

CURRICULUM MAP (Long term plan)

SUBJECT : Citizenship

YEAR GROUP Year 9

	Cycle 1 Autumn	Cycle 2 Spring	Cycle 3 Summer
Substantive knowledge – Essential knowledge & conceptual understanding of the National Curriculum	<p>Emotional Wellbeing & Mental Health</p> <ul style="list-style-type: none"> ● Introduction ● Resilience & Feelings ● What impacts wellbeing ● Loss & bereavement ● Recognising signs of poor mental Health ● Ways to look after emotional wellbeing ● Who can help? <p>Planning for the future</p> <ul style="list-style-type: none"> ● Aspirations ● Working with others ● Skills for working with others ● Goals ● Planning for the future ● Options choices 	<p>Sex, sexuality and sexual health</p> <ul style="list-style-type: none"> ● Choices around sex ● Pornography and sexting ● Sex and The Law ● Conception, pregnancy and birth ● Contraception ● STIs <p>Relationships</p> <ul style="list-style-type: none"> ● Different types of relationships ● Healthy Relationships ● Communication skills ● Commitment ● Abuse in relationships 	<p>Communities</p> <ul style="list-style-type: none"> ● Living in Britain ● The equality act and hate crime ● Discrimination through invisibility ● Challenging discrimination ● Democracy and voting <p>Mindfulness</p> <ul style="list-style-type: none"> ● Introduction to Mindfulness: What It Is and Why It Matters ● Understanding Stress and How to Manage It Mindfully ● Breathing Techniques for Calm and Focus ● Building Emotional Awareness Through Mindfulness ● Mindful Movement: Relaxing the Body and Mind ● Practising Gratitude: Shifting Focus to the Positive
Disciplinary knowledge - what skills are practised?	Investigating Self – reflection Evaluating Communication	Investigating Self – reflection Evaluating Communication Future Planning	Investigating Self – Reflection Evaluating Communication Writing Future Planning

<p>Key questions (What is the learning about?)</p>	<p>Emotional Wellbeing & Mental Health What is emotional wellbeing and MH? What are feelings and how do I manage them? What impacts on emotional wellbeing? How do I cope with bereavement and loss? How do I recognise signs of poor MH? How do I look after emotional wellbeing? Who can help and support me?</p> <p>Planning for the future What are my aspirations? How do I work best with others? What are the skills I need to work with others? What are your future goals? How do I plan for my future? What are my KS4 options?</p>	<p>Sex, sexuality and sexual health Why do people have sex? What choices do I have around sex? How does pornography effect lives? What are the risks around sexting? What is consent? What are the laws around sex? How does fertilisation lead to pregnancy? What is contraception? What are STIs?</p> <p>Relationships What are the different types of relationships? What is a healthy relationship? How do I express my feelings clearly? Is commitment important in relationships? What is meant by abuse in a relationship? What strategies are for dealing with potentially dangerous situations?</p>	<p>Communities Can I discuss what it is like to live in Britain? What is equality? What is discrimination? What is discrimination through invisibility? Can I identify how to challenge discrimination? Can I identify what democracy is?</p> <p>Mindfulness How can practising mindfulness help you feel more present and less distracted in daily life? How can mindfulness help you recognise and manage stress before it becomes overwhelming? How can mindful breathing help you stay calm and focused during stressful or challenging situations? How can being aware of your emotions help you respond more thoughtfully to difficult situations? How can incorporating mindful movement into your routine help reduce physical and mental tension? How can regularly practising gratitude help you focus more on the positive aspects of your life?</p>
<p>Assessment</p>	<p>Live marking during the lesson with misconceptions addressed during the lesson.</p>	<p>Live marking during the lesson with misconceptions addressed during the lesson.</p>	<p>Live marking during the lesson with misconceptions addressed during the lesson.</p>
<p>Literacy (L), Numeracy (N), Oracy (O) opportunities</p>	<p>Literacy – Use of correct subject terminology.</p>	<p>Literacy – Use of correct subject terminology.</p>	<p>Literacy – Use of correct subject terminology.</p>

