

A stylized, light blue illustration of a unicorn's head and neck, facing right. The unicorn has a single, braided horn that curves upwards and to the right. Its mane is depicted with flowing, leaf-like shapes. The background is a dark blue gradient, and a vertical yellow bar is visible on the far left edge of the page.

Sancton Wood School
Curriculum Overview
2024-25
Year 11

English

Language, Literature and Spoken Language

Michaelmas	Lent	Summer
<p>Literature: 19th Century Text, A Christmas Carol</p> <p>Literature Assessment: Practice Question on one of the main characters.</p> <p>Skills Literature: Memorising quotations; learning historical context and key dates and information about the author; learning how to write in academic format; writing strong concluding paragraphs; learning the mark scheme</p> <p>Mock Exam: Literature Paper 2, Anthology Poetry Comparison Question & Unseen Poetry Question 1</p> <p>Mock Exam: Language Paper 2</p> <p>See performance of play in cinema and/or theatre</p> <p>After-school voluntary revision for Language Paper 2</p>	<p>Literature: 19th Century Text, A Christmas Carol</p> <p>Literature Assessment: Practice Question on one of the main themes.</p> <p>Literature: Shakespeare, Macbeth</p> <p>Literature Assessment: Practice Question on one of the main characters in Act 1-2</p> <p>Skills Literature: Memorising quotations; learning historical context and key dates & information about the author; learning how to write in academic format; writing strong concluding paragraphs; learning the mark scheme.</p> <p>Literature Assessment: Practice Question on one of the main characters in Act 1-2</p> <p>Mock Exam: Literature Paper 1, Macbeth and A Christmas Carol</p> <p>Mock Exam: Language Paper 1</p>	<p>Revision</p>

Michaelmas 1

Set 1 - Higher Tier - AQA

- Vector Geometry
- Transformations in a plane

Set 2 - Higher Tier - AQA

- Circles
- Circle theorems
- Vector Geometry

Set 3 - Foundation Tier – AQA

- Interpreting graphs
- Vector geometry
- Transformations in a plane

Michaelmas 2

Set 1 - Higher Tier – AQA

- Construction and Loci
- Similarity
- Congruence

Set 2 - Higher Tier – AQA

- Transformations in a plane
- Construction and Loci
- Similarity
- Congruence

Set 3 - Foundation Tier – AQA

Shape

- Construction and loci
- Similarity
- Congruence

Lent 1

Set 1 and 2 - Higher Tier – AQA

- Pythagoras theorem
- Trigonometry

Set 3 - Foundation Tier – AQA

- Pythagoras theorem
- Trigonometry

Lent 2

Set 1 and 2 - Higher Tier – AQA

- Graphs of other functions and equations
- Growth and decay
- Transformations of curves

Set 3 - Foundation Tier – AQA

- Graphs of other functions and equations
- Growth and decay

Summer 1

Revision

Summer 2

Revision

Computing

Michaelmas 1

Relational database and sql

Primary key, foreign key, relationships between tables: one to one, one to many and many to many. Getting familiar with SQL statements . use of Sqlite3 as a module in python. Formative and summative assessment.

Michaelmas 2

Ethics, legal and cultural impact and environmental impact.

Ethics , legislations. Privacy issues.

Lent 1

Programming fundamentals

Python practice, long exam style questions practice.

Lent 2

Paper 1 and paper 2 revision

Summer 1

Paper 1 and paper 2 revision

Summer 2

Paper 1 and paper 2 revision

Biology

Michaelmas 1

- B10 The human nervous system
- Principles of homeostasis. structure and function of the nervous system. reflex actions.
- The brain
- The eye
- **B11 Hormonal Coordination**
- Principles of hormonal control
- Controlling Blood Glucose Levels
- Diabetes
- Negative Feedback

Michaelmas 2

B11 Hormonal Coordination

November Mock Exams

- Negative feedback systems.
- Human reproduction and the menstrual cycle
- Use of hormones as contraceptives.
- IVF and assisted conception.
- Plant hormones and their uses.
- **B12 Homeostasis**
- Control of body temperature

