

Citizenship Landgate School Long Term Planning KS4 2020-2022

Key Stage 4

Key stage 4 Intent:

At key stage four citizenship/RSE lessons are timetabled weekly. Learning in relation to the curriculum focus is targeted during this session and throughout the school week. Learning is also available out of the classroom and regular educational visits support learners personal develop and progress.

All learners at Landgate all have an EHCP and through whole class, group and individual lessons and activities, learners are supported to work to their individualised outcomes.

Key learning is centred around 3 key areas:

1 Health and Wellbeing

- Self-concept
- Mental health and emotional wellbeing
- Health related decisions
- Drugs alcohol and tobacco
- Managing risk and personal safety
- Sexual healthy and fertility

2 Relationships

- Positive relationships
- Forming and maintaining
- Respectful relationships
- Consent
- Different types of relationships

3 Living in the wider world (Citizenship)

- Life in the UK
- Pathways and careers
- Responsibilities, rules and law
- Communities and cultures
- Charities and fundraising

	2020 - 2021	2021 - 2122
Autumn 1 Focus 1	DEVELOPING AN UNDERSTANDING OF MY MENTAL HEALTH, FEELINGS AND EMOTIONS	HEALTHY LIFESTYLES AND PERSONAL HYGIENE
Autumn 2 Focus 2	DEVELOPING AND MAINTAINING RELATIONSHIPS	CAREERS
Spring 1 Focus 3	LIFE IN THE UK & COMMUNITIES AND CULTURES	RELATIONSHIP & SEX EDUCATION
Spring 2 Focus 4	HEALTHY LIFESTYLES AND LOOKING AFTER MYSELF	RELATIONSHIP & SEX EDUCATION
Summer 1 Focus 5	POSITIVE HEALTHY RELATIONSHIPS	SMOKING, DRUGS AND ALCOHOL
Summer 2 Focus 6	CHARITY WORK	RESPONSIBILITIES, RULES AND LAW

Key Stage Four Opportunities:

Through everyday learning opportunities learners will develop:

- o Hygiene skills such as washing hands, teeth brushing, nail care, showering, washing hair and washing clothes.
- o Equipment needed to complete hygiene routines & creating own routines
- o Managing feelings and relationships.
- o A positive view of themselves and others.
- o Different types of relationships.
- o Maintaining positive relationships.
- o Drugs, alcohol and tobacco, affects.
- o Positive sexual health.
- o Understanding responsibilities, rules and law.

		<ul style="list-style-type: none"> o <i>Making career choices</i> <p>This will be through a range of teaching and learning opportunities including:</p> <ul style="list-style-type: none"> — Drama/ role play — Group discussion/ Social use of language activities — Shared meal times/ independence — Group games/ team work/ cooperation — Outside agency involvement — Discussion/ debates/ voting — Sharing of their interests, choices and preferences- making appropriate choices — Shopping- behaving appropriate, exchanging money, independence. — Meal preparation- balanced meals. — Personal hygiene- increasing independence — Relaxation opportunities- managing emotions. 	
		Year A 2020-2021	Year B 2021-2022
Focus 1	Key Focus:	DEVELOPING AN UNDERSTANDING OF MY MENTAL HEALTH, FEELINGS AND EMOTIONS	HEALTHY LIFESTYLES AND PERSONAL HYGIENE
	Key vocabulary list:	Sadness, anger, fear, disgust, joy, happy, emotions, feelings, worries, fears.	Hot, cold, water, hands, rub, soap, flannel, face, mirror, clean, teeth, toothbrush, tooth paste, shower, hair, equipment, routine, purpose, wash, clothes, personal hygiene, organise, products, skin, feet, bath, function, protect, cancer, causes, spots, acne, healthy, shape, file.
	Key Skills:	AQA Pre-Entry Level unit - 114476 EXPLORING FEELINGS AND EMOTIONS BASED ON AN ANIMATED FILM AQA Entry Level Unit - DEVELOPING EMOTIONAL REGULATION STRATEGIES (UNIT 108472) AQA Pre-Entry Level unit – 110410 RECOGNISING FEELINGS AND EMOTIONS AQA Entry Level unit – 110411 RECOGNISING FEELINGS AND EMOTIONS AQA Level One unit – 110412 RECOGNISING FEELINGS AND EMOTIONS	Pre-Entry AQA Unit Award - 114477 HEALTHY LIVING: PERSONAL HYGIENE AND WASHING CLOTHES Pre-Entry AQA Unit Award: PERSONAL HYGIENE (UNIT 1 109963) Pre-Entry AQA unit award - 108418 HEALTHY LIVING: PERSONAL HYGIENE Entry level AQA unit - 111392 PERSONAL HYGIENE

