

Glendale Community Middle School

Social Studies: Long term planning overview

This document gives an overview of the topics covered in Social Studies from September 2020, in line with the statutory changes to the sex, relationships and health education (RSHE) elements of the National Curriculum. The lesson content will be age appropriate and from sources approved by specialist organisations including Northumberland County Council, the PSHE Association and the Sex Education Forum. Religious Education (RE) aspects are in line with the Northumberland Standard Advisory Council on Religious Education (SACRE). We welcome your input and support on this, further details on an information meeting for parents and carers, where you will have the opportunity to ask questions and discuss the topics covered, will follow early in September.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Mental wellbeing: Taking care of mental health and emotional wellbeing; Managing challenges; Seeking support for themselves and others	Christianity: God & Jesus, Communities, Lifestyles, Festivals & Celebrations	Judaism: God & Other Beliefs, Founders & Leaders, Worship & Communities	Respect and bullying: Mutual respect; Sharing points of view; Stereotypes; Types of bullying and how to get help; Discrimination Keeping active: Benefits of a balanced lifestyle; Balancing internet use; How physical activity affects wellbeing	Substances: Drugs common to everyday life; Risks and effects of alcohol and smoking; Rules and laws SRE - Staying safe: Privacy and personal boundaries; Acceptable and unacceptable contact; Permission-seeking and giving; Personal safety, including FGM	Careers: Career types; challenging career stereotypes; Enterprise project
Year 6	Personal Identity: What contributes to who we are; Personal strengths; Interests; Setting goals; Managing mental health; Managing setbacks; New opportunities and responsibilities Media literacy: How data is shared and used online; Evaluating reliability of sources; Misinformation and targeted information; Choosing age-appropriate TV, games and online content; Influences relating to gambling	Christianity: God & Jesus, Communities, Lifestyles, Festivals & Celebrations	Hindusim: God and Other Beliefs, Founders & Leaders, Worship & Communities	Health and hygiene: Making informed choices regarding a healthy lifestyle, including nutrition; Hygiene and bacteria and viruses; Allergies and getting help in an emergency; Vaccination and immunisation	Friendships and staying safe: Opportunities to connect online; The nature of online-only friendships; Reporting harmful content and contact; Staying safe online SRE - Puberty and reproduction: Menstrual wellbeing; Managing the changes of puberty; Developing independence; How a baby is made	Managing change: Developing friendship skills; Changing and ending friendships; Managing change, loss and bereavement; Sources of support
Year 7	Healthy lifestyles: Physically and mentally healthy lifestyles; Healthy sleep habits; Dental health; Managing stress; Accessing health services	Christianity: God & Jesus, Communities, Lifestyles, Festivals & Celebrations	Islam: God and Other Beliefs, Founders & Leaders, Worship & Communities	Friendships and diversity: Respectful relationships and conflict resolution, including online; Equality, diversity and tackling prejudice; Bullying, including online	Substances: Social norms regarding drugs, alcohol and tobacco; Myths and misconceptions; Influence and risks relating to substance use SRE - Relationships: Healthy and PSHE Association Programme of Study; Relationships, including intimate relationships; Expectations and stereotypes in relationships; Managing strong feelings; The concept of consent	Economic wellbeing: Evaluating value for money; Debt, fraud and personal values around finance; Financial exploitation Careers: Developing enterprise skills; The world of work and young people's employment rights; Enterprise project
Year 8	Mental health and wellbeing: Attitudes to mental health and emotional wellbeing; Digital resilience; Body image; Healthy and unhealthy coping strategies; Seeking support for themselves and others	Secular World Views: Humanism Christianity: God & Jesus, Communities, Lifestyles, Festivals & Celebrations	Sikhism: God and Other Beliefs, Founders & Leaders, Worship & Communities	Friendships and managing influences: Managing social influence, peer pressure and peer approval; Strategies to manage pressure to conform within a group and in relation to substance use.	Careers: Life and career aspirations; Personal strengths and skills for employment; Stereotypes; Routes into careers; Progression routes; Online presence SRE - Relationships: Stereotypes and expectations of gender roles, behaviour and intimacy; Consent in intimate situations; Introduction to contraception and sexual health.	Moving forward: Personal strengths, celebrating successes and setting goals; Moving on to a new school; Managing change