Lent 1

B12 Homeostasis

- Removing waste products - kidney liver urine production
- Kidney failure and kidney transplant vs dialysis debate

B13 Reproduction

- mitosis and meiosis
- DNA chromosomes genes
- How are proteins made by the body
- Gene expression and mutation
- Inheritance and genetic crosses using punnet squares
- Reading family trees for inherited disorders
- Specific inherited disorders - polydactyly and Cystic Fibrosis.
- Screening for genetic disorders

Biology

Lent 2

- **B14 Variation and evolution**
- Natural selection and survival of the fittest. Selective Breeding and other forms of genetic manipulation, transferring genes and cloning
- Ethics of gene technologies
- **B15 Genetics and Evolution**
- History - Mendel - Darwin - Lamarck
- Forming new species
- Evidence in the fossil record
- Extinction
- Classification
- **B16 Adaptations Interdependence and competition**
- Adaptation for survival
- Food webs, chains and pyramids of biomass

Summer 1

B17 Organising an Ecosystem

Quadrats and Transects

cycling materials like carbon, water and nitrogen

Rates of decomposition

B18 Biodiversity and Ecosystems

Humans, pollution, deforestation, global warming, protection of ecosystems, how biomass and energy are transferred.

Food security.

Summer 2

Revision /Study Leave

Chemistry

Michaelmas 1

C11 polymers cont.

Natural polymers and DNA

C12 Chemical Analysis

Analysing pure substances and mixtures.
Using chromatography

Testing for gases

Testing for positive ions and negative ions.

Instrumental analysis eg. spectroscopy

Michaelmas 2

C13 The Earth's Atmosphere

History of the atmosphere of earth and how it has evolved.

Greenhouse gases

Global Climate change

Atmospheric pollutants

C14 The Earth's Resources

Finite or renewable?

How to make water safe to drink

Lent 1

C14 The Earth's Resources

Analysis and purification of water samples

Treating wastewater

Extracting metals from their ores

Lifecycle assessments

Reduce, reuse, recycle

Chemistry

Lent 2

C15 Using our resources

Rusting is a form of corrosion - a chemical reaction between metals and substances in the environment.

Useful alloys eg Bronze and Brass

The properties of polymers

Glass ceramics and composites

Making Ammonia in the Haber process

Making fertilizers in the lab and in industry

Summer 1

Revision

Summer 2

Revision

Physics

Michaelmas

Forces in balance

Centre of mass
Moments and equilibrium
Moments, levers and gears
Conservation of momentum
Impact forces and safety

Wave properties

The nature and properties of waves
Reflection and refraction
Sound waves and ultrasound
Seismic waves

Electromagnetic waves

The parts of the electromagnetic spectrum
Uses and dangers of the electromagnetic spectrum

Lent

Light

Reflection and refraction of light
Colour
Lenses and lens diagrams

Space

Formation of the Solar System
The life of a star
Planets, satellites and orbits
The history and future of the Universe

Exam Techniques

Summer

Revision

Business Studies

Michaelmas 1

Human Resources

Organisational structures - the organigram

Recruitment and Selection of employees

Motivational techniques - understanding Maslows hierarchy

The purpose and benefits of training

Marketing

Identifying and understanding the customer

Michaelmas 2

November Mock Exam

Marketing

Identifying and understanding the customer

Market segmentation

Purpose and Methods of Market research

Elements of the marketing mix and how to pick your gap in the market.