			Level One AQA unit Award - 75922 SKIN AND NAIL CARE
	Key Opportunities & Knowledge:	<p>Pre entry – identify feelings through expression, drawing and making noises to express the expressions. Recognising emotions in different situations. Take part in group discussion about feelings</p> <p>Entry Level – same as pre entry as well as identifying how they recognise they are feeling the different expressions</p> <p>Level One – Identify situations when they have experienced feelings. How to identify personal triggers of their feelings. Importance of sharing feelings</p> <p>Entry Level – explore ways to manage emotions, take part in self-reflection, identify emotions and when they might feel them, identify triggers, emotional behaviours, discuss how it feels to feel the emotions, strategies for coping with emotions positively, set personal goals.</p>	<p>Pre Entry – feel hot and cold water on hands, reach out for soap, rub soap on hands, use the flannel to wipe their face, look at self in a mirror.</p> <p>Pre Entry – cleaning teeth, how to, what's needed, reasons why we need to clean our teeth. Showering – how often, why and what equipment is needed and also washing our hair. How often to wash our clothes, why and what equipment we need.</p> <p>Pre Entry – cleaning clothes, how to, what equipment is needed and how often.</p> <p>Entry Level – why personal hygiene is important and what routine is necessary. Organise own personal health routine, identify products needed. How to clean teeth, follow hair care routine, care for skin/feet. Follow regular shower/bath routine.</p> <p>Level One – Types of skin and structure of the skin, functions of the skin. Washing skin hygiene, how to protect the skin. Causes of skin cancer, causes of spots and acne. Healthy nails, good and poor nails, using nail polish, ways to maintain nails, evaluate our own skin.</p>
	Key Focus:	DEVELOPING AND MAINTAINING RELATIONSHIPS	CAREERS
	Key vocabulary list:	Friends, peers, Adult relationship, values, family, guardian, partner, argument, conflict, healthy relationship.	Career, job, information, advice, preferred, requirements, skills, qualities.
Focus 2	Key Skills:	<p>Pre-Entry AQA Unit Award - PERSONAL RELATIONSHIPS (40248)</p> <p>Entry Level AQA Unit - 70699 MANAGING RELATIONSHIPS</p> <p>Level One AQA Unit Award - 105564 LIFE SKILLS: BUILDING HEALTHY RELATIONSHIPS</p>	<p>Pre-Entry AQA Unit Award 114478 UNIT TITLE: EXPERIENCING AND MAKING CAREER CHOICES</p> <p>AQA Entry Level Unit - MAKING INFORMED CAREER CHOICES (UNIT 110724)</p>

	<p>Key Opportunities & Knowledge:</p> <p>Pre-Entry – interactions with peers, interactions with known adults, interactions with unknown adults, interact with others when working in a group.</p> <p>Entry Level – consider on values in a friendship, identify expectations of a relationship, recognise view-points to an argument, consider acceptable and unacceptable behaviour in a relationship, resolve a conflict/argument, how to develop positive relationship, impact of compromising values in a relationship.</p> <p>Level One – list important traits found in a healthy relationship, why healthy relationships are important, naming groups of people you can have a relationship with, techniques to aid healthy relationships, sign of unhealthy relationship, characteristics of healthy loving relationships, discuss healthy relationships.</p>	<p>Pre-Entry - Visit different job roles in school and outside of school, choose one career/job role they would like to explore, Recognise some requirements for chosen career/job, Identify own skills/personal qualities</p> <p>Entry Level – communicate sources of career/job information and advice. Communicate own career ideas, choose two appropriate preferred jobs, recognise requirements for each career, match own skills, qualities to the requirement of preferred job.</p>
	<p>Key Focus:</p> <p>LIFE IN THE UK & COMMUNITIES AND CULTURES</p>	<p>RELATIONSHIP & SEX EDUCATION</p>
	<p>Key vocabulary list:</p> <p>UK, map globe traditional food, flag, currency, money, national anthem, wales, Scotland, Ireland, community, GB, British Isles.</p>	<p>Female, male, body parts, public places, private places, appropriate behaviour, sexual, non-sexual, relationship, negative behaviour, characteristics, long-term, baby, sex, condom, community support, sexual health.</p>
Focus 3	<p>Key Skills:</p> <p>Pre entry AQA unit award - 110050 Sensory introduction into all aspects of the United Kingdom</p> <p>Entry AQA unit award – 74350 The United Kingdom</p> <p>Pre entry AQA unit award - 73435 Introduction to community</p>	<p>Pre-Entry AQA Unit Award - 114479: SEX EDUCATION: PRIVATE BODY PARTS AND APPROPRIATE BEHAVIOUR</p> <p>Pre-Entry AQA Unit Award - 112659 SEX EDUCATION</p> <p>Entry Level AQA Unit Award - 112663 RELATIONSHIPS AND SEX EDUCATION (UNIT 9)</p>
	<p>Key Opportunities & Knowledge:</p> <p>Pre-Entry – explore images of the UK from maps and globes, explore UK flag and colours, smell and taste traditional food in the UK, currency used in the UK, national anthem.</p>	<p>Pre Entry – identify parts of male/female body, places that are public, places that are private, display appropriate behaviour in different public places and appropriate touching.</p>

