**YEAR 7 PROGRAMME OF WORK**

Lesson plans and resources are saved on the staff drive under ASPIRE and the relevant academic year. The order of topics covered each term remains subject to change. The ASPIRE curriculum is supported with a range of resources on the Aspiring Girls website. Key Stage 3 lessons also link with current affairs to help embed knowledge further; when topics can be placed in context with school, society or the wider world, this will create greater relevance and therefore engagement.

Safeguarding Assembly at start of term.

**Michaelmas Term: Personal Safety and Puberty.**

The first half of this term will look at ipad use: appropriate use of it at school and as a study tool. This will lead into staying safe both digitally and how to protect personal information as well as safety coming to and from school and use of public transport. Outside speakers may be used to support the teaching of these topics. In the second half of term, pupils will be given a talk on periods from the school nurse and look at puberty in relation to physical changes and personal hygiene as well as changes to their teenage brain. As a Christmas gift, they receive the ‘You are Awesome’ journal, which they will begin reading in lessons and are asked to finish over the Christmas holiday.

Pupils will learn:

* Staying safe online – inhouse delivery. School expectations of iPad use. Using an iPad appropriately for study. The importance of protecting personal information and data, the law regarding the sharing of videos or images, what grooming\* is, communication with strangers online.
* Using social media safely and critically. Digital pledge facilitated by Senior Prefect team (digital leader and Year 7 prefects)
* Safety out and about – train, road, terrorist attack. Emergency telephone numbers.
* Puberty – periods, physical and emotional changes, personal hygiene, the teenage brain.
* Inside Out DVD
* Growth mindset – ‘You are Awesome’ journals.
* Academic learning Diaries are completed in October and Pastoral Learning Diaries completed in October and December

\*Early themes of consent and defined as: ‘Freely Give, Knowledgeable and Informed Agreement without force, fraud or fear’

**Lent Term: Values**

This term pupils will learn positive values in life; they will understand how these values shape their own character and their role in creating a future they want to experience. Each week pupils will look at a different value.

Pupils will learn:

* Promotion and understanding of our Fundamental British Values – what are they and why were they introduced: Democracy, Rule of Law, Individual Liberty, Mutual Respect and Tolerance
* Tolerance (Acceptance) –What it is and why it is important. Understand prejudices and consequences and begin to understand the equalities act 2010 and 9 protected characteristics but with specific regard to age, disability, sex, race, religion or belief. Use video resources on AG website including Love has no labels. Look at past and current role models of tolerance. Balloons are written on and prejudices are popped and tolerance balloons (quotes from inspirational people displaying this value, such as Nelson Mandela) written on and displayed around school.
* Respect – respect for ourselves and each other and the significance of this in a tolerant community and society (refer back to rule of law). Self compassion – what this is and why it is important.
* Gratitude – understand why gratitude is important for our emotional health and wellbeing; it literally makes you happier! To recognise the role gratitude can have in becoming more emotionally resilient and to use it as a positive coping strategy.
* Resilience – to recognise the ups and downs of each day and how to ride them. To learn positive coping strategies as a way of becoming more resilient. First aid box! (to include a sense of loss here). ‘Losing Sight of Shore’ - film documentary (link to Alice Award).
* Giving and connecting – pen pals allocated. (link to Alice Award)
* Courage, honesty and integrity, kindness and empathy (and emotional literacy) – these are all values, which may be looked at in lesson time or year assemblies.
* Alice Award – Some lesson time will be given to it, as well as this being an extra-curricular activity. The Alice award reflects the school aims and GHS 8.
* Academic and Pastoral Learning Diaries are completed in February / March

**Trinity Term: Learning about Me**

This term pupils will prepare for their examinations – learning strategies to revise and how to create a revision timetable keeping time for hobbies. Importance of sleep and exercise during to get the best out of yourself.

