



## Careers Education Information & Guidance Mount Tamar

<b>Note</b>	<p>Careers education in the main is delivered via PSHE. There are elements of careers education within the curriculum of Maths, English &amp; Science - <i>Highlighted text is Careers Education</i></p> <p>All Students &amp; staff have access to full-time Careers Lead</p> <p>Year 10 &amp; 11 have 1-2-1 Option Appraisals</p> <p>Year 10 &amp; 11 have access to vocational off-site provision - Granary Farm NORPRO - engineering, Bikespace and CTSW</p> <p>Year 11 - Post - 16 Skills Lesson weekly</p> <p><a href="https://www.careerpilot.org.uk/">https://www.careerpilot.org.uk/</a></p>
<b>KS3</b>	<p>PSHE (<a href="https://www.pshe-association.org.uk/content/resources-and-curriculum">https://www.pshe-association.org.uk/content/resources-and-curriculum</a>) should be taught at least <u>one lesson per week</u> in CARE lessons. The other CARE lesson should be focused on Skillsbuilder (<a href="https://www.skillsbuilder.org/">https://www.skillsbuilder.org/</a>) or OCR Entry Level 3 Life and Living skills (<a href="https://www.ocr.org.uk/Images/76954-centre-handbook.pdf">https://www.ocr.org.uk/Images/76954-centre-handbook.pdf</a>)</p>

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	Term 1 : Health and Wellbeing 1	Term 2: Health and Wellbeing 2	Term 3 : Living in the Wider World 1	Term 4: Living in the Wider World 2	Term 5: Relationships (RSE) 1	Term 6: Relationships (RSE) 2
Enrichment/External links/Resources	<p>PSHE Association: <a href="https://www.pshe-association.org.uk/content/resources-and-curriculum">https://www.pshe-association.org.uk/content/resources-and-curriculum</a>)</p> <p>Issues online: <a href="https://www.issuesonline.co.uk/pshe-subjects/health-and-wellbeing">https://www.issuesonline.co.uk/pshe-subjects/health-and-wellbeing</a></p> <p>School wellbeing: <a href="https://www.schoolwellbeing.co.uk/pages/pshe">https://www.schoolwellbeing.co.uk/pages/pshe</a></p> <p>Mentally healthy schools: <a href="https://www.mentallyhealthyschools.org.uk/resources/mental-health-and-emotional-wellbeing-lesson-plans/">https://www.mentallyhealthyschools.org.uk/resources/mental-health-and-emotional-wellbeing-lesson-plans/</a></p> <p>Gloucestershire healthy living programme: <a href="https://www.ghll.org.uk/resources/key-stage-3-and-4-resources/">https://www.ghll.org.uk/resources/key-stage-3-and-4-resources/</a></p> <p>Talk to frank: <a href="http://www.talktofrank.com/?&amp;gclid=CJehuJGM77MCFW_KtAodyVoAAw">http://www.talktofrank.com/?&amp;gclid=CJehuJGM77MCFW_KtAodyVoAAw</a></p> <p>Hope UK: <a href="http://www.hopeuk.org/">http://www.hopeuk.org/</a></p> <p>Drug free world: <a href="http://www.drugfreeworld.org">http://www.drugfreeworld.org</a></p> <p>School Wellbeing resources and links: <a href="https://www.schoolwellbeing.co.uk/resources?theme=10">https://www.schoolwellbeing.co.uk/resources?theme=10</a></p> <p>BBC videos and resources: <a href="https://www.bbc.co.uk/teach/ks3-pshe-modern-">https://www.bbc.co.uk/teach/ks3-pshe-modern-</a></p>		<p>PSHE Association: <a href="https://www.pshe-association.org.uk/content/resources-and-curriculum">https://www.pshe-association.org.uk/content/resources-and-curriculum</a>)</p> <p>National Online Safety: <a href="https://nationalonlinesafety.com/">https://nationalonlinesafety.com/</a></p> <p>Seal Community: <a href="http://sealcommunity.org/files/member_resources/Core%20theme%20living%20in%20the%20wider%20world%20Key%20Stage%203.pdf">http://sealcommunity.org/files/member_resources/Core%20theme%20living%20in%20the%20wider%20world%20Key%20Stage%203.pdf</a></p> <p>Youth and Policing: <a href="https://www.youthandpolicing.co.uk/wp-content/uploads/2018/09/Radicalisation-Lesson-Plan.pdf">https://www.youthandpolicing.co.uk/wp-content/uploads/2018/09/Radicalisation-Lesson-Plan.pdf</a></p> <p>Get safe online: <a href="http://www.getsafeonline.org/">http://www.getsafeonline.org/</a></p> <p>Think u know: <a href="http://www.thinkuknow.co.uk/">http://www.thinkuknow.co.uk/</a></p> <p>Free resource bank: <a href="http://www.free-teaching-resources.co.uk/lesson-ideas/pshe/pshe-ks3/index.html">http://www.free-teaching-resources.co.uk/lesson-ideas/pshe/pshe-ks3/index.html</a></p> <p>BBC videos and resources: <a href="https://www.bbc.co.uk/teach/ks3-pshe-modern-studies/zdt3jhv">https://www.bbc.co.uk/teach/ks3-pshe-modern-studies/zdt3jhv</a></p> <p><a href="https://apply.army.mod.uk/base/lessons">https://apply.army.mod.uk/base/lessons</a></p>		<p>PSHE Association: <a href="https://www.pshe-association.org.uk/content/resources-and-curriculum">https://www.pshe-association.org.uk/content/resources-and-curriculum</a>)</p> <p>NSPCC: <a href="https://learning.nspcc.org.uk/research-resources/schools/making-sense-relationships">https://learning.nspcc.org.uk/research-resources/schools/making-sense-relationships</a></p> <p>Childnet: <a href="https://www.childnet.com/resources/pshe-toolkit/myth-vs-reality/healthy-relationships">https://www.childnet.com/resources/pshe-toolkit/myth-vs-reality/healthy-relationships</a></p> <p>Campaign Resources: <a href="https://campaignresources.phe.gov.uk/schools/resources/relationships-lesson-plan-pack">https://campaignresources.phe.gov.uk/schools/resources/relationships-lesson-plan-pack</a></p> <p>Safe4me: <a href="https://www.safe4me.co.uk/portfolio/healthy-relationships/">https://www.safe4me.co.uk/portfolio/healthy-relationships/</a></p> <p>Tackling racism: <a href="http://www.tackling-racism.co.uk/">http://www.tackling-racism.co.uk/</a></p> <p>Homophobia: stonewall: <a href="http://www.stonewall.org.uk/at_home/sexual_orientation_faqs/2697.asp">http://www.stonewall.org.uk/at_home/sexual_orientation_faqs/2697.asp</a></p> <p>Free resource bank: <a href="http://www.free-teaching-resources.co.uk/lesson-ideas/pshe/pshe-ks3/index.html">http://www.free-teaching-resources.co.uk/lesson-ideas/pshe/pshe-ks3/index.html</a></p> <p>BBC videos and resources: <a href="https://www.bbc.co.uk/teach/ks3-pshe-modern-studies/zdt3jhv">https://www.bbc.co.uk/teach/ks3-pshe-modern-studies/zdt3jhv</a></p> <p><a href="https://apply.army.mod.uk/base/lessons">https://apply.army.mod.uk/base/lessons</a></p>	