Lent 1

Marketing (cont)

The marketing mix product place price promotion

Distribution of the product

Finance

Sources of Finance

Business Studies

Lent 2

Finance

Sources of Finance - loans, overdrafts, credit, mortgage, investors, family

Cash flow forecasts and Statements. the balance sheet

Break Even analysis

Financial terms and calculations

Analysing the financial performance of a business through ratios and by comparing to other businesses using their financial statements

Summer 1

Finance

Analysing the financial performance of a business through ratios and by comparing to other businesses using their financial statements

Practice and Revision

Summer 2

Revision and Past papers

Sociology

Michaelmas 1

Crime and Deviance

The social construction of crime

Social control

Factors affecting crime

Gender

Age

Ethnicity

Social Class

Research and crime

Michaelmas 2

Crime and Deviance

Gangs

Prison system

Media and Crime

Perspectives and crime

Lent 1

Social Stratification

Marxist perspectives on class

Affluent worker

Social Economic

Sociology

Lent 2

Social Stratification

Globalisation

Life chances

Poverty

Power

Summer 1

Revision

Summer 2

Revision

History

Michaelmas 1

Early Elizabethan England, 1558–88

(British Depth Study)

Relations with Spain

The outbreak of war with Spain/The
Amanda

Education and leisure

The problem of the poor

Exploration and voyages of discovery

Raleigh and Virginia

Review and assessment of Elizabeth
Topic

Michaelmas 2

Crime and Punishment in Britain c1000-
present

(Thematic Study)

Introduction to Crime & Punishment

Medieval – Nature & changing definitions

Medieval – Nature of law enforcement &
punishment

Early Modern – Nature & changing
definitions

Early Mod - Medieval – Nature of law
enforcement & punishment

Early Modern – Case studies

Crime and Punishment trip to London

Lent 1

Crime and Punishment in Britain c1000-
present

(Thematic Study)

18th/19th C – Changing definitions of
Criminal Activity

18th/19th C – The nature of law
enforcement & punishment

18th/19th – Case studies

1900 – Present – Nature & changing
definitions

1900 – Present – The nature of law
enforcement

History

Lent 2

Whitechapel 1870-1900

(Thematic study)

Introduction to Historic Environment –
The local context of Whitechapel

The prevalence of lodging houses & pubs

The organisation of policing in
Whitechapel

Investigate policing in Whitechapel

The national and regional context

Review and assessment of Crime and
Punishment Topic

Summer 1

Revision and Examination preparation

Crime & Punishment Revision

Early Elizabethan England Revision

Superpower relations – Cold War
Revision

The USA, 1954-75 Revision

Exam practice

Summer 2

Revision/Study Leave

Geography

Michaelmas 1

Challenge of Natural Hazards

- What natural hazards are there?
- Different types of tectonic plates
- Plate margins
- The effects of tectonic hazards
- Why people live in places at risk
- How do we reduce the risk of tectonic hazards?
- Air cells
- Tropical storms
- Tropical storm case study
- Reducing the impact of tropical storms
- Weather hazards in the UK
- Case study of an UK weather event

Michaelmas 2

The Challenge of Natural Hazards/ The Challenge of Resource Management

- Natural causes of climate change
- Human causes of climate change
- Evidence of climate change
- Managing climate change
- Distribution of natural resources
- UK food resources
- UK water resources
- UK energy resources
- Global Supply and Demand of resources
- Resource insecurity
- Meeting the demand for resources

Lent 1

The Challenge of Resource Management/ Living World

- Natural gas as a resource
- Sustainable resource management
- An example of a sustainable resource management scheme
- What is an ecosystem
- Effects we have on ecosystems
- Biomes
- Structure of rainforests
- Rainforest adaptations
- Causes of deforestation
- Impacts of deforestation on a named rainforest
- The value of rainforests
- Management of rainforests

Geography

Lent 2

Living World

- Cold environments
- Adaptations in cold environments
- Opportunities in cold environments
- Challenges of cold environments
- Why are cold environments important?
- Management of cold environments

Summer 1

Revision

Summer 2

Classical Civilisation

Michaelmas 1

Key Sites

The dating of the Mycenaean age

The location, and importance of key sites, including Mycenae, Tiryns, and Troy

The layout and structures of the site of Mycenae and Tiryns

The evidence for and against Troy VI and Troy VIIa being the site of Homer's Troy

Life in the Mycenaean Age

Palaces - the typical palace complex and megaron (central hall), their functions and use.

