



Prince Albert HIGH SCHOOL

Citizenship – Long-Term Plans

Year 7

	AUTUMN TERM	SPRING TERM	SUMMER TERM
Topics	<ol style="list-style-type: none"> To introduce the concept of identity and personal values to students To understand and start to identify the features of healthy and unhealthy relationships with self and others 	<ol style="list-style-type: none"> To know their rights, responsibilities and opportunities online Explore moral and legal responsibilities as an active citizen 	<ol style="list-style-type: none"> To start to explore enterprise and business To start to explore mental and physical health
Key subject knowledge	<ol style="list-style-type: none"> <ul style="list-style-type: none"> New beginnings Values – school/personal Dealing with change New Friends and climatising New community membership -Houses – founding members <ul style="list-style-type: none"> Consent and boundaries Respect and relationships What makes a good friend? Friendships and online relationships Being positive Pressure, influence, and friends What does it mean to be a man today? 	<ol style="list-style-type: none"> <ul style="list-style-type: none"> Opportunities and dangers of an interconnected world rights, responsibilities and opportunities online safe mobile and internet usage digital footprints online gambling- loot boxes actions to stay safe online - grooming <ul style="list-style-type: none"> 'To lead is to serve' value Role of society Active citizenship - volunteering Community life – supportive, inclusive Volunteering and responsible activity Roles played by public institutions and voluntary groups in society Ways in which citizens work together to improve their communities 	<ol style="list-style-type: none"> <ul style="list-style-type: none"> Saving, spending, Budgeting for household and future Wages and salary Minimum working age Enterprise skills Money related social dilemmas <ul style="list-style-type: none"> Mental wellbeing and mental health Physical health – impact of smoking and vaping Basic hygiene First aid Medical health Coping strategies



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Year 8

	AUTUMN TERM	SPRING TERM	SUMMER TERM
Topics	<ol style="list-style-type: none"> To develop understanding of managing body image and changes To understand protected characteristics and to challenge stereotypes 	<ol style="list-style-type: none"> To understand the effects of harmful substances on mental and physical health To understand the importance of British Values for the community 	<ol style="list-style-type: none"> To develop knowledge of global citizenship and the impact of human activity To develop understanding of relationships and physical health
Key subject knowledge	<ol style="list-style-type: none"> <ul style="list-style-type: none"> Puberty- adolescent changes Media portrayal of young people Positive body image Peer influences Young carers and fostering <ul style="list-style-type: none"> Stereotypes & Prejudice Discrimination Persecution & impact Peer and family pressure Dealing with loss and bereavement Cyberbullying linked to relationships 	<ol style="list-style-type: none"> <ul style="list-style-type: none"> Nature of addiction to legal and illegal substances (check smoking/ vaping/ alcohol and drugs) Classification of substances- drugs, prescribed and non-prescribed Impact –personal and societal Effects on wellbeing, mental and physical health Law against various substance abuse Grooming, county lines, legalising marijuana Online abuse <ul style="list-style-type: none"> British Values Individual liberty and common rights Mutual recognition and respect Rule of law and formal equality between citizens Inclusive and respect Criminal justice system 	<ol style="list-style-type: none"> <ul style="list-style-type: none"> Global citizenship Climate change Recycling Sustainability Impact of human activity local, national, global Responsibilities Future innovations COP – government responsibility <ul style="list-style-type: none"> Introduction to RSE Being yourself and self-love Healthy Respectful Relationships What is love? Dealing with conflict Periods and the Menstrual Cycle Introduction to Contraception Sexual Orientation
Facilitating knowledge	<ol style="list-style-type: none"> <ul style="list-style-type: none"> Media bias 	<ol style="list-style-type: none"> <ul style="list-style-type: none"> Impact of choices and responsibilities 	<ol style="list-style-type: none">



