

Learning 4 Life Curriculum Autumn Term.

		Lesson(s) theme	Learning Questions	Words 4 life
Year 7 Autumn 1 Wellbeing & Mental Health Title: Managing Change		I am part of Team Burgate.	What do we understand by the Burgate Expectations? What does it mean to be part of Team Burgate? How is it similar and different to Primary School?	Community Values Expectation Transition
		Looking after myself.	What are our 5 steps to wellbeing? What can I do when I feel fed up? What is a healthy routine for school?	Well-being Coping Routine.
		I am a resilient learner	How can I be a resilient Burgate Learner? How do I manage Homework? What should I do if things go wrong? How do I recognise my personal strengths? How do demonstrate self-confidence?	Resilience Self-confidence
		Self- reflection	How has my first half term at The Burgate gone? What have been the highlights? What target can I set myself for next half term?	

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Year 7 Autumn 2 Relationships, Families & Friends Title: Healthy Relationships		My relationships	What are the different relationships in my life? What skills do you need to build healthy relationships?	Trust Compromise
		My friends matter	How can I be a good friend? What does a healthy friendship? How do I recognise an unhealthy friendship (relationship)? What can I do to help my friends if they are in an unhealthy relationship?	Healthy Friendships Toxic Friendships
		I'm an upstander	What is bullying? (STOP Several Times On Purpose) What are the different types of bullying? How do we create an upstanding culture at The Burgate?	Bullying Upstander vs Bystander
		Family and me.	What do modern families look like? What does family mean to me? How are families different?	Family Marriage Civil Partnerships Blended families

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Year 8 Autumn 1 Physical & Sexual health Title: Taking responsibility for my health	I am a Learner 4 Life	-What will I study in L4L? -How do the Burgate Expectations support me in Y8? -Who do I want to be this year and why?	Learning 4 Life
	My body, my responsibility	-What responsibility should I now take for my own health? -What are the benefits of a healthy lifestyle? -How can I stimulate my happy hormones?	Physical health Personal hygiene Hormones Endorphins
	My choices affect me	-What are the effects of alcohol and vaping on my body? -What are the wider consequences of alcohol and vaping?	Addictive substances Units of alcohol Nicotine Vaping
	My health action plan	-What is my plan to maintain or improve my physical health?	

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Year 8 Autumn 2 Relationships, Families & Friends Title: Changing Relationships	"It's just banter"	-Why do some friendships change for the worse? -When does banter become bullying (Several Times On Purpose)? -Is banter ever acceptable?	Banter S.T.O.P
	Abusive relationships	-Can you remember some features of healthy and unhealthy relationships? -When does an unhealthy relationship become abusive? -What are the different types of abuse? -How can you support someone in an abusive relationship?	Abusive relationship Controlling
	Coping with bereavement	-Why is death part of life? -What can grief feel like? (messy ball of emotions) -What are the stages of grief that people go through? -How can you get support for coping with grief?	Bereavement Stages of grief
	Navigating divorce	-Why do some marriages end in divorce? -How can divorce be a positive event? -What are helpful questions to ask? -What say do you have when parents separate or divorce?	Separation Divorce
	I am resilient	-How can I build a shield of resilience to help look after myself in tough situations and changing relationships?	Resilience

Year 9 Autumn 1	Lesson(s) theme	Learning Questions	Words 4 life
Wellbeing & Mental Health Title: Positive Me	I am a learner for Life	-What will I study in L4L? -How do the Burgate Expectations support me in Y9? -Who do I want to be this year and why? -How will I cope with the challenge of GCSE?	Learning 4 Life
	Positive body image and me	-What do we mean by 'positive body image?' -Does my body fit the 'perfect image' of what is expected? -What influences me about how I should look? -Can social media influences ever have a positive influence?	Positive body Image Body shape Influencer Airbrushing
	Coping with body image pressures	-How are body image and mental health linked? What are unhealthy coping strategies?	Body dysmorphia Anorexia Bulimia Obesity
	Let's share body positivity	-How can I talk positively about my body image? -How can I help my friends?	

