



SES Curriculum

Subject Leader: Mrs A Halling-Brown

Overview

SES explores and develops students' physical and mental health, develops their ability to socially interact with each other in a caring and appropriate manner, offers guidance on future plans and next steps, including post 16 and post 18, explores morality and ethics and ultimately develops their knowledge of themselves and the world around them. It covers both PSHE and Citizenship and the lessons are covered under 5 over-arching topics: Personal well-being, Relationships, Living in the wider world, Economic wellbeing and being a responsible citizen and WRL / citizenship

Key Stage 3

Year 7:

Unit 1: Personal Wellbeing

- What is SES =- set the tone
- Dealing with change
- Making friends
- Keeping safe link to health
- Risk and personal safety (Safety Fire)
- Healthy eating
- Body shape and image

Unit 2: Relationships

- Who am I?
- Working together
- Families and working together
- Internet Safety
- Disabilities

Unit 3: Living in the Wider World

- Human rights
- Enterprise
- Rights and responsibilities in a family
- Respect, equality and to be a productive member of a diverse community
- The importance of respecting and protecting the environment

Unit 4: Economic Wellbeing and being a responsible citizen

- To complete a Giving Nations project

Unit 5: Work Related Learning

- key workers and their role
- What kind of learner am I?
- Resilience?
- Earth day lesson
- Local history



Year 8

Unit 1: Personal Wellbeing

- Introduction to SES
- Keeping fit
- Balanced diet
- Eating the wrong foods
- Obesity and UK
- Organic foods and healthy eating

Unit 2: Relationships

- Families the angel of Peckham – empathy
- Are all relationships equal Gay and lesbianism.
- Bullying
- Negative relationships – Gaming
- Cyberbullying

Unit 3: Living in the wider world

- Spending and budgeting
- Spending and budgeting
- Raising money for charities
- Staying safe online
- Unicef day

• Unit 4: Economic Wellbeing and being a responsible citizen

- Rights and responsibilities
- Rights and responsibilities as a consumer
- What is the commonwealth and what is its value?
- Debt and consequences
- Conservation and protecting the environment

Unit 5: Work Related Learning

- Part time jobs be in the know
- Career journey
- Career collage
- Career choices
- Pressure groups
- Being a British Citizen
- The NHS
- Refugees
- The role of the mayor
- The BBC



Year 9

Unit 1: Personal Well being

- bereavement
- Stress and stress management
- Eating disorders
- Body Image
- Empathy
- Mental Health

Unit 2: Relationships

- Bullying
- Immigration
- Anti-Bullying
- Internet Safety
- Be a role model
- Empathising with victims of racism

Unit 3: Living in the Wider World

- Drugs and effects
- Drugs and consequences
- Gambling
- Taxes and where does your money go
- Taxes and business
- University fees
- Budgeting

Unit 4: Economic Wellbeing and being responsible citizens

- rights and responsibilities (you the consumer)
- International women's day
- Commonwealth
- Systems of government
- Deserted Island
- Deserted island
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Unit 5: Work Related Learning

- Credit and debt
- Managing money
- Homelessness
- How to help the homeless
- Christian aid
- Exams and revision techniques
- Building a CV



Key Stage 4

Year 10

Unit 1: Personal Wellbeing

- Who inspires you?
- What kind of learner am I?
- Time management
- To understand positive thinking and how to apply this to my studies.
- To learn how to 'get along' with my peers.

Unit 2: Relationships

- Diversity
- Prejudice
- Anti-Bullying
- Internet Safety
- Sexting

Unit 3: Living in the Wider World

- Roles within the government.
- Local Government
- Your life on line
- Apprenticeships

Unit 4 – Economic Wellbeing and being a responsible citizen

- Legal Age Limits
- Youth Crime
- An arrest and police questioning
- Prison vs the death penalty
- Knives

Year 11

Unit 1: Personal Wellbeing

- Review Y10 end of year exams
- The big rocks of life
- Study Skills
- Preparing for the exams
- Managing year 11
- Dealing with Stress and Depression

Unit 2: Relationships

- Assisted Suicide
- Self-image
- Homophobic Bullying

Unit 3: Work Related Learning

- National Insurance
- Part-time work
- Job applications
- Mocks
- Internet safety
- UNICEF day



Unit 4 – Economic wellbeing and being a responsible citizen

- Economic well being
- Managing your own money
- The UK economy
- Human Rights
- The environment

Unit 5: Living in the wider world

- Studying
- Staying healthy during the exam period
- Prom

Key Stage 5

Year 12

Unit 1: Personal Wellbeing

- Ice- breaker
- Learning from success and failures
- Which universities will I be looking at
- Work experience
- Travelling and working
- Future careers

Unit 2: Relationships

- What is an abusive relationship?
- Consent and Sex
- Consent and after
- Parliament week
- Coming out
- Social media and friendships

Unit 3: Living in the wider world

- Parties in the UK government and what they represent
- Rate the Prime minister
- Religions and effects
- Sexism – gender gap
- Minimum wage and Working hours – entitlement
- How to deal with Harassment in the work place – scripts

Unit 4: Economic Well-Being and being a responsible citizen

- Your rights as an employee
- Credit cards: pros and cons
- National science week
- Barclays: Life skills: Opening and managing a current account
- Debt and management
- Eating healthily and financially sensibly



Unit 5: Work Related Learning

- Radicalisation
- Shift happens
- What is the red cross
- Mental Health week
- Environment – living greener
- Multiculturalism
- Voluntourism
- Current affair topic – tutor’s choice
- Refugee week
- Giving Blood
- World Population Day

Year 13

Unit 1: Personal Wellbeing

- SMART targets and personal Statements

Unit 2: Relationships

- The survival game
- Life after school
- Work or University
- Renting
- Work contracts
- Buying a house/renting

Unit 3: Living in the wider world

- Your rights as an employee
- World religions
- Eating well staying healthy
- Using the internet
- Marriage

Unit 4 Economic Well-Being and Being A Responsible Citizen

- Fairtrade
- Gender issues harassment
- Health issues – call in school nurse to advise on self- checking
- Debt and management
- Work contracts
- APR

Unit 5 Work Related Learning

- Studying tips
- Festivals and holidays abroad
- Mental Health week
- Life after school -signing