		<p>Entry Level – name countries in the UK, find the differences between countries, identify flags that make up union jack, colour flags correctly, design new flags</p> <p>Pre entry – meaning of community, roles of people in school and the community, benefits of being part of a community, ways of helping others, types of negative impacts caused by others.</p>	<p>Entry level – recognise differences between sexual/nonsexual relationships, identify negative behaviour with sexual/nonsexual relationship, main characteristics of different types of long term relationships. How a baby is made, when/how to put a condom on, people within the community who can provide support and advise on sexual health.</p>
Focus 4	Key Focus:	HEALTHY LIFESTYLES AND LOOKING AFTER MYSELF	RELATIONSHIP & SEX EDUCATION
	Key vocabulary list:	<p>Healthy body, sun cream, sun protection, healthcare services locations, health facility, dentist, doctor's surgery, hospital, pharmacy, clinic, protect.</p> <p>Dentist doctor hospital pharmacy</p>	<p>sexual, non-sexual, relationship, negative behaviour, characteristics, long-term, baby, sex, condom, community support, sexual health, friend, family member, body parts, puberty,</p>
	Key Skills:	<p>Pre-Entry AQA Unit Award - 114480 UNIT TITLE: HEALTHY LIFESTYLES AND HEALTHCARE SERVICES</p> <p>Entry AQA unit award - PSE026 HEALTHY LIFESTYLES</p>	<p>Pre-Entry AQA Unit Award - 110600 INTRODUCTION TO SEX AND RELATIONSHIPS EDUCATION WITH SUPPORT</p> <p>Pre-Entry AQA Unit Award 114482 UNIT TITLE: INTRODUCTION TO SEX EDUCATION AND RELATIONSHIPS</p> <p>Entry Level AQA Unit Award - 112663 RELATIONSHIPS AND SEX EDUCATION (UNIT 9)</p>
	Key Opportunities & Knowledge:	<p>Pre-Entry AQA Unit Award – recognising a healthy body and what is needed from given materials. Recognise health care services and also visit a health facility.</p> <p>Entry AQA unit award - Recognise things needed for a healthy body, communicate ways to protect body from the sun, recognise health care services, communicate a local health facility</p>	<p>Pre Entry – recognise if they are a boy or girl, communicate names of a friend and family member who a relationships exists. Communicate feelings about relationships. Recognise body parts similar to own, recognise change in puberty, recognise part of body a baby is born. Discuss sexual relationships.</p> <p>Entry Level – same as previous unit</p>
Focus 5	Key Focus:	POSITIVE HEALTHY RELATIONSHIPS	SMOKING, DRUGS AND ALCOHOL
	Key vocabulary list:	<p>personal values, healthy, respectful, relationship, respect, characteristics, attitude, feelings, lifestyle, unsafe,</p>	<p>Smoking, drugs, alcohol, vaping, effects, dangerous, negative, awareness,</p>

