

Curriculum Overview Learning for Life Alec Hunter 2026-2027 - Alec Hunter Academy

The curriculum is built around 6 core themes:

Core Theme 1: Rights, responsibilities and British Values	Core Theme 2: Celebrating diversity and equality	Core Theme 3: Relationships and sex education	Core Theme 4: Staying safe online and offline	Core Theme 5: Health and wellbeing	Core Theme 6: Life beyond school
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Year		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
7	Core Theme	Core Theme 6: Life beyond school	Core Theme 5: Health and wellbeing	Core Theme 3: Relationships and sex education	Core Theme 4: Staying safe online and offline	Core Theme 2: Celebrating diversity and equality	Core Theme 1: Rights, Responsibilities and British Values
	Unit Title	Managing Change	Puberty and Body Development	Friendships, respect and relationships	Staying safe Online and Offline	Media, Money and Modern Society	Law, Crime and Society
	Lesson 1	What is Learning for Life/PSHE?	Intro to puberty DB,RR,MH	Consent and boundaries RR,BS,ISR,PS,DB	Avoiding Gangs & criminal behaviour DATV,PS,WO,MH,RR,F,OSA	What is your Identity? F,RR	Why is Politics Important? CIT,BV,RR,F
	Lesson 2	Getting to know people RR,MH	Puberty DB,RR,MH	Respect and Relationships F,RR,MH,PS	Staying safe online OSA,F,BS,WO,PS	Multicultural Britain. CIT,BV,F	How is our Country Run? CIT, BV,RR,F
	Lesson 3	What is a community? BV, CIT,RR	Puberty DB,RR,MH	What makes a good friend? RR,BS,MH,PS	Online gaming, grooming & addiction OSA,PS,BS,PS,WO	Importance of being Kind CIT,F,RR,BS,MH,WO	The Role of the Prime Minister CIT, BV,RR,F
	Lesson 4	Careers and your future GB	Personal hygiene and its importance. HPP,PHF,RR,DB	Friendships, respect and relationships - F,RR,BS,MH,PS	Alcohol and risk PHF, MH,RR,F,BS,FA	Breaking Down stereotypes. BV, CIT, F,RR	The Monarchy and King Charles 111 CIT, BV,RR
	Lesson 5	Sleep and relaxation SH,HPP,MH,RR	Growing up F,RR,MH,PS	Being positive F,RR,BS,MH	Nicotine & smoking DAVT,MH,F,RR,BS,HPP	Internet Safety F,RR,BSO,WO,PS,MH	Politics, Debates and Parliament CIT, BV,RR
	Lesson 6	Financial Education GB,RR	Self esteem F,RR,BS,MH,PS	Pressure, influence & Friends F,RR,BS,PS	E-Cigs and vaping DAVT,F,RR,BS,MH,HPP,DB	Challenging Prejudice and Discrimination. BV, CIT, RR,F,PS	Elections and Campaigning CIT,BV,RR
	Lesson 7	Transition points in your life GB,BS,RR	Tooth Decay Dental Health and Healthy Eating PHF,DB,HPP,HE	What does it mean to be a person today? BV,CIT,RR,BS	Energy drinks & caffeine Knife crime & safety F,RR,BS,MH,HE,HPP,DB	Challenging Discrimination. CIT, RR, BV, MH,BS	Creating a Political PartyCIT, BV,RR