Pupils will learn:

* The importance of relaxation during revision and exam periods and ways to do this.
* Planning a revision timetable and creating ‘time for yourself’.
* Understanding their best style of learning and revision strategies.
* Dealing with emotional ups and downs in the context of exams.
* Strengths (in relation to self-esteem) and how to talk about themselves.
* Moral compass (right from wrong) and respect of our civil and criminal law.
* Keeping healthy and the importance of balance (sleep, exercise and nutrition).
* Maintain communication with pen pals
* Academic and Pastoral Learning Diaries are completed in June / July

**YEAR 8 PROGRAMME OF WORK**

Lesson plans and resources are saved on the staff drive under ASPIRE and the relevant academic year. The order of topics covered each term remains subject to change. The ASPIRE curriculum is supported with a range of resources on the Aspiring Girls website. Key Stage 3 lessons also link with current affairs to help embed knowledge further; when topics can be placed in context with school, society or the wider world, this will create greater relevance and therefore engagement.

Safeguarding Assembly at start of term.

**Michaelmas Term: Political Parties.**

This term pupils will begin to learn about our British Political system and lessons in current affairs will compliment this term’s work to ensure a comprehensive coverage of all themes. This includes the different parties and what they represent as well as understanding what a manifesto is and what is means to live in a democratic society. Pupils will work in small groups over a series of weeks to create their own political party (name and logo) and manifesto, which promises 4 – 5 policies that can cover a range of topics. This is a competition, which is judged.

Pupils will learn:

* Fundamental British Values - revisit these and explore ‘individual liberty’ and ‘rule of law’ in relation to this term’s project.
* Understanding our political System, main political parties and our democratic institution: the legislature, the executive and judiciary.
* Public institutions\* – who and what these are, how they are funded and governed. Encourage respect for these institutions and developing an awareness and understanding of their importance for ourselves and our society. \*specifically healthcare, education, military and emergency services - consider their relevance to the term’s project.
* The role of civil servants
* Political Party Project – create own political party with name, logo and manifesto.
* Understand what a manifesto is and design their own set of policies, considering why they are important and how they would be funded.
* Q and A with ministers.
* Presentations will initially take place in forms and a winning party democratically elected; each form winner, will present in front of their whole year group and a panel of judges before an overall winner is declared.
* Online and social media use: scam aware phishing and fake news. Understanding terms and conditions in relation to social media use. Sexting - the law and social consequences. Harm reduction and civil v criminal law
* Academic and Pastoral Learning Diaries are completed in October

**Lent Term:** **My friends and Me**

This term begins with a trip to watch ‘Wicked’, which launches the theme of friendship. Different themes of popularity, exclusion and kindness are explored as well as healthy and toxic relationships.

Pupils will learn:

* What makes a good friend (kindness, compassion, making tough calls including the ability to challenge unkindness)
* How to be a good friend and how to repair friendships (connection with others is key to our mental well being)
* Healthy and unhealthy relationships (consent, power imbalance, vulnerability and CSE) Communication skills – the impact of social media in loss of inference and the consequence of this.
* Understanding discrimination– what this looks and feels like and who might be discriminated against. Equalities Act\* – revisiting this and developing and understanding of this from Year 7. How to challenge and combat unfair or illegal discrimination. \*age, disability, sex, race, religion or belief, marriage and civil partnership, sexual orientation
* Positive sense of self (revisiting themes and values from year 7) How I talk about myself and having the ability to celebrate others’ success.
* The teenage brain and development – an outside speaker explores themes of identity.
* Maintain communication with pen pals.
* Academic and Pastoral Learning Diaries are completed in February

**Trinity Term: Mindfulness and Media**

Pupils look at media influences on image, aesthetics and how they can be the critical consumer. They will look social media in relation to sexing: the law and social ramifications of this. Revisit safety – understanding helplines, what to do in a terrorist attack and fire safety. Also health and staying safe in the sun and revisit sleep hygeine.

Pupils will learn:

* Media influences on image, aesthetics and being the critical consumer.
* *Take Your daughter to Work takes place this term – pending timetable, lessons leading into this and time for girls to lead presentations on their day.*
* Fast Tomato.
* Academic and Pastoral Learning Diaries are completed in June / July

**YEAR 9 PROGRAMME OF WORK**

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Safeguarding Assembly at start of term.

