Ormiston Bolingbroke Academy Personal, Social, Health Education (Lessons for Life) Learning Journey

YEAR 11

KS4-5 Transition

- Keep Calm and Carry On
  - Mental wellbeing – managing stress during exam season
- Structured revision/ interventions
  - Revision timetables
  - Exam command words
  - Structured revision
  - Mock exam results issued and reflection
  - *Mock exam preparedness*
- Prep. for employment
  - Careers education: CVs, covering letters, interview questions and technique, employment rights and responsibilities
- Post 16 Choices
  - OBA Sixth Form
  - College
  - Apprenticeship
  - Employment
  - Self-employment
  - Gap year
- Dare to Shine programme
- *Post 16 options/choices IAG*
- Me and My Money
  - Financial literacy
- End of year review
- *Work experience reflection*
- Enhancing employability
  - Careers education
- *Work experience prep*
- *Shaping Futures visit*
- Global citizenship
  - Being a good citizen
  - The plastic problem
- *Re-visit protected characteristics*

YEAR 10

- Disrespect nobody
  - Being a good citizen
  - Equality education
- *Healthy relationships, marriage, forced marriage, domestic violence*
- Me and my relationships
  - Relationships and Sex Education
- Work experience launch
  - Careers education
- *First Aid training*
- *Brook visit*
- Me and my body
  - Physical health and development / Relationships and Sex Education
- *CELLS project visit*
- Snagged
  - Grooming, coercion and county lines
- School nurse visit
  - End of year review
- Healthy Sexual Relationships
  - Contraception
  - Practical demonstration – contraception, STIs
  - Consent
  - STIs
- Money Matters
  - Financial literacy
- Courage and Choices
  - *Options roadshow*
- *Careers education*
- *Cheshire Police Cyber Crime visit*
- Online Safety
  - Content, Contact, Conduct, Commercialism
- *Hillsborough Disaster awareness*

YEAR 9

- Racism
  - Anthony Walker and Stephen Lawrence murders
- *Shaping Futures visit*
- *Collaborate digital visit*
- *Cheshire Fire visit*
- Street Safety
  - Staying safe in independent situations
- *Amy Winehouse Foundation visit*
- Substances and Society
  - Tobacco, alcohol, drugs
- End of year review
- Relationships and identity
  - RSE
- Being British
  - Being a Good Citizen
- *Anthony Walker Foundation visit*
- *UniFrog registration*
- Me and My Future
  - Careers education
- We Will Cook
  - OAT Social Action project
  - Physical health and development
- Protected Characteristics
  - Being a good citizen
- Personal safety
  - Safeguarding education
  - SAFETY FIRST
- Substances and Society
  - Tobacco, alcohol, drugs

YEAR 8

- Inspirational Individuals
  - Being a good citi
- End of year review
- Me and My Wellbeing
  - Mental Wellbeing
- The Web We Want
  - Online safety - cyberbullying
- Me and My Community
  - Being a Good Citizen
  - Physical health and development

YEAR 7

- *Puberty and body changes*
  - Physical health and development
- Help! I'm Hairy
- *Introduction to British Values.*
- *Remembrance*
- OBA Against Bullying
  - "Being a Good Citizen"
- *PSHE Baseline assessment*
- KS2-3 Transition
- Induction activities: anti-bullying and online safety

*Our vision is for students at OBA to develop the skills and knowledge to keep themselves **safe**, to be **active** and **responsible citizens**, to be lead **healthy lives**, to be **financially literate** and to plan a **fulfilling career**. Students should understand what it means to be a **British citizen**, to be able to make **positive choices** about their **future and wellbeing** and to have the courage to **challenge stereotypes and attitudes** which may hold themselves or others back.*