Everyday life - evidence for, and nature of hunting, armour and weapons, chariots, clothing, trade

Linear B tablets - how the tablets were preserved and what they record, the significance of the tablets.

Decorative Arts

Frescoes - techniques, colours and typical designs.

Jewellery - techniques and use of materials including metalwork, amber and glass.

Decorative objects and their creation - types of storage vessels, drinking vessels, animal figures, human figures, (including phi, psi and tau figurines), votive offerings, ivory carving.

Michaelmas 2

Tombs, graves and burials

Burial customs

Structure and use of shaft graves, cist graves, tholos and chamber tombs.

The use of funerary objects, including the contents of Grave Circle A and Grave Circle B at Mycenae.

Odyssey, Books 9 and 10

Homer as a story-teller and the idea of epic, including:
how the Odyssey might have been composed and performed,
what makes the Odyssey an epic poem.

Narrative and descriptive techniques including the use and importance of similes, epithets and formulae.

Lent 1

Odyssey, Books 19 and 21

The role of the gods

The portrayal of: the suitors; the crew of Odysseus; Polyphemus as a monster and keeper of livestock; Circe as a witch and host; Penelope as a host, wife and queen; Telemachus as a son and hero; and the loyalty or disloyalty of Odysseus' slaves.

Classical Civilisation

Lent 2

Odyssey, Books 19 and 21

The role of the gods

The portrayal of: the suitors; the crew of Odysseus; Polyphemus as a monster and keeper of livestock; Circe as a witch and host; Penelope as a host, wife and queen; Telemachus as a son and hero; and the loyalty or disloyalty of Odysseus' slaves.

Summer 1

Odyssey Book 22

The qualities of Odysseus as a leader, husband and father

The presentation of him as a warrior and hero

His intelligence and oratorical skills

His relationship with his protector goddess Athena

Summer 2

Odyssey Revision

The concept and importance of xenia (guest-friendship)

Deceit and trickery

The civilisation and barbarism of places and characters

The role of revenge and justice

The concept and importance of nostos (the desire to return home)

The role of fate

Michaelmas 1

Unit 1: Independent topic choice

A03: RECORD

Develop and refine ideas and proposals, personal outcomes or solutions with increasing independence. Develop critical understanding through investigative, analytical, experimental, practical, technical and expressive skills.

Michaelmas 2

Unit 1: Independent topic choice.

A04: PRESENT

Create a personal response with sophisticated realisation of intentions during a 10 hour mock exam. Demonstrate understanding of visual language, applying formal elements.

Lent 1

Unit 2: Externally Set Task

A01: DEVELOP

Select and research relevant artists to investigate your chosen theme with purpose and intent. Attend gallery visits to foster playful and imaginative curiosity around art and artworks. **A02: REFINE** Select and experiment with ideas, processes, media, materials, and techniques. Develop technical skills through working with a broad range of media, materials, techniques, processes, and technologies.

Lent 2

Unit 2: Externally Set Task

A01: DEVELOP

Select and research relevant artists to investigate your chosen theme with purpose and intent. Attend gallery visits to foster playful and imaginative curiosity around art and artworks. A02: REFINE Select and experiment with ideas, processes, media, materials, and techniques. Develop technical skills through working with a broad range of media, materials, techniques, processes, and technologies.

Summer 1

Unit 2: Externally Set Task

A03: RECORD

Develop and refine ideas and proposals, personal outcomes, or solutions with increasing independence. Develop critical understanding through investigative, analytical, experimental, practical, technical, and expressive skills. A04: PRESENT Create a personal response with sophisticated realisation of intentions during a 10 hour practical exam. Demonstrate understanding of visual language, applying formal elements.

Summer 2

Exam Period

Music

Michaelmas 1

AoS 1 - Western Classical music 1650-1910 including Haydn study piece.
Composition to a brief released by AQA in Sept.