**Michaelmas Term: Self-esteem and Healthy Mind**

Pupils look at self-esteem in relation to making good choices as well as promoting a positive sense of self. Kindness is explored more widely and different promotional campaigns are used to develop this theme.

Pupils will learn:

* To understand connections in relation to good mental health and develop a range of strategies to support good mental health and wellbeing: How we think, feel and behave - Awareness and management of inner critic - How to handle problems, how to assert yourself to establish personal boundaries and resolve conflict - Personal values – identifying what is important to us
* Positive sense of self – TED talk by Niko Everett. Positive points card
* Self-compassion and Self-esteem in relation to making good choices.
* This Morning’s ‘Campaign for kindness’, koko ‘I’ve got your back’
* Academic and Pastoral Learning Diaries are completed in October

**Lent Term: Decision making, SRE, First Aid, Cyber-wisdom (character and virtues)**

This term, choices are continued to be explored in relation to the GCSE options process as well as recognising individual strengths. Senior girls are involved in a subject speed dating session. The second half of term begins a rotation on first aid delivered by Adventure Lifesigns group as well as also beginning more comprehensive sex and relationships education, also delivered by an outside speaker.

* Pupils will learn:
* Digital citizen – cultivating good character virtues
* About the GCSE options process
* Recognise strengths and identify transferable skills for the work place.
* Basic first aid delivered by Life Signs
* Female health – ‘well-woman’ talk from school GP including an understanding of HPV, skin care)
* RSE: intimate relationships - contraception, STIs and myth busting (delivered by school Dr and nurses)
* Academic and Pastoral Learning Diaries are completed in February

**Trinity Term: Female health – keeping safe and well.**

This term girls look at physical health and well being (and understand the link between this and emotional health).

Pupils will learn:

* Study skills and balance
* Addiction, habit and dependence: smoking, vaping, screen time, drugs
* Nutrition – eating well for body and brain
* RSE - Digital relationships delivered by It Happens
* Academic and Pastoral Learning Diaries are completed in June / July

**YEAR 10 PROGRAMME OF WORK**

Lesson plans and resources are saved on the staff drive under ASPIRE and the relevant academic year. The order of topics covered each term remains subject to change. The ASPIRE curriculum is supported with a range of resources on the Aspiring Girls website.

Safeguarding Assembly at start of term.

**Michaelmas Term: Learning to live and think well**

Pupils will learn to:

* Study skills
* Self-esteem and body image
* Importance of sleep, exercise, connections to live well.
* Mental health - support from Mind (healthy ups and downs – when it is more than this and how and where to seek help facilitated by NHS staff / speakers)
* LGBTQ, what this is and having a respect and understanding for gender, sexual orientation and expression. Outside speaker facilitates and also looks at media representation and critically thinking.
* Substances and harm reduction including vaping and legal and illegal drugs
* Intimate relationships facilitated by It Happens (includes: emotional readiness for a sexual relationship, myth busting and recognising the choice to delay)
* Academic and Pastoral Learning Diaries are completed in October

**Lent Term: Risk Taking and Reputations**

Pupils will learn to:

* Risk taking – teenage brain. Why some people might be more vulnerable to risky behaviour. How to identify this and what to do.
* Alcohol, teenage brain and consent. Party scene and RAP project (skills for growing up in a social world presentation – includes influence of pornography on behaviour and expectations)
* Relationships – contraception and STIs (delivered by school Dr)
* *Understanding civil and criminal law – Russell Robinson.*
* Academic and Pastoral Learning Diaries are completed in February

**Trinity Term: Money Matters**

Pupils will learn to:

* Academic and Pastoral Learning Diaries are completed in June / July
* Credit, debit and debt: understanding pay slips, borrowing on finance, finance terms.
* ‘Can money buy happiness?’ Explore the relationship between money and happiness; developing appreciation of non-material aspects.
* Social / economic impact of aspiration.
* PREVENT – radicalisation (pending RE day content)
* Self defence workshop / talk

**YEAR 11 PROGRAMME OF WORK**

Lesson plans and resources are saved on the staff drive under ASPIRE and the relevant academic year. The order of topics covered each term remains subject to change. The ASPIRE curriculum is supported with a range of resources on the Aspiring Girls website.