Year 9 Autumn 2	Lesson(s) theme	Learning Questions	Words 4 life
Staying Safe & Managing Threats Title: Risky behaviour	The impacts of drugs	-Why do people take drugs? -What are the different types of legal and illegal drugs? -What are the criminal charges and other risks for being involved with drugs? -How can I avoid becoming involved in drugs?	Legal drugs Illegal drugs Possession of drugs Supply of drugs
	Exploitation and drugs	-What is County Lines? -How might a young person be groomed to take part in drug trafficking? -Why can County Lines activity be seen as a modern form of slavery? -How does someone get out of this situation?	County Lines Child Criminal exploitation. Grooming
	To carry a knife	-Why do people get involved in knife crime? -Can someone get in trouble for just carrying a knife? -Can someone get in trouble for knowing that a friend has a knife? -What are the consequences of knife crime for everyone involved?	Knife crime Life-long guilt
	Reduce the risk	-What activities can be risky? -How do I reduce risk? -What do I do in emergency situations?	Arrange, Assess and Act (to reduce risk)

Year 10 Autumn 1	Lesson(s) theme	Learning Questions	Words 4 life
Skills 4 Life Title: Leadership and interviews	I am a learner for Life	-What will I study in L4L?-How do the Burgate Expectations support me in Y10?- Who do I want to be this year and why? -How will I cope with the challenge of GCSE	Learning 4 Life
	I can be a leader	-Why is leadership important in my life? -What skills make a good leader? Do I have them? -Does leadership have to be loud?	Leadership Collaboration Introvert Extrovert
	Getting myself interview ready	-What is involved in the Y10 Mock interview? - What is a CV and how do I write one? -What is a covering letter and how do I write one? - How do I become interview confident? -What do I wear for an interview?	Curriculum Vitae Covering letter Interview skills

Year 10 Autumn 2	Lesson(s) theme	Learning Questions	Words 4 life
Celebrating Diversity & Equality Title: Rights and Responsibilities.	Equality is law	What is the Equality Act of 2010? What are the nine protected characteristics? How does the equality act apply to me? What counts as discrimination against protected characteristics? What happens when people's rights seem to clash?	Equality Act 2010 Protected Characteristics Discrimination
	The law protects	-What is honour based violence? -How does the law protect victims of honour-based violence? -How can society promote the equality of women?	Honour based violence
	Responsibility and the law	- At what age am I criminal responsible? - What are my rights when dealing with the police? -When can being associated with someone else's behaviour be a problem?	Age of responsibility Stop and search Joint enterprise
	Riots of Summer 2024.	Case study of Summer 2024 Riots to being together explorations of discrimination, equality and criminal law: -What was the motivation for the riots in the summer of 2024? - Why do some people take part in criminal behaviour? - What were the consequences for people who took part? - How can positivity help to stand up to hatred?	Mob mentality Criminal behavior Counter-protests

Year 11 Autumn 1	Lesson(s) theme	Learning Questions	Words 4 life
Wellbeing & Mental Health Title: Futureproofing myself.	I am a Learner 4 Life	-What will I study in L4L? -How do the Burgate Expectations support me in Y11? -Who do I want to be this year and why?	Learning 4 Life The Burgate Expectations
	Keeping myself motivated	-How do I recognise my strengths? -How do I recognise strengths in others? -How do I keep motivated and persevere?	Growth mindset Motivation Perseverance Procrastination
	Coping with challenges	How do I identify the causes and effects of stress? -What strategies can I use to cope with stress? -Why is sleep so important? -How do I balance my time online?	Stress Coping strategies Emotional resilience

Year 11 Autumn 2	Lesson(s) theme	Learning Questions	Words 4 life
Relationships, Families & Friends Title: Relationships and Conflict	It's just banter	-Can 'banter' be harmless? -When do comments become sexual harassment? -how does the law define sexual harassment?	Complement Sexual harassment
	FOUR signs of stalking	-What is the difference between stalking and sexual harassment? -What are the FOUR signs of stalking? -What is the impact of stalking?	Stalking
	Abuse online	- What is trolling? - What is doxing? -What is cyber stalking? -What is the impact on the victims of abuse online?	Trolling Doxing Cyber stalking
	Violent relationships	-Why is consent in sexual relationships so important? (recap) -Why do so many victims not report rape and sexual violence? -What are the six types of domestic violence? What is the impact of domestic violence?	Consent Domestic violence Victim blaming
	We can still be friends	- -Can relationships ending be a positive thing? -Where can I get support for relationship breakdowns?	Amicable break up

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Year 12 Wellbeing & Mental Health Title: New Starts	I am part of Team Burgate	What does it mean to be part of the Burgate Sixth Form? How is it similar and different to my Main School experience? What are the expectation of a Burgate Sixth Form student?	
	I need healthy habits	What is a healthy routine for life at Sixth Form? How do I find the balance between A levels, socialising, paid work and hobbies? What is the power of sleep?	
	I can cope	-What is stress? -What is anxiety? -Can stress and anxiety be good for us? -How can I manage every day worries?	
	I can ask for help	-When does stress and anxiety become a problem? -What are other mental health problems might I or people in my life face? -What are the sources of support available?	
	I am mindful	-How can I include mindfulness activities in my every day life?	