Michaelmas 2

AoS 1 - Western Classical music 1650-1910 including Haydn study piece.
Composition to a brief released by AQA in Sept.

Lent 1

Revision and practice questions for all AoS. Composition to a brief.

Lent 2

Final performances recorded.
Composition coursework completed.

Summer 1

Revision and exam practice.

Summer 2

Exam Period

Drama (CIE iGCSE)

Michaelmas 1

Devised Piece 20%

Workshops exploring the given stimulus and students start the devising process. Students create and develop an original piece of theatre for performance. Performance of the devised piece to a live audience.

Michaelmas 2

Preparing for the Written Paper – Section C

Collating notes and perfecting written responses on the devised unit in preparation for the exam. Introduction of Script Extract 1 from the Pre-Release material (The Odd Couple by Neil Simon).

Lent 1

Exploration of Pre-Release Material

Practical and written exploration of the Extract 1 – The Odd Couple by Neil Simon. Workshops on character, plot, themes, staging and tech.

Drama

Lent 2

Exploration of Pre-Release Material

Practical and written exploration of the Extract 2 – Alice by Laura Wade.
Workshops on character, plot, themes, staging and tech.

Structuring notes and revision / written prep and technique.

Summer 1

Written Exam Preparation

Preparation and revision for the written paper:
Section A – Extract 1 of Pre-release material
Section B – Extract 2 of Pre-release material
Section C – The devised piece

Summer 2

Exam Period

Latin

Michaelmas 1

Language
Principal Parts and Perfect Passive
Pluperfect Passive
'If' clauses, self and same
Future active participles
Ablative Absolutives
Irregular verbs and imperatives
Negative commands
Literature (Aeneid 6)
Context of the Aeneid + intro to Book 6
lines 295 - 301
lines 302 - 308
lines 309 - 316
lines 384 - 391
lines 392 - 402
Vocabulary
1st/ 2nd/ 3rd/ 4th/ 5th/ irregular
declension nouns
2-1-2 and 3rd declension adjectives
Pronouns
Irregular verbs

Michaelmas 2

Language
Passive infinitive
Deponent Verbs
Perfect active participle
Semi-deponent verbs
Indirect statements
Literature (Aeneid 6)
lines 403 - 416
lines 679 - 686
lines 687 - 694
Vocabulary
Adverbs
1st/2nd conjugation verbs
Mocks
Full Culture Paper
Verse Literature Section 1
Language passage

Lent 1

Language
Prepositions
Less common pronouns
Imperfect subjunctive
Purpose clauses
4th and 5th declension nouns
Indirect commands
Result clauses
Verbs of Fearing
Literature (Aeneid 6)
lines 695 - 702
lines 703 - 712
lines 752 - 759
lines 788 - 800
Character profiles
Themes throughout
Vocabulary
3rd/4th conjugation verbs
Deponents
Miscellaneous words

Latin

Lent 2

Language
Pluperfect subjunctive
'cum' clauses
Indirect questions
Connecting relative
'ad' + gerundive
Uses of 'dum'
Mocks
Adapted Language paper
Full verse paper
Culture paper required

Summer 1

English to Latin prep
Translation practice
FULL Sources paper
Randomised vocab lists

Summer 2

Exam Period

Spanish

Michaelmas 1

Your region:

Shopping for clothes and presents;
Talking; about problems in a town;
Using synonyms;
Describing a visit in the past;
Using different tenses together

Food and festivals:

Talking about typical foods;
Comparing different festivals;
Using demonstrative adjectives;
Using the conditional;
Using different tenses together;
Using the passive;
Using impersonal expressions to avoid the passive;

Translation skills;

Resources: GCSE Speaking booklet;
Literary text booklet; Translation booklet

Michaelmas 2

Describing a special day;

Ordering in a restaurant;

Talking about a music festival;

Exam preparation for mocks;