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8	Core Theme	Core Theme 6: Life beyond school Staying Safe and Building Respect	Core Theme 5: Statutory health and Mental Wellbeing	Core Theme 3: Relationships and sex education	Core Theme 4: Staying safe online and offline	Core Theme Digital Worlds and Emerging Dangers	Core Theme 2: Celebrating diversity and equality
	Unit Title	Proud to be Me!	Physical Health and Mental wellbeing	Identity, relationships and sex education	Dangerous Society Online and Offline	Law, crime and Society	Celebrating Differences
	Lesson 1	Employability and Enterprise Skills RE,GB,RR	Health and wellbeing F,RR,HE,OS,PS,MH	Relationships and sexual health education - The Law F,RR,BS,MH,PHF,PS,DB	County Lines- What is it? F,RR,OSA,BS,WO,PS	Deepfakes RR,OSA,BS,WO,PS	Desert Island Living CIT, RR,BV
	Lesson 2	Proud to be me! F,RR,BS,MH,WO	What is mental health? RR,MH,WO,PS	Being yourself and self-love F,RR,BS,PS,MH	County Lines - who is at risk? F,RR,OSA,BS,WO,PS	Bullying and Digital Media Literacy F,RR,OSA,BS,WO,PS	Desert Island Living - Building a community BV, RR,CIT
	Lesson 3	Careers and Aspirations RSE, GB,RR,F,BS,WO,PS	Positive body image/Puberty 2 F,RR,MH,PHF,DB	Healthy respectful relationships F,RR,BS,WO,MH,	Substance misuse F,RR,BS,WO,PHF,HPP,PS,DB	What is AI Sexual Imagery F,RR,OSA,BS,WO,PS	ImDesert Island Living - Making Decisions - BV, RR,CIT
	Lesson 4	Self-esteem and the media F,RR,OSA,WO,MH,PS	Peer on Peer Abuse RR,OSA,BS,MH	Periods and the Menstrual Cycle F,RR,DB,HPP,PHF	Cyber bullying F,RR,OSA,BS,PS,WO,MH	AI and Chat Bots F,RR,OSA,BS,WO,PS,MH	Desert Island Living - Criminals, law and society BV, RR,CIT
	Lesson 5	The Importance of Happiness F,RR,BS,PS,WO,MH	Types of bullying F,RR,OSA,BS,WO,MH,PS	Dealing with conflict F,RR,BS,PS,MH	Online Grooming F,RR,PS,BS,OSA,MH,WO	Algorithms and Content F,RR,OSA,BS,PS,WO,MH	Desert Island Living - How are Laws made? RR,BV,CIT
	Lesson 6	What makes me angry? F,RR,BS,PS,PHF	Healthy eating and cholesterol F,RR,BS,HE,HPP,BD	Introduction to contraception RR,BS,ISR,PHF,HPP,DB	Alcohol safety F,RR,DATV,DB,MH	AI - How it is changing the way we think. F,RR,OSA,BS,PS,MH,WO	Prisons, Reforms and Punishment RR, BV,CIT
	Lesson 7	Exploring careers RE, GB,RR,F	Stress Management 1 F,RR,OSA,BS,WO,PHF,HPP,DB	Relationships Explored F,RR,BS,ISR,MH,PS,DB	Child exploitation and online protection F,RR,BS,MH,PS	Illegal Online Behaviours F,RR,OSA,BS,PS,MH,WO	

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9	Core Theme	Core Theme 6: Equality and Diversity Explored	Core Theme 5: Health and wellbeing	Core Theme 3: Relationships and sex education	Core Theme 4: Staying safe online and offline	Core Theme 3: Relationships and sex education	Core Theme 1: Rights, Responsibilities and British Values
	Unit Title	Citizenship, Pshe and Equality	Body Confidence	Sex, the Law and Consent	Legal and Illegal Drugs	Contraception and STIs	Combatting Extremism and Terrorism
	Lesson 1	From Failure comes Success GB, RR, F, MH, DB	How Self-esteem changes F, RR, BS, DB, MH	Sexual consent and the law F, RR, BS, JSR, MH, PHF, DB	What is a drug RR, BS, DAVT, HPP, DB	What are STIs? RR, BS, JSR, MH, PS, HPP, DB, JSR	Equality Act 2010 CIT, BV, RR
	Lesson 2	Assertiveness - F, RR, BS, PS, MH, DB	Anatomy 1 RR, DB, PHF, MH	FGM and the law F, RR, DB, MH, HPP, PS, BS	Different types of addictions RR, BS, MH, PHF, DAVT, PS, DB	Treating STIs and the clinic - RR, BS, MH, PHF, HPP, PS, DB, JSR	Forms of Extremism CIT, BV, RR, BS, PS, RR
	Lesson 3	First Aid RR, BS, PHF, FA	Anatomy 2 RR, DB, PHF, MH	Relationships and partners F, RR, MH, PS	Cannabis products RR, BS, MH, PHF, DAVT, PS, DB	Contraception explored RR, BS, JSR, HPP, DB	What is Terrorism? CIT, BV, RR, BS, PS, RR
	Lesson 4	Saving and managing money F, RR, BS, PS	Bullying in all its forms F, RR, BS, MH, PS	Domestic abuse & domestic violence F, RR, OSA, MH, PS	Drug classifications RR, BS, MH, PHF, HPP, PS, DB	Contraception - Further explored RR, BS, JSR, MH, PHF, HPP, DB	War and conflict CIT, BV, PS, BS, RR
	Lesson 5	Labour market GB, RR, MH	Dealing with Grief and loss F, RR, MH	Why have intercourse? RR, JSR, MH, PHF, PS, DB	Party' drugs and illegal drugs RR, BS, MH, PHF, DAVT, DB, PS	Contraception explored further RR, BS, JSR, MH, PHF, HPP, DB	PREVENY strategy CIT, BV, PS, BS, RR
	Lesson 6	Finance, budgeting and Employment F, RR, BS, MH, PS	Media and Airbrushing RR, OSA, BS, WO, DB	Delaying sexual activity and the Law RR, BS, JSR, MH, PHF, PS, DB	The war on drugs RR, BS, MH, PHF, DAVT, PA, DB	HIV and AIDS RR, BS, JSR, MH, PHF, HPP, BD, PS	How does Counter Terrorism Work CIT, BV, PS, BS, RR
	Lesson 7	Social Media and online stress F, RR, BS, OSA, MH, WO, PS	Cancer prevention & health lifestyles RR, MH, PHF, HPP, DB	Sexual Harassment & stalking RR, OSA, BS, MH, WO, PS	Volatile Substance Abuse RR, BS, MH, PHF, DAVT, PS, DB	HIV & AIDS - Prejudice and discrimination RR, BS, MH, PHF, HPP, PS, DB	Inclusion for all CIT, BV, PS, BS, RR
	Lesson 8						

