Organised – planners, homework routines, equipment
Spring 2	Building Friendships & Teamwork – learning to collaborate
Summer 1	Being Coachable – responding to feedback positively
Summer 2	Healthy Habits – sleep, exercise, balance in school life

Year 8 – Building Independence

<u>Half-Term</u>	<u>Topic</u>
Autumn 1	Exploring Interests – clubs, enrichment, developing character
Autumn 2	Digital Responsibility – social media and self-control
Spring 1	Time Management – balancing homework, hobbies, rest
Spring 2	Growth Mindset in Action – bouncing back from setbacks
Summer 1	Using Feedback Effectively – acting on teacher comments
Summer 2	Looking After Yourself – stress management & self-awareness

Year 9 – Preparing for GCSE Pathways

<u>Half-Term</u>	<u>Topic</u>
Autumn 1	Making Good Choices – GCSE options, careers thinking
Autumn 2	Study Skills – intro to retrieval practice & note-taking
Spring 1	Self-Advocacy – asking for help, speaking up
Spring 2	Resilience – handling pressure and failure
Summer 1	Critical Thinking – questioning news, bias, AI awareness
Summer 2	Healthy Body, Healthy Mind – nutrition, exercise, mental health

Year 10 – GCSE Habits

<u>Half-Term</u>	<u>Topic</u>
Autumn 1	Attendance = Achievement – importance in KS4
Autumn 2	Effective Revision – flashcards, spaced practice, dual coding
Spring 1	Mock Prep & Reflection – learning from assessments
Spring 2	Stress Management – relaxation techniques, balance
Summer 1	Digital Tools for Learning – using tech effectively
Summer 2	Character & Responsibility – leadership, enrichment, work experience

Year 11 – Mastering Exams & Next Steps

<u>Half-Term</u>	<u>Topic</u>
Autumn 1	Revision & Retrieval Routines – embedding active recall & reflection after mocks
Autumn 2	Post-16 Pathways – options, applications, interviews
Spring 1	Coping Under Pressure – exam mindset, wellbeing, stress management
Spring 2	Final Push & Looking Ahead – attendance, effort, persistence, resilience beyond GCSEs