		emotions, concern, comfort, safe, qualities, friendship, peer pressure, assertive, disagreement.	
	Key Skills:	<p>Pre-Entry AQA Unit- 40250 SAFE PERSONAL RELATIONSHIPS AND LIFESTYLES</p> <p>Pre-Entry AQA Unit - 114483: RELATIONSHIPS: STAYING SAFE</p> <p>Entry Level AQA Unit - 108471 RELATIONSHIPS</p> <p>Level One AQA UNIT - 112698 ASPIRE AWARD: DEVELOPING HEALTHY RELATIONSHIPS AND RESPECT</p>	<p>Pre-Entry AQA Unit Award - 110845 SMOKING, DRUGS AND ALCOHOL AWARENESS</p> <p>Pre-Entry AQA Unit Award - 114484: SMOKING, DRUGS AND ALCOHOL AWARENESS</p> <p>Entry Level AQA Unit Award - 110846 SMOKING, DRUGS AND ALCOHOL AWARENESS</p>
	Key Opportunities & Knowledge:	<p>Pre-Entry – identify feelings in a relationship with known person, respond and work with others in new situations, identify safe/unsafe situations, identify feelings and emotions with situations not safe, shown concern and offer comfort to others. how to get help if needed.</p> <p>Entry Level – expectations and qualities in a friendship, things that can make or break friendships, positive and negative aspects of peer pressure, stages of a friendship, strategies to be assertive, ways to deal with a disagreement.</p> <p>Level one – characteristics of healthy and unhealthy relationships, benefits of healthy relationships, controllable and uncontrollable factors that effect a relationship, features of effective communication, personal values required, personal attitudes to help to develop healthy relationships and respect.</p>	<p>Pre Entry – potential dangers of vaping, reasons why vaping is considered to be less dangerous than cigarettes. Possible negative effects of long term alcohol abuse on the body. Potential effects of taking drugs, taking part in group discuss about drug awareness and dangers of smoking.</p> <p>Pre Entry – Smoking – what is it, the dangers and effects. Alcohol – what is it, the dangers and effects. Drugs – what are they, some drugs are safe/some dangerous and the effects.</p> <p>Entry Level – same as above, how a vape works</p>
Focus 6	Key Focus:	Charity work	RESPONSIBILITIES, RULES AND LAW
	Key vocabulary list:	Charity, cause, fundraising, fund, plan, undertake, purpose, participate, reason	Good, bad, citizen, multi-cultural, individual rights, responsibilities, law, political, issue, vote, election, democracy, dictatorship, authority, influence, powerful,

<p>Key Skills:</p>	<p>Pre-Entry AQA unit - 105591 FUNDRAISING FOR A CHARITY</p> <p>Pre-Entry AQA unit - 114486: RAISING FUNDS FOR A CHARITY</p> <p>Entry Level AQA Unit - 75321 FUNDRAISING FOR A CHARITY OR CAUSE</p> <p>Level One AQA Unit - 112679 FUNDRAISING FOR A CHARITY OR CAUSE</p>	<p>Entry AQA unit - 110404 INTRODUCTION TO CITIZENSHIP</p> <p>Pre-Entry AQA unit - 105594 VOTING AND ELECTIONS WITH SUPPORT</p> <p>Entry AQA unit - 105163 CITIZENSHIP (UNIT 3): POLITICS AND POWER</p>
<p>Key Opportunities & Knowledge:</p>	<p>Pre-Entry - purpose of charity and contribution to society, recognise ways of raising funds, design poster/flyer, take part in an event, work with others to achieve a task, meet a representative from a charity.</p> <p>Entry Level – identify a charity, discuss fundraising ideas, choose appropriate activity, plan fundraising activity, undertake activity that raises funds, purpose of charity, reasons for choosing a charity.,</p> <p>Level One – complete admin tasks to register for a charity, purpose of a charity, reasons why they need help, participate in activity to raise funds.</p>	<p>Entry Level – identify what it means to be a good/bad citizen. How Britain is multi-cultural. Individual rights, responsibilities they have towards others. Discussion about laws.</p> <p>Pre Entry - choose an activity linked to political issues, vote for favourite activity. Make marks on political signs.</p> <p>Entry Level- What's an election, what democracy and dictatorships are, law as a source of authority as to what people may or may not do, ways people can influence others, collage powerful people and explain what makes hem powerful. Explain people can have a say on issues that affect them. Different types of actions and pros and cons of each e.g protesting</p>