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	<a href="https://studies/zdt3jlv">studies/zdt3jlv</a> <a href="https://apply.army.mod.uk/base/lessons">https://apply.army.mod.uk/base/lessons</a>					
<b>Year 7</b>	<p>What do we mean by a healthy lifestyle? Health introduction.</p> <p>How can I keep healthy? Food groups, diet and nutrition.</p> <p>Eating responsibly – Food labels and health hazards.</p> <p>Healthy Living – exercise and keeping active.</p> <p>Not eating healthily - what are the consequences?</p> <p>What's the big deal about energy drinks?</p> <p>The dangers of cigarettes and passive smoking</p>	<p>Puberty – what happens, when and why</p> <p>Periods – what happens, when and why.</p> <p>FGM – what is this and why is it so dangerous?</p> <p>Introduction to mental health issues -depression focus.</p> <p>What are drugs? Why are they dangerous? (class A, B and C)</p> <p>How can we manage our anger?</p>	<p><b>Being an aspirational student</b></p> <p><b>The importance of self esteem</b></p> <p>How can we budget our money?</p> <p>How can I create a personal budgeting plan?</p> <p>What are savings, loans and interest?</p> <p>What are the different types of financial transactions and products?</p>	<p>How can we shop ethically?</p> <p>What are wants and needs and why do we need to know the difference?</p> <p>How can we enjoy social media but keep our accounts safe and private?</p> <p>What is stereotyping and prejudice? Racism focus</p> <p><b>How can we be resilient and face challenges?</b></p>	<p>Making and Keeping good friendships and avoiding toxic ones. ( x2)</p> <p>Family relationships – the different types and why we don't always get along.</p> <p>Love and relationships – falling in love and dealing with new feelings.</p> <p>Bullying or banter? Why do people bully others and how can we help stop this?</p>	<p>How do we keep safe and positive relationships (on and off-line)?</p> <p><b>What does it mean to be a British citizen?</b></p> <p><b>What is my personal identity and why is diversity important?</b></p> <p>Extremism – why does radicalisation happen and how does it challenge our values?</p>