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<p><i>What does the student need to know whilst learning this unit to understand it? What does the teacher need to know to teach it?</i></p>	<ul style="list-style-type: none"> • What confidence is • Impact of influential behaviours • Healthy coping strategies • Types of family relationships <p>2.</p> <ul style="list-style-type: none"> • How people can treat people differently • How external factors (loss) can affect individuals • How others behaviours can affect mental health and confidence 	<ul style="list-style-type: none"> • Wellbeing, mental and physical health differences • Risks associated with online use <p>2.</p> <ul style="list-style-type: none"> • Personal values • Respect- treating others how they wish to be treated • Benefits of community • Active citizenship and how to speak up and out 	<ul style="list-style-type: none"> • Impact of personal choices and responsibilities • Understanding of community <p>2.</p> <ul style="list-style-type: none"> • Personal values • Respect- treating others how they wish to be treated • Benefits of working together
<p>Disciplinary competencies/knowledge developed</p>	<ul style="list-style-type: none"> • Deeper understanding of media bias and its impacts on individuals and their health • Deeper understanding of how the behaviour of those closest to people can affect individual's choices • A wider range of coping strategies for life changing events 	<ul style="list-style-type: none"> • Understanding of addiction and • Knowledge of a range of substances, impact and the associated law • Deeper understanding of the importance of the importance of British Values for community harmony 	<ul style="list-style-type: none"> • Understanding of impact they can have as an active citizen • Knowledge of how to make a difference at home to play their part in sustainability • Understanding of how to contribute as an individual to create an effective team



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Year 9

	AUTUMN TERM	SPRING TERM	SUMMER TERM
Enquiry topics(s)	<ol style="list-style-type: none"> To deepen understanding of role models and influences To secure knowledge of the Equality Act 2010 and human rights law 	<ol style="list-style-type: none"> To deepen understanding of democratic rule and non-democratic rule (international) To begin to understand bias and stereotyping in the media 	<ol style="list-style-type: none"> To deepen knowledge of how to maintain effective relationships and its impact on self-worth To develop understanding of intimate relationships
Key subject knowledge <i>Understanding and disciplinary skills</i>	<ol style="list-style-type: none"> <ul style="list-style-type: none"> Preparing for the jobs of the future Personality Types and Career Preferences Personal Values Understanding identity and the Equality Act Celebrating difference Protecting Human Rights and freedoms Political rights and the Rule of Law Children in the criminal justice system <ul style="list-style-type: none"> Political rights and Votes at 16 	<ol style="list-style-type: none"> <ul style="list-style-type: none"> Democratic and non-democratic rule beyond UK International rights protecting the child International Law and the protection of Human Rights around the world The role of NGOs in protecting economic, political and civil rights The UK's role in the world <ul style="list-style-type: none"> Democracy and the media Role of the media – rights and regulation Media and its influence 	<ol style="list-style-type: none"> <ul style="list-style-type: none"> Sexual consent and the law The law and FGM Relationships and partners Domestic abuse and domestic violence Why have sex? Delaying sexual activity. Sexual harassment and stalking <ul style="list-style-type: none"> What are STIs? Treating STIs and the Clinic