Using reflexive verbs in the preterite;
Using absolute superlatives;
Irregular verbs in the preterite;
Using expressions followed by the infinitive

Work and careers:

Part-time jobs;
Talking about how you earn money;
Using verb *soler* in the imperfect tense;

Translation skills

Lent 1

Work experience and future plans:

Talking about work experience;
Talking about the importance of learning languages;
Applying for a summer job;
Discussing gap years;
Discussing plans for the future;
Using different ways to express future plans;
Using the preterite and imperfect together;
Using the present and present continuous;
Using verbs *saber* and *conocer*;
Using indirect object pronouns;
Revising the conditional;
Using subjunctive with *cuando* Global and environmental issues:
Considering global issues.;
Using the present subjunctive

Spanish

Lent 2

Talking about local actions;
Healthy lifestyle:
drugs, alcohol, smoking;

Talking about natural disasters;

Understanding different tenses;

Using the pluperfect tense;

Using the imperfect continuous Revision
and preparation for assessment;;

Exemplar student answers;

Additional translation practice

Summer 1

Revision and preparation for
assessment:

Speaking practice:
Role plays, Photo cards, General
conversation;

Exemplar student answers;

Additional translation practice;

Past papers: Listening, Reading and
Writing

Vocabulary for assessment rubrics and
instructions

Summer 2

Exam Period

French

Michaelmas 1

School:

Talking about your school and subjects;
Comparing school in the UK and French-speaking countries;

Discussing school rules;

Discussing healthy living;

Discussing vices;

Talking about a school exchange;

Translation skills;

Using the pronouns il, ils and elle, elles;

Using il faut and il est interdit de;

Using the imperative;

Using the present and future tenses;

Using past, present and future timeframes

Michaelmas 2

Jobs and Careers:

Discussing career choices;

Talking about plans, hopes and wishes

Applying for jobs;

Understanding case studies;

Translation skills; Saying 'better/worse' and 'the best/worst thing';

Understanding the subjunctive;

Using direct object pronouns in the perfect tense;

Using verbs followed by à or de

Lent 1

Global issues:

Discussing problems facing the world;

Talking about protecting the environment;

Discussing ethical shopping;

Talking about volunteering;

Discussing big events;

Making connections between word types;

Translation skills;

Using modal verbs pouvoir and devoir in the conditional tense; Using the passive;

Using indirect object pronouns; Giving arguments for and against

French

Lent 2

Revision and preparation for assessment:

Exemplar student answers;

Additional translation practice;

Vocabulary for assessment rubrics and instructions;

Revision classes, workshops and other activities to boost listening, speaking, reading and writing skills leading to the exam.

Summer 1

Revision and preparation for assessment:

Exemplar student answers;

Additional translation practice;

Vocabulary for assessment rubrics and instructions

Summer 2

Exam Period

Mandarin

Michaelmas 1

Weather and countries;

Create a weather forecast report for today and the next couple of days in Chinese using the map of China.

A future holiday to China;

Reserving a hotel room (role play);

Body parts and a visit to the Doctor (problems);

Activities for a healthy lifestyle

Michaelmas 2

Problems caused by obesity;

Problems caused by smoking and alcohol;

environmental problems and solutions;

How to talk about social issues;

How to organise local activities to help tackle environmental problems

Lent 1

Mobile phone and internet use;

Online communications;

Online shopping advantages and disadvantages;

TV programmes and reality shows;

Interview a celebrity;

Write a report about a famous person you like;

Write a blog post

Mandarin

Lent 2

Activities to keep you healthy;

revise vocabulary for hobbies and interest;

Healthy food to keep you healthy – eating vegetables and fruits, and drinking a lot of water;

Describe your area and what kind of house is your favourite;

What you could do to improve your local area

Summer 1

Revision and exam practice;

Exams start

Summer 2

Exam Period

CNAT Sport Studies

Michaelmas 1

Contemporary issues in sport:

Learning outcome 1 – understand the issues which affect participation in sport

Learning outcome 2 – know about the role of sport in promoting values

Learning outcome 3 – understand the importance of hosting major sporting events

Learning outcome 4 – know about the role of national governing bodies in sport.

