

### KS3: Discovery Hour Curriculum

2025-26

	Term 1 Living in the Wider World	Term 2 Health and Wellbeing	Term 3 Relationships and Community Issues
7	<ol style="list-style-type: none"> <li>1. What are Fundamental British Values?</li> <li>2. Managing the Challenges of a New School</li> <li>3. Embracing Differences in Race, Religion and Culture</li> <li>4. Embracing Differences in Sexuality, Gender and Abilities</li> <li>5. The Influence of Social Media</li> <li>6. Being an Upstander</li> <li>7. Personal Safety and Emergency Responses</li> </ol>	<ol style="list-style-type: none"> <li>1. Physical Health and the Importance of Dental Health</li> <li>2. Importance of a Balanced Diet</li> <li>3. Mental Health and How Physical and Mental Health are Interlinked</li> <li>4. Changes due to Puberty</li> <li>5. Ensuring Online Safety</li> <li>6. Risks in the Real World</li> </ol>	<ol style="list-style-type: none"> <li>1. Types of Relationships</li> <li>2. Arranged and Forced Marriage</li> <li>3. Healthy and Unhealthy Relationships</li> <li>4. Different Types of Families</li> <li>5. Communicating Consent</li> <li>6. The Impact of Puberty on Relationships</li> </ol>
8	<ol style="list-style-type: none"> <li>1. Recap on Fundamental British Values</li> <li>2. The Equality Act and Freedom of Speech</li> <li>3. Recognising and Challenging Dangerous Behaviours and Beliefs</li> <li>4. Online Communication and Grooming</li> <li>5. The Functions and Uses of Money</li> <li>6. The Importance and Practice of Budgeting</li> <li>7. Different Types of Bank Accounts</li> </ol>	<ol style="list-style-type: none"> <li>1. The Importance of Personal Hygiene</li> <li>2. The Importance of Sleep</li> <li>3. Medicinal and Recreational Drugs</li> <li>4. Alcohol</li> <li>5. Habit VS Dependency</li> <li>6. Managing Influences and Peer Pressure</li> </ol>	<ol style="list-style-type: none"> <li>1. Evaluating Qualities of Relationships</li> <li>2. Consent and the Law</li> <li>3. Geographic Communities and Local Identity</li> <li>4. Being an Active Community Member</li> <li>5. Internet-Based Communities: The Light Side</li> <li>6. Internet-Based Communities: The Dark Side</li> </ol>
9	<ol style="list-style-type: none"> <li>1. Recap on Fundamental British Values</li> <li>2. Moral Issues</li> <li>3. Community Issues</li> <li>4. How is our school organised? How is our country organised?</li> <li>5. The Options Process</li> <li>6. Laws and Rules: Keeping us safe?</li> <li>7. Evaluating the justice system</li> </ol>	<ol style="list-style-type: none"> <li>1. The Internet: Friend or Foe?</li> <li>2. Online Behaviour, Body Image and Confidence</li> <li>3. Fake News and Media Bias</li> <li>4. Securing Personal Information Online</li> <li>5. Sexism and Misogyny</li> <li>6. Inspiring Role Models</li> </ol>	<ol style="list-style-type: none"> <li>1. LGBTQ+ Rights</li> <li>2. Racism and Stereotyping</li> <li>3. Local Environment and Community</li> <li>4. Global Environment and Wildlife</li> <li>5. Protecting the Ocean</li> <li>6. Staying Safe Over the Summer</li> </ol>

## Discovery Hour Long Term Plan KS4

2025-26

	Term 1 Living in the Wider World	Term 2 Health and Wellbeing	Term 3 Relationships and Community Issues
Y10	<ol style="list-style-type: none"> <li>1. Recap on Fundamental British Values</li> <li>2. Managing Challenges in Adolescence</li> <li>3. Mental Health, Misinformation and Support</li> <li>4. The Equality Act and Me</li> <li>5. Accounts and Budgeting</li> <li>6. Financial Risk</li> <li>7. Introducing Post-16 Options and Requirements</li> </ol>	<ol style="list-style-type: none"> <li>1. Recognising Positive Aspects of Romantic Relationships</li> <li>2. Consent and Handling Pressure</li> <li>3. How Choices in Sex and Relationships Can Affect Health</li> <li>4. Influences on Sex</li> <li>5. Risky Sexual Behaviour</li> <li>6. Fertility, Pregnancy, Choice and Loss</li> </ol>	<ol style="list-style-type: none"> <li>1. Understanding Sexual Harassment</li> <li>2. Examining a Case Study: Sexual Harassment</li> <li>3. Understanding Coercive Control and Domestic Abuse</li> <li>4. Violence Against Women and Girls</li> <li>5. Managing Conflict and Discrimination</li> <li>6. Recognising Extremism and Misinformation</li> </ol>
Y11	<ol style="list-style-type: none"> <li>1. Recap on Fundamental British Values</li> <li>2. Post-16 Options and Requirements</li> <li>3. Apprenticeships, T-levels and University</li> <li>4. The World of Work</li> <li>5. Transport</li> <li>6. Housing Options</li> <li>7. Financial Planning</li> </ol>	<ol style="list-style-type: none"> <li>1. Online Behaviour</li> <li>2. Looking After Your Health</li> <li>3. Consent, Contraception and Choice</li> <li>4. Dangers of Gambling and Preventing Debt</li> <li>5. County Lines and Recreational Drugs</li> <li>6. Gang Culture</li> </ol>	<ol style="list-style-type: none"> <li>1. Managing Exam Stress</li> <li>2. Recap of Revision Strategies</li> </ol> <p><b>Remainder of this term: revision into practice</b></p>