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	<ul style="list-style-type: none"> Protecting Workplace Rights Understanding political parties Electoral systems in the UK Understanding how laws are passed Citizen participation 	<ul style="list-style-type: none"> Critical media consumption – bias, fake news, stereotyping Keeping safe online (4cs) 	<ul style="list-style-type: none"> Contraception explored Contraception – condoms HIV and AIDS HIV and AIDS Prejudice and Discriminations
<p>Facilitating knowledge</p> <p><i>What does the student need to know whilst learning this unit to understand it? What does the teacher need to know to teach it?</i></p>	<ol style="list-style-type: none"> <ul style="list-style-type: none"> Personal and core values Importance of legacy <ul style="list-style-type: none"> Understanding of what makes a person's uniqueness important to their identity <ul style="list-style-type: none"> British Values Types of stereotypes and discrimination Personal values 	<ol style="list-style-type: none"> <ul style="list-style-type: none"> Media bias Understanding of media bias and its impact Understanding of how others behaviour can affect individuals <ul style="list-style-type: none"> Responsibilities of individuals in the community How to be an active citizen Benefits of active citizenship 	<ol style="list-style-type: none"> <ul style="list-style-type: none"> Understanding of self-esteem and influences that can impact it Notion of self-worth Understanding of healthy and unhealthy relationships <ul style="list-style-type: none"> Healthy and unhealthy relationship features Types of relationships How to stay safe How to report and signal for help
<p>Disciplinary competencies/knowledge developed</p>	<ul style="list-style-type: none"> Clearer and deeper understanding of own personal values Re-evaluated focussed legacy statement and sense of who they want to become Awareness of sex and the law Understanding of personal boundaries and how to stay safe in intimate relationships 	<ul style="list-style-type: none"> Deeper understanding of media bias and its impact Deeper understanding of the links between media and stereotyping Understanding of the UK and its political parties Knowledge of the difference between democratic and non-democratic rule and its impact in society 	<ul style="list-style-type: none"> Understanding of human rights laws and the protection they provide Deeper understanding of the laws linked to the discrimination and stereotyping Understanding of how personal responsibility for effective communication contributes to healthy relationships Deeper understanding of the importance of self -worth



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Year 10

	AUTUMN TERM	SPRING TERM	SUMMER TERM
Enquiry question(s)	<ol style="list-style-type: none"> To redefine personal identity To re-evaluate healthy relationship with self and others 	<ol style="list-style-type: none"> To develop understanding of economy, finance and debt To experience the world of work and understand associated roles and responsibilities 	<ol style="list-style-type: none"> To develop understanding of enterprise and business To develop an understanding of Physical and Mental Health
Key subject knowledge <i>Understanding and disciplinary skills</i>	<ol style="list-style-type: none"> Managing changes in personal relationships <ul style="list-style-type: none"> Awareness of range of exploitative and control methods – gangs, abuse Homelessness Young carers Impact of separation, divorce, loss Choices in relation to pregnancy and support <ul style="list-style-type: none"> Value of money Making financial decisions Banking and interest Saving, spending, borrowing, budgeting Investment and risk Mortgages and renting Causes and effects of debt Financial crime 	<ol style="list-style-type: none"> Work experience <ul style="list-style-type: none"> Roles and responsibilities of employer and employee Jobs and careers – difference Career options and routes Terms from the world of work Own skills and qualities. <ul style="list-style-type: none"> Young enterprise project Business planning Market research, Product design Managing a team, Deploying resources Launching the product 	<ol style="list-style-type: none"> <ul style="list-style-type: none"> Self-harm and eating disorders Risks of legal and illegal drugs for health Physical health - impact of smoking, vaping and alcohol use Mental health concerns Healthy and unhealthy coping strategies <ul style="list-style-type: none"> Pleasure and delaying sexual activity Campaigning against FGM Sexting and nudes Online Pornography (myths vs reality) Porn and its impact on society Unhealthy relationships, sexual abuse and rape Healthy relationship Sexualisation of the media
Facilitating knowledge	<ol style="list-style-type: none"> <ul style="list-style-type: none"> How to set goals Legacy statement What a role model is 	<ol style="list-style-type: none"> <ul style="list-style-type: none"> The importance of saving, spending and budgeting The importance of financial literacy 	<ol style="list-style-type: none"> <ul style="list-style-type: none"> Money and its uses and values Sources of income Debt