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	Unit Title	Rights & Responsibilities	Mental Health and wellbeing	Exploring relationships and Sex Education	Violence, Crimes and Seeking Safety	RSE, PSHE, Personal Safety	Statutory Health Education, PSHE, Wellbeing
	Lesson 1	Further and Higher Education - Exploring employer profiles GB, RR, FMH,	Role of Pharmacies RR, BS, PHF, HPP, PS	Relationships and Sexual Health Education - Sexting Nudes and Partial Nudes, The Law - RR, BS, JSR, MH, PHF, HPP, DB	Online gaming & gambling RR, OSA, BS, WO, MH, PS	Instagram and Tik Tok Generation RR, OSA, BS, WO	Critical Thinking and Fake News BV, CIT, RR
	Lesson 2	Writing a personal statement and CV and Interview techniques GB, F, RR, MH	Local Health Care System RR, BS, PHF, HPP	Online pornography (myths v reality) RR, OSA, BS, MH, WO, PS, HPP	Causes of Knife Crime RR, OSA, BS, MH, DAVT, PS	What is Sextortion? RR, OSA, BS, MH, WO, PS	British Values and Identity CIT, BV, RR
	Lesson 3	Apprenticeships and Post 16 choices	Health and Fertility RR, F, MH, PHF, HPP, DB	Campaigning against FGM and illegal practices RR, BS, MH, HPP, PS, DB	Keeping data safe RR, OSA, BS, MH, WO, HPP	Consumer / Employment Rights RR, FE	Democracy Explored BV, CIT, RR
	Lesson 4	What type of careers is best for me? GB, RR	Antimicrobial Resistance RR, HPP, DB, PHF			Exploring a paycheck RR, FE	What are Human Rights? BV, CIT, RR

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11	Core Theme	Core Theme 6: Life beyond school	Core Theme 5: Health and wellbeing	Core Theme 3: Relationships and sex education	Statutory Health and RSE		
	Unit Title	Your Future and Beyond	Adult Health and Looking after yourself	relationships and Sex Education	Staying Smart		
	Lesson 1	Further and Higher Education - what are my employability skills? GB, RR	Role of Pharmacies RR, BS, PHF, HPP,	Fertility and What impacts it RR, BS, MH, PHF, HPP, DB	Vaping, why is it on the rise? RR, BS, PHF, DAVT, PS, DB		
	Lesson 2	Writing a Personal Statement and CV update GB, RR	Local Health Care System and Cancer awareness/Screening. RR, PHF, HPP	Revisiting STI's - RR, BS, JSR, MH, PHF, HPP, PS, DB	Cyberflashing and unsolicited Images RR, OSA, BE, MH, WO, PS		
	Lesson 3	Apprenticeships, post 16 choices, UCAS and LinkedIn GB, RR	Health, Organ/Blood Donation and Fertility RR, HPP, RR	Revisiting Contraception - RR, BS, JSR, MH, PHF, HPP, DB	Screen Addiction and studying RR, OSA, BS, WO, PHF, PS		

	Lesson 4	Screen Addiction and Studying F,F	Antimicrobial Resistance BS,HPP	Alcohol, Parties and bad Choices, Teenage pregnancy and choices RR,PS,MH,HPP,PS,DB	Study Skills for Exams RR,MH,HPP	
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Key -

F - Families

RR - Respectful Reationships

OSA - Online Safety Awareness

BS - Being Safe

ISR - Intimate Sexual Relationships

MH - Mental Health

WO - Wellbeing Online

PHF - Physical Health and Fitness

HE - Healthy Eating

DAVT - Drugs, Alcohol, Vaping and tobacco

HPP - Health prevention and protection

PS - Personal Safety

FA - First Aid

DB - Developing Bodies