

	Year 12	External provider	Year 13	External provider	Tutor time	Visits
TERM ONE – Health and Wellbeing	Transition H1		Illnesses in Young Adults H2		Student Leadership (Y12)	Welcome Event
	Recognising common mental health issues (EXT.)		Well being – Yoga (EXT.)	TBC	Individual Mentor Session with Tutor	
	Media and relationships H2		Safe Driving (EXT.)	Police		
	Study Skills (EXT.)	Nottingham Trent University	Prevent training (EXT.?)	??		
TERM TWO - Careers	Building a linked / professional network		Apprenticeships and Degree Apprenticeships (EXT.)	Nottingham Trent University	Y12 Work Experience interviews	London / European Christmas Markets
	University and Apprenticeships (EXT.) H1	Nottingham Trent University	Updating your CV		Individual Mentor Session with Tutor	
	Unifrog Careers		Building a network			
	Updating your CV		Unifrog Post 18 H1			
TERM THREE – Healthy Relationships	Body Image H2, H3		Healthy Relationships		Individual Mentor Session with Tutor	Charity Event
	Sexual Health (EXT.)	Terrence Higgins Trust?	Coercive Behaviours (EXT.)	TBC		Year 11 / Year 12 visit to Oxford

	Consent and Sexual Harassment (EXT.)	TBC	Routes to Parenthood and modern families			Year 12 visit to University of Northampton
	Testicular cancer and Vaginal Health		Student Finance (EXT.)	Nottingham Trent University		
TERM FOUR – Careers / Citizenship / Healthy relationships in the workplace	Introduction to UCAS H1		Debating Current Affairs (EXT.)	TBC	Preparing for Work Experience	Oxford Scavenger Hunt
	Interview Skills		Being Self Employed / Freelance		1 to 1 Careers Meeting	
	Personal statement writing (EXT.)	Nottingham Trent University	Managing Transitions H1		Individual Mentor Session with Tutor	
	Healthy working relationships / coercive control in the work place		Revision Techniques			
	Work experience H1					
TERM FIVE – Taking care of yourself (Health and Wellbeing /Safety / Citizenship)	Drinking / substances and keeping safe – walking alone etc. (EXT.)	Police	Cooking on a budget (practical)		Individual Mentor Session with Tutor	Charity Event
	Resilience and adversity (EXT.) H1	Walking with the Wounded?	Alumni talks (EXT.)			
	Mindfulness		Online Safety			
	Alumni Talks (EXT.)		Gap years and relevant laws H1			

TERM SIX - Relationships	Speaking publicly				Individual Mentor Session with Tutor	Residential with Y11
	Appreciating other faiths (EXT.?)				Y13 Prom	
	Laws and how they affect us (EXT.?)				UCAS discovery at NEC	
	Fake News					