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<p><i>What does the student need to know whilst learning this unit to understand it? What does the teacher need to know to teach it?</i></p>	<ul style="list-style-type: none"> • What self-worth is 2. • Media bias • Understanding of mental and physical health • Understanding of controlling behaviours in unhealthy relationships • Sexual health and contraception options • How to seek support 	<ul style="list-style-type: none"> • Money and its uses and values • Sources of income 2. • Understanding of self-worth • Knowledge of strengths • KS4 goal • Legacy statement 	<ul style="list-style-type: none"> • Financial literacy • How to make financial decisions 2. • Emotions and their effect on the body • How to keep physically healthy • Mindfulness and mental health coping strategies • Coping strategies
<p>Disciplinary competencies/knowledge developed</p>	<ul style="list-style-type: none"> • Redefined goal set for KS4 • Deeper understanding of self-esteem and influences that can impact it • Deeper understanding of a range on controlling behaviours in a wide range of relationships • Awareness of how to seek support for sexual health concerns 	<ul style="list-style-type: none"> • Deeper understanding of the importance of making sensible financial decisions • Understanding of how to stay safe financially • Understanding of the role and responsibilities of the employee and employer in the work place • Experience of work in a work environment 	<ul style="list-style-type: none"> • Experience of enterprise • Understanding of key enterprise related terminology and processes • Knowledge of ways to keep physically and mentally healthy • Understanding of how mental health concerns can affect



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Year 11

	AUTUMN TERM	SPRING TERM	SUMMER TERM
Enquiry question(s)	<ol style="list-style-type: none"> To prepare for further education To challenge a wider range of stereotypes 	<ol style="list-style-type: none"> To understand employability and the law To revise a range of subjects mindfully 	<ol style="list-style-type: none"> To revisit mindfulness for overall wellbeing
<ul style="list-style-type: none"> Key subject knowledge <i>Understanding and disciplinary skills</i> 	<ol style="list-style-type: none"> <ul style="list-style-type: none"> Stereotypes within communities and races e.g colourism, caste systems Intolerance in society around the world Significance in contemporary Britain Equality Act, Human rights and international law Discrimination present and historical Extremism, radicalisation <ul style="list-style-type: none"> Peer on Peer Abuse Fertility and what impacts it Alcohol, parties and bad choices Importance of Sexual Health Revisiting STIs Revisiting contraception 	<ol style="list-style-type: none"> <ul style="list-style-type: none"> College application process Planning for future employability Different types of work Protecting yourself and 'personal brand' Employment law- basic rights Employer exploitation and how to manage <ul style="list-style-type: none"> Revision techniques Mindfulness strategies Organisation techniques Stress management techniques 	<ol style="list-style-type: none"> <ul style="list-style-type: none"> Balance between subjects Revision strategies Overall Wellbeing



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	<ul style="list-style-type: none"> • Respect, love and relationships 		
<p>Facilitating knowledge</p> <p><i>What does the student need to know whilst learning this unit to understand it? What does the teacher need to know to teach it?</i></p>	<p>1.</p> <ul style="list-style-type: none"> • Own strengths and areas of development • Goal and target for KS4 • Legacy statement <p>2</p> <ul style="list-style-type: none"> • Understanding of stereotypes • Understanding of human rights laws and the protection they provide • Understanding of the laws linked to the discrimination and stereotyping 	<p>1.</p> <ul style="list-style-type: none"> • Human rights laws • Wages, salary and income • Different types of employment – jobs and careers • Roles and responsibilities of employer and employee • Jobs and careers – difference • Career options and routes <p>2.</p> <ul style="list-style-type: none"> • Mindfulness strategies • Coping strategies • Emotions and how to manage them 	<p>1.</p> <ul style="list-style-type: none"> • Understanding of wellbeing • Mindfulness strategies • Coping strategies • Understanding of how to read own mental health trigger points
<p>Disciplinary competencies/knowledge developed</p>	<ul style="list-style-type: none"> • Clear audit of own strengths • Understanding of the impact resilience can have in achieving goals • Awareness of lesser known forms of discrimination • Knowledge of how to stay safe from a wider range of external influences 	<ul style="list-style-type: none"> • Deeper understanding of the employment law • Clear action plan to continue further education or alternative pathways • Understanding of how to organise self to revise for range of subjects • Deeper understanding of range of coping strategies for mindfulness 	<ul style="list-style-type: none"> • Clearer understanding of how to effectively balance revision for range of subjects • Understanding of revision strategies best suited to individuals