<b>Year 8</b>	<p>Personal development and target setting – how can I improve my skills and behaviour?</p>	<p>How can we look after ourselves and others in an emergency? Personal safety and first aid.</p>	<p>Internet Safety – what is online grooming and why must we be so careful?</p>	<p>LGBT+ focus: Homophobia</p>	<p>How do we have safe sex and use different forms of contraception?</p>	<p>How can we prevent radicalisation and recognise the signs of extremism?</p>
	<p>How can self-confidence boost our achievement?</p>	<p>What is vaping and is this as bad as smoking?</p>	<p>How can we care for our environment and why is it changing? (2 hours)</p>	<p>Finance – what is income and expenditure?</p>	<p>How do we keep good sexual health and avoid STIs?</p>	<p>Who are the extremist groups and why are they so dangerous?</p>
	<p>How can I manage my behaviour to achieve targets and goals?</p>	<p>What is mindfulness? How can this aid positive mental health?</p>	<p>Careers + development focus - how can we develop our communication skills?</p>	<p>Finance – budgeting and saving personal finances</p>	<p>What is consent and why is it important we know about it?</p>	<p>Where does extremism come from?</p>
	<p>Why do teenage parents have it so tough? How we can avoid teenage pregnancy.</p>	<p>Emotional literacy – why is self-awareness in our actions towards others so important? (2 hours)</p>	<p>Careers + development focus - how can we develop our teamwork skills?</p>	<p>Careers + Finance - What are national insurance and income tax? Reading payslips</p>	<p>What is sexting and why is it so risky to send personal images?</p>	<p>How do religious extremists attract converts?</p>
	<p>Stereotyping, discrimination and prejudice. Disability focus</p>	<p>Cancer Awareness</p>	<p>How can we become entrepreneurs?</p>	<p>Why do we pay tax and how is this spent?</p>	<p>What is pornography and why can it be dangerous?</p>	<p>Islamophobia – do Muslims really want Sharia Law in Britain?</p>
				<p>Stereotyping, discrimination and prejudice. Teens and the media focus.</p>	<p>Body image and the media part 1 with a focus on boys.</p>	<p>Stereotyping, discrimination and prejudice. Religion focus.</p>
						<p>How can British Values teach us tolerance and respect for others?</p>
						<p>Domestic conflict – why do people run away from</p>

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						home and why is this so dangerous?
<b>Year 9</b>	<p>Why do we need to keep to rules in order to succeed?</p> <p>How can we foster a Growth Mindset to succeed and achieve?</p> <p>How can I develop interpersonal skills to help me succeed?</p> <p>How can we manage the stress of school and exams?</p> <p>Why do people take illegal drugs and what does the law say about drug use?</p> <p>Why do people become selfie obsessed and consequences can this have?</p>	<p>What is self-harm and why do people do this?</p> <p>Why can't some people access education?</p> <p>How are we protected from prejudice and discrimination?</p> <p>Mental health – how can I deal with and manage anxiety?</p> <p>Acid attacks – why are these on the increase and what can we do if we witness one?</p> <p>Responsible health choices – blood donation, stem cells, vaccinations (2 hours)</p>	<p>How does knife crime impact on our communities, why do teens get involved and what are the consequences?</p> <p>How does the law deal with young offenders?</p> <p>How can we be self-disciplined to achieve our aims at school and in the wider world?</p> <p>Employability Skills – preparing for and applying to the world of work and careers</p> <p>What other skills do we need to develop for the work environment?</p> <p>What does it mean to be 'enterprising' and what is</p>	<p>Navigating accounts, savings loans and financial institutions.</p> <p>What rights do we have as shoppers and consumers?</p> <p>How can I stay financially savvy and avoid debt?</p> <p>What can we learn from successful business people and entrepreneurs?</p> <p>Should we send aid to foreign countries – is aid the answer?</p> <p>How can extreme views lead to human rights abuses and atrocities?</p>	<p>Who are the LGBT+ community and what would they like us to know?</p> <p>Why are British communities so diverse? Immigration and diversity focus.</p> <p>Healthy and unhealthy relationships.</p> <p>What are domestic violence and abusive relationships?</p> <p>CSE – how are children and young people lured into dangerous relationships and what do these look like?</p>	<p>Body image and the media 2 – focus on girls</p> <p>Body image and the media 3 – does the media contribute to eating disorders?</p> <p>Can we respect and celebrate British values and the religion and culture of our choice? (2 hour display lesson)</p> <p>What is peer-pressure – why is it so powerful and how can we overcome this?</p>