Safeguarding Assembly at start of term.

**Michaelmas Term:**

Pupils will learn:

* Study skills and revision strategies
* CV writing Work
* Experience Application
* Academic and Pastoral Learning Diaries are completed in October and December

**Lent Term: NCS / mock examinations**

Pupils will learn:

* Mock Examinations
* National Citizenship Service
* Current affairs / debate
* Being an independent, respectful citizen. Recap on FBV and equalities act - with specific regard to sex, sexual orientation, gender (reassignment), marriage / civil partnership, pregnancy and maternity.
* Modern day slavery (who is at risk, grooming)
* Academic and Pastoral Learning Diaries are completed in March / April

**Trinity Term:**

Pupils will learn:

* How to stay safe at festivals
* Peer advice for study leave

**YEAR 12 and 13 PROGRAMME OF WORK**

The sixth form programme is heavily supported by specialist speakers and year groups combine for these. The programme is therefore on a two-year rolling cycle and some speakers visit biennially. Some themes are specific to a year group – as indicated below. Lesson plans and resources are saved on the staff drive under ASPIRE. The order of topics covered each term remain subject to change. The ASPIRE curriculum is supported with a range of resources on the Aspiring Girls website.

Safeguarding Assembly at start of term.

**Michaelmas Term: Making the most of the year ahead**

Pupils will learn:

* Balance, perspective and perfectionism (Year 12 only)
* Study skills – time management (Year 12 only)
* Miscellaneous lectures / current affairs / FLASH DEBATES (gang and knife crime, abortion, populism, terrorism, radicalisation, discrimination – include some or all protected characteristics here.)
* Current affairs – anything political / examples of a prejudiced society.
* Consent and party scene (RAP project, John Hoskins, TED talks, documentary)
* Consent – forced marriage, domestic abuse.
* Singer Symposium / ARTiculation
* Creating a positive online profile and digital footprint. Cookies and data.
* Safe drive - stay alive (biannual)
* How to interview well (Year 13 only)
* Year 13 student led 10 minute presentations - sharing of skills and expertise
* Academic and Pastoral Learning Diaries are completed in October

**Lent Term:**

Pupils will learn:

* Oratory Competition
* Drug awareness
* Sexual Health
* Female health checks: Coppafeel – breast health and awareness, smear test.
* Successful parenting / moving on.
* Academic and Pastoral Learning Diaries are completed in January and April.

**Year 13 Lent and Trinity terms: preparing for university:**

* Cooking
* Budgeting
* First aid
* Travelling abroad
* Consent and university
* Flat sharing
* Student loans
* Academic and Pastoral Learning Diaries are completed in January and April

**Year 12 Trinity Term:** Post AS programme – some topics variable each year.

* HE choices and application process
* Personal statements – subject specific.
* Research and choosing and reading books
* Making the most of open days
* Emotional intelligence
* Leadership
* Creativity
* Environment
* Economics of poverty
* Charitable giving
* Political landscape
* *Army Leadership Day – tbc (or in year 11)*

**Speakers include:**

* It Happens Education -sexual relationships, contraception and sexual health.
* Ed Flack from Wize Up - Finance.
* Russell Robinson – Criminal Law
* John Hoskins – consent and risk taking.
* Deana Puccio from the RAP project – social skills for life referencing consent, rape, sexual harassment, pornography.
* Dr Ursula Weekes, Art Historian - miscellaneous lectures.
* Dr Chrissie Clayton - female health and university
* Ian Forbes from lifesigns – travel safety
* Safe Drive, Stay Alive – Surrey County Council.
* Dick Moore – mental health and wellbeing
* Dr Nihara Krause – perfectionism and mental health
* Fiona Boulton – ‘how to interview well’
* Ran Gavrielli – Tedx talk ‘why I stopped watching porn’
* Dr Jane Boyd – Higher Education