Michaelmas2

Contemporary issues in sport:

Learning outcome 1 – understand the issues which affect participation in sport

Learning outcome 2 – know about the role of sport in promoting values

Learning outcome 3 – understand the importance of hosting major sporting events

Learning outcome 4 – know about the role of national governing bodies in sport.

Lent 1

Performance and Leadership in Sport

Analysing Strength and Weakness of sporting performance

Assessment of Practical performance in sport (Team and Individual)

Planning and Delivering a Sport Leadership Session

CNAT Sport Studies

Lent 2

Performance and Leadership in Sport

Analysing Strength and Weakness of sporting performance

Assessment of Practical performance in sport (Team and Individual)

Planning and Delivering a Sport Leadership Session

Summer 1

Student specific revision and exam practice

Summer 2

Exam Period

PE for All 2024-2025

Michaelmas 1 and 2

Michaelmas 1

Girls' Dance:
Develop rhythm, choreography, and performance skills.

Girls' Table Tennis / Gym Options:
Table Tennis: Improve serving, rallying, and game strategy.
Gym Options: Focus on general fitness with various exercises.

Boys' Golf:
Enhance swing techniques, putting, and course strategy.
Boys' Table Tennis / Gym Options:

Table Tennis: Refine techniques and tactical play.
Gym Options: Work on overall fitness through targeted exercises.

Michaelmas 2

Girls' Golf:
Focus on swing techniques, putting, and strategy on the golf course.

Girls' Circuit Training / Gym Options:
Circuit Training: Improve strength and endurance through varied exercises.
Gym Options: Continue general fitness development with diverse workouts.

Boys' Boxing Fitness:
Enhance cardiovascular fitness, strength, and boxing techniques.

Boys' Circuit Training / Gym Options:
Circuit Training: Focus on strength and conditioning through structured workouts.
Gym Options: Maintain overall fitness with targeted exercise routines.

Lent 1 and 2

Lent 1

Girls' Boxing Fitness:
Improve cardiovascular fitness, strength, and boxing techniques.

Girls' Badminton and Fitness Suit:
Badminton: Enhance serving, rallying, and game strategy.
Fitness Suit: Focus on overall fitness with targeted exercises.

Boys' School Weight Lifting Gym:
Develop strength and conditioning through weight lifting and resistance training.

Boys' Badminton and Fitness Suit:
Badminton: Refine techniques and strategies for competitive play.
Fitness Suit: Work on general fitness with a variety of exercises.

Lent 2

Athletics (for all):
Enhance skills in running, jumping, and throwing, focusing on technique and personal bests.

Girls' School Weight Lifting Gym:
Build strength and conditioning through weight lifting and resistance exercises.

Boys' Indoor Football:
Focus on ball control, passing, dribbling, and shooting in a fast-paced indoor environment.

Summer 1 and 2

Summer 1

Striking and Fielding for All (Rounders and Cricket):
Develop skills in batting, bowling, and fielding, focusing on game tactics and teamwork.

Study Leave:
No scheduled activities; students focus on revision and preparation for exams.

Summer 2

Study Leave:
No scheduled activities; students continue revision and preparation for exams.

Michaelmas

Being Me in My World

Becoming an adult

Relationships and the law

The law and me

The internet, the law and me

Dealing with an emergency situation

Lent

Dreams and Goals

Managing anxiety and overwhelm

Money and debt

Dream jobs and my skillset

My future relationships

Contingency planning

Healthy Me

Relaxation and managing stress

Hygiene and health

Influence and pressure

Pregnancy and choice

Staying safe in sexual relationships

Summer

Relationships

Intimate romantic relationships

Gender diversity and sexuality

Coming out as LGBTQIA+

Imbalance of power

Hate crimes and honour-based violence