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	What are the short and long-term consequences of excess alcohol drinking?		an 'enterprising personality?'  What is sustainability and why is this essential to our environment?	How do charities like UNICEF help across the world?		
<b>KS4</b>						
<b>Year 10</b>	<p>How can we manage our time effectively to help us succeed?</p> <p>Can tattoos and piercings be dangerous?</p> <p>Why do some people commit suicide?</p> <p>How can we manage grief and bereavement?</p> <p>How can we manage social anxiety?</p> <p>Why do some people</p>	<p>What are hate crimes and why do these still happen?</p> <p>What is binge drinking, what are the risks and why do people still do it?</p> <p>Study Skills – the power of mind and memory.</p> <p>Social Media and Self-Esteem</p> <p>Internet Safety – the dangers of excessive screen time</p>	<p>What is Fake News and why do we need critical thinking skills?</p> <p>What is anti-social behaviour and how does this affect communities?</p> <p>How can we successfully prepare for work experience?</p> <p>What rights and responsibilities do we have in the workplace?</p> <p>What is money laundering and why are some</p>	<p>What is overt and covert racism and why are people still prejudiced?</p> <p>Why do some religious people become terrorists?</p> <p>Why pursue a career in the STEM industries?</p> <p>How do we choose a career that suits our personality, ambition and qualifications?</p> <p>Crime, gangs and County Lines (2 hours)</p> <p>Why do we still need an</p>	<p>Same sex relationships (LGBT+)</p> <p>What are forced and arranged marriages and what do we need to know?</p> <p>Gender and Trans Identity LGBT+</p> <p>How can we manage conflict successfully?</p> <p>Why do sexism, gender prejudice and stereotypes still exist?</p>	<p>What is community cohesion and why is this important? (British Values)</p> <p>Revenge Porn – what is this and how can we prevent ourselves from being victims?</p> <p>Do we have healthy or unhealthy relationships with our role models?</p> <p>Harassment and stalking – what are these things and what does the law say about it?</p>

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	become homeless and why is homelessness on the increase?	How can we take steps to live more sustainably? (carbon footprint)	students taken in by this crime?  What are employers looking for in CVs?  British Values – how does the criminal justice system work?	International Women's Day?		Parenting, the different types and styles and looking after a child.
<b>Year 11</b>	<p>Why is PSHE so important?</p> <p>Risk Taking</p> <p>Gambling and Online Gaming</p> <p>Perseverance and Procrastination</p> <p>Privilege – How does this affect us all?</p> <p>Why do we need sleep and how does sleep deprivation affect us?</p>	<p>Why is our digital footprint important?</p> <p>How can we celebrate diversity and our identities?</p> <p>What is body positivity and why is this controversial? (obesity issues)</p> <p>Personal Safety in the Wider World</p> <p>Fertility and reproductive health issues (2 hours)</p>	<p>GCSE Revision and Study Skills</p> <p>Applying to College and University and how to prepare for job interviews</p> <p>Independent Living</p> <p>Internet Safety – the Dark Web</p> <p>How is plastic pollution destroying our environment?</p>	<p>How can trade unions protect our rights at work?</p> <p>What is cyber crime?</p> <p>Globalisation – how does this affect us?</p> <p>What is multiculturalism?</p> <p>What is right-wing extremism?</p> <p>Why is Health and Safety at work so important?</p>	<p>Bullying – Body Shaming</p> <p>Relationship Break Ups</p> <p>What is 'Good Sex'?</p> <p>Why is it essential we know about consent, rape and sexual abuse?</p> <p>How can we make ourselves and other people feel more positive and why is happiness important?</p>	

		NEW – First Aid - CPR	How can we protect animal rights and aid sustainability?		Relationship types and sexuality  What is Chem Sex and what do we mean when we talk about safe sex?	
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