	<p>Presenting ideas/arguments using correct SPAG</p> <p>Oracy – Debating and sharing ideas, advocating for others, asking and answering questions</p> <p>Numeracy – Analysing Data</p>	<p>Presenting ideas/arguments using correct SPAG</p> <p>Oracy – Debating and sharing ideas, advocating for others, asking and answering questions</p> <p>Numeracy – Analysing Data</p>	<p>Presenting ideas/arguments using correct SPAG</p> <p>Oracy – Debating and sharing ideas, advocating for others, asking and answering questions</p> <p>Numeracy – Analysing Data</p>
Cross Curricular Opportunities	Science – Sex, Pregnancy, STI's		
Super Curriculum (personal development)	Debate Club	Debate Club	Debate Club
Careers	<p>HT 1 - Form Time</p> <p><u>Games Developer</u></p> <p><u>Stunt Co-Ordinator</u></p> <p><u>Makeup Artist</u></p> <p>HT 2 - Form Time</p> <p><u>Hairdresser</u></p> <p><u>Jewellery Designer</u></p> <p><u>Train Driver</u></p> <p><u>Para Legal</u></p>	<p>HT 1 - Form Time</p> <p><u>Tornado Pilot</u></p> <p><u>Fish Farmer</u></p> <p><u>Detention Officer</u></p> <p>HT 2 - Form Time</p> <p><u>Speech and Language Therapist</u></p> <p><u>Project Engineer</u></p> <p><u>Stage Technician</u></p> <p><u>Park Ranger</u></p>	<p>HT 1 - Form Time</p> <p><u>Food and Beverage Manager</u></p> <p><u>Pharmacy Technician</u></p> <p><u>Occupational Therapist</u></p> <p>HT 2 - Form Time</p> <p><u>Special Needs Teacher</u></p> <p><u>School Nurse</u></p> <p><u>Waitress</u></p> <p><u>Valet</u></p>
Equality and Diversity Gender Disability Religion Race Sexuality	<p>Topics like emotional wellbeing, resilience, and mental health promote equality and diversity by encouraging students to recognise and respect the diverse experiences and challenges faced by individuals. Understanding the impacts of wellbeing, loss, and bereavement fosters empathy and compassion, while recognising signs of poor mental health ensures that all students feel supported, regardless of their background. Teaching ways to care for emotional wellbeing helps build a caring, inclusive</p>	<p>Topics surrounding sex, sexuality, and sexual health, as well as relationships, promote equality and diversity by fostering respect, understanding, and inclusivity. Teaching students about choices around sex, contraception, and sexual health empowers them to make informed decisions while respecting the rights of others.</p> <p>Discussions on pornography, sexting, and the law help raise awareness of boundaries and consent, encouraging respectful and healthy interactions. By exploring different types of relationships, communication skills, and commitment, students learn to</p>	<p>topics such as living in Britain, the Equality Act, and hate crime promote equality and diversity by encouraging students to understand and respect the rights of others. Learning about discrimination through invisibility and how to challenge discrimination fosters empathy and awareness, empowering students to take action against inequality. Discussions on democracy and voting highlight the importance of each individual's voice, regardless of their background, supporting the British values of fairness and participation. Mindfulness topics, including understanding stress and practising breathing techniques, help students develop</p>

	<p>environment where everyone's mental health is valued. The focus on aspirations, working with others, and developing skills for collaboration promotes an understanding of the value of diverse strengths and talents, empowering students to support one another and work together towards shared goals. These lessons create an inclusive space where all students are encouraged to thrive, regardless of their personal challenges or circumstances.</p>	<p>appreciate the diversity of relationships, whether they are friendships, family bonds, or romantic connections. The focus on healthy relationships and addressing abuse ensures that all students are aware of their rights and are equipped to create supportive, respectful environments. These topics foster an inclusive atmosphere where every individual's identity and choices are respected, supporting the values of equality, fairness, and mutual respect.</p>	<p>emotional resilience and empathy, ensuring they can support one another in a diverse community. Together, these lessons foster an inclusive, respectful environment where all students are encouraged to appreciate differences and work towards a more equal society.</p>
<p>Local Community Links</p>			
<p>British Values Democracy The rule of Law Individual Liberty Mutual Respect and Tolerance of others SMSC Character Education</p>	<p>Topics such as emotional wellbeing, mental health, and planning for the future promote British values by fostering respect, individual liberty, and mutual respect. By discussing resilience, feelings, and recognising signs of poor mental health, students learn to support one another, reinforcing the British value of respect for others' dignity and wellbeing. Understanding the impact of loss and bereavement encourages empathy and care, while teaching ways to look after emotional wellbeing highlights the</p>	<p>Topics on sex, sexuality, and sexual health, alongside relationships, promote British values by encouraging respect, responsibility, and fairness. Discussions about choices around sex, contraception, and sexual health empower students to make informed decisions based on mutual consent and respect, upholding the British value of individual liberty. Teaching about pornography, sexting, and the law ensures students understand boundaries and the importance of consent, aligning with the rule of law and personal responsibility. Exploring conception, pregnancy, and birth helps students appreciate diverse</p>	<p>Topics like living in Britain, the Equality Act, and hate crime promote British values by teaching students about fairness, respect, and the importance of equality for all. Understanding discrimination through invisibility and how to challenge it fosters a commitment to justice and mutual respect, key components of British values. Learning about democracy and voting encourages students to engage in society and value the principle of individual liberty. Mindfulness topics, such as managing stress and practising breathing techniques, support students' mental well-being and promote the British value of respect for personal responsibility. Together, these topics help students appreciate diversity, understand</p>

	<p>importance of personal responsibility for one's mental health. The focus on aspirations, working with others, and developing collaboration skills prepares students to actively contribute to society, supporting the British values of democracy and equality. These lessons ensure that all students are empowered to engage respectfully, work together, and thrive as individuals in a fair and inclusive society.</p>	<p>family structures and choices, supporting inclusivity. The focus on healthy relationships, communication, and commitment fosters mutual respect and understanding, reinforcing British values of equality and respect for others. Addressing abuse in relationships ensures students recognise and stand against injustice, promoting a safe and supportive environment for all. These topics help cultivate a respectful, responsible, and inclusive society in line with British values.</p>	<p>their rights and duties, and contribute to a democratic and inclusive society, all central to the values of the United Kingdom.</p>
--	---	---	--