



## Boston Endeavour Academy Curriculum Roadmap for Secondary Relationship and Sex Education and Health Education



Secondary								
Term			1: Families	2: Respectful Friendships, including Friendships.	3: Reproduction	4: Online and Media.	5: Being Safe.	6: Intimate and Sexual Relationships, Including Sexual Health.
<b>Key Stage 3</b>	<b>Relationships and Sex Education</b>	Y7:	My Family	What makes a good friend	Body Parts (male and female)	Using Technology	Me and my body	Friend or More?
		Y8:	My Extended Family	Bullying	Reproduction in Animals (laying eggs)	Personal Information	Who can help me? (personal care)	Body Parts (Reproductive parts)
		Y9:	Family Relationships (Including my own)	Friend or More?	Reproduction in Animals (Mammals)	Online Rules	My Community	Masturbation
Term			1: Mental Wellbeing.	2: Healthy Eating.	3: Changing Adolescent body.	4: Internet Safety and Harms.	5: Basic First Aid	6: Physical Health and Fitness
<b>Key Stage 3</b>	<b>Physical and Mental Health Education</b>	Y7:	What makes me Happy	The 5 Senses	Body Parts (male and female)	Using Technology	First Aid for Minor Injuries.	Sports and Hobbies
		Y8:	What makes me Sad	The Needs of My Body	Reproduction in Animals (laying eggs)	Personal Information	Danger Awareness	Exercise and Confidence
		Y9:	Sharing Feelings	Likes/Dislikes, Food and Drink	Reproduction in Animals (Mammals)	Online Rules	999 – Emergency (including CPR)	Fit or Fat
Term			1: Families	2: Respectful Friendships,	3: Reproduction	4: Online and Media.	5: Being Safe.	6: Intimate and Sexual Relationships,



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				including Friendships.				Including Sexual Health.
Key Stage 4	Relationships and Sex Education	Y10:	Different Relationships	Feelings and Emotions	Reproduction in Humans (Menstrual Cycle)	Online Gaming and Social Networking	My Feeling towards others	Contraception – Support Available
		Y11:	Happy and Healthy Relationships	Fighting Stereotyping	Safe Sex	Friend or Foe	Saying No is OK– (Physical and sexual abuse)	Saying No is OK – Sexual consent
Term			1: Mental Wellbeing.	2: Healthy Eating.	3: Changing Adolescent body.	4: Internet Safety and Harms.	5: Health and Prevention.	6: Physical Health and Fitness
Key Stage 4	Physical and Mental Health Education	Y10:	Emotions (anxiety, sadness, depression)	A Healthy Diet	Reproduction in Humans (Menstrual Cycle)	Online Gaming and Social Networking	Dentists and Doctors	Mindfulness
		Y11:	Choices and their effects	Preparing Healthy Foods	Safe Sex	Friend or Foe	Sleep and Exercise	Teams and Triumphs
Term			1: Families	2: Respectful Friendships, including Friendships.	3: Reproduction	4: Online and Media.	5: Being Safe.	6: Intimate and Sexual Relationships, Including Sexual Health.
Post 16	Relationships and Sex Education	Y12:	Sexual Relationships and Consent	Equality	Reproduction in Humans (Growth of a foetus)	CEOP	Friend or Foe (Grooming, coercion, harassment)	Healthy Relationships
		Y13:	Marriage and Commitment	Healthy Relationships	Safe Sex and STI's	Reality VS Fantasy	Who can help me?	Safe Sex and STI's



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							(Community support)	
		Y14:	Parenthood	Consent – Sexual Harassment	Safe Sex and STI's	Harmful Online Content	Online Rules and Data Footprint	Pregnancy (choices and alternatives)
<b>Term</b>			1: Mental Wellbeing.	2: Healthy Eating.	3: Tobacco, Drugs and Alcohol.	4: Internet Safety and Harms.	5: Health and Prevention.	6: Physical Health and Fitness
<b>Post 16</b>	<b>Physical and Mental Health Education</b>	Y12:	My Behaviours	Nutrients	Alcohol and the effects	CEOP	My Body – Keeping Clean	Effective Exercise and the Impact
		Y13:	Teams and Triumphs	The Effects and Risks of Unhealthy Food	Drugs and the effects	Reality VS Fantasy	My Body – Signs and Symptoms	Healthy Body = Healthy Mind
		Y14:	Alone and Altogether	Preparing Healthy Foods	Illegal Substances and the Law	Harmful Online Content	Community Health Care	Teams and Triumphs