

ASPIRE Sessions Calendar: Spring and Summer Terms 2021-22

	Y7	Y8	Y9	Y10
Term 2.1				
06/01/2022 P1+2 Thursday	Democracy Discover what democracy is. Explore how democracy is important. Analyse what life would be like without democracy.	Democracy Discover what democracy is. Explore how democracy is important. Analyse what life would be like without democracy.	Democracy Discover what democracy is. Explore how democracy is important. Analyse what life would be like without democracy.	Democracy Discover what democracy is. Explore how democracy is important. Analyse what life would be like without democracy.
	Elections and Voting Find out about Voting and General Elections. Investigate the views different UK political parties. Evaluate different voting systems. Student council campaigning and elections.	Elections and Voting Find out about Voting and General Elections. Investigate the views different UK political parties. Evaluate different voting systems. Student council campaigning and elections.	Elections and Voting Find out about Voting and General Elections. Investigate the views different UK political parties. Evaluate different voting systems. Student council campaigning and elections.	Elections and Voting Find out about Voting and General Elections. Investigate the views different UK political parties. Evaluate different voting systems. Student council campaigning and elections.
28/01/2022 P1+2 Friday	Healthy Living Explore how to maintain a healthy lifestyle through better eating. Investigate different food groups. Reflect on personal diet and plan how to eat a healthier, more balanced diet.	Personal Finances Explore income and expenditure. Understand the basics of banking and how wages and taxation affects individuals. The benefits of budgeting and saving.	Women and Equality Understand the struggle women have experienced in the pursuit of equality. Investigate a variety of ways in which women's equality is compromised or ignored throughout society and around the world.	Bullying Understand, and then discuss types of bullying, the impact of bullying and how different people can react to bullying. Apply these to the Woodrush anti-bullying policy.
	Healthy Living Explore how to maintain a healthy lifestyle through better sleep and exercise. Consider the importance of exercise and how it can lead to a healthier heart. Understand the risks of poor sleep and learn how to establish better sleeping habits.	Gangs and Youth Exploitation Understand how and why young people are drawn into criminal activities like gangs and county lines. Recognise the signs of young people being groomed for criminal behaviour. Learn how to get help or advice regarding gang culture.	Gangs and Youth Exploitation Understand how and why young people are drawn into criminal activities like gangs and county lines. Recognise the signs of young people being groomed for criminal behaviour. Learn how to get help or advice regarding gang culture.	Parliament and the Government History of Parliament and the role of each House. Acts of Parliament and the role of an MP.
14/02/2022 P1+2 Monday	Critical Thinking Develop your ability to investigate complex problems, scrutinise & evaluate evidence and draw substantiated conclusions by engaging with logic puzzles and a murder mystery.	Critical Thinking Develop your ability to investigate complex problems, scrutinise & evaluate evidence and draw substantiated conclusions by engaging with logic puzzles and a murder mystery.	Critical Thinking Develop your ability to investigate complex problems, scrutinise & evaluate evidence and draw substantiated conclusions by engaging with logic puzzles and a murder mystery.	Critical Thinking Develop your ability to investigate complex problems, scrutinise & evaluate evidence and draw substantiated conclusions by engaging with logic puzzles and a murder mystery.
	Parliament and the Government History of Parliament and the role of each House. Acts of Parliament and the role of an MP	UK Environmentalism Key environmental issues in the UK. Public action and protest groups. What we can do to reduce the impact and care for our environment	Parliament and the Government History of Parliament and the role of each House. Acts of Parliament and the role of an MP	Income and expenditure Payslips – NET pay vs Gros pay, National Insurance, Tax, Pensions. Credit cards and debt.
Term 2.2				
08/03/2022 P2 +3 Tuesday	Caring for the Environment What are the key environmental issues at a local and global level? How can we reduce our impact on the global environment? How can we live more sustainably?	Healthy Relationships Understanding the value of family and recognising abusive relationships. Learning self-empowerment in relationships, knowing where to get help when you are worried about the relationships which matter to you.	Caring for the Environment What are the key environmental issues at a local and global level? How can we reduce our impact on the global environment? How can we live more sustainably?	Coping with stress, Appreciating how mindfulness can make our daily lives easier. Understanding how to help each other through difficult experiences. Developing organisational skills, a growth mindset, and a hardy personality.

	<p>Personal Finances Explore income and expenditure. Understand the basics of banking and how wages and taxation affects individuals. The benefits of budgeting and saving.</p>	<p>Bullying Understand, and then discuss types of bullying, the impact of bullying and how different people can react to bullying. Apply these to the Woodrush anti-bullying policy.</p>	<p>The Dangers of Drugs Understanding different classifications or drugs and how these impact our bodies. Knowing why drugs can be addictive. Examining the influence of tobacco. Investigating case Studies of addiction</p>	<p>Online Reputation and Trolling Understand how we all have an online reputation, how this reputation is created and how we can affect others through our online presence.</p>
30/03/2022 P2+3 Wednesday	<p>Personal Learning and Thinking Skills' Understand different learning styles, key skills that are needed in school, how to learn effectively, how to use revision techniques.</p>	<p>Addiction: Gambling Understand what gambling is and they different types of gambling. Explore the ways in which gambling can affect a person's life. Investigate avenues of support for those addicted to gambling.</p>	<p>British Values: Understand equality & PRIDE as legal and social movements. Investigate the Sex Discrimination Act and Equality Law Find out about the history of LGBTQ</p>	<p>Abuse and Harassment Identifying and responding to different types of harassment. Learning how to recognise abusive relationships. Learning self-empowerment in relationships, knowing where to get help when you are worried about the relationships which matter to you.</p>
	<p>Healthy Relationships Understanding the value of family and recognising abusive relationships. Learning self-empowerment in relationships, knowing where to get help when you are worried about the relationships which matter to you.</p>	<p>Healthy Friendships Resisting peer influence, boundaries and consent, role peers can play in supporting one another to resist pressure and influence, challenge harmful social norms and access appropriate support</p>	<p>Personal Finances Explore income and expenditure. Understand the basics of banking and how wages and taxation affects individuals. The benefits of budgeting and saving.</p>	<p>Sexual Health. Contraception. Identifying and managing sexual pressure, including the choice to delay sex and showing intimacy without sex. How to perform self-examination and where to find help when concerned about sexual health.</p>
Term 3.1				
28/04/2022 P2+3 Thursday	<p>General hygiene and dental health Understand the importance of personal hygiene and how a lack of it can affect our health. Investigate ways of maintaining good personal hygiene. Learning how to spot poor dental health and resolve this.</p>	<p>Careers and your Future Recognising personal success in KS3 and preparing for Y9. Starting to, plans for your future by considering interests and strengths. Recognising and overcoming barriers.</p>	<p>Addicted to Technology Examine research that shows how screens can affect our physiological and psychological states. Learning how to manage screen time and how it affects sleep. Exploring the effects of sleep deprivation.</p>	<p>Mental and Emotional Health Understand the characteristics of positive mental and emotional health. Recognise the need for emotional support during difficult experiences. Develop a range of strategies (cognitive and practical) for promoting personal emotional wellbeing.</p>
	<p>Self-worth, Confidence and Self-esteem. Learning how to ignore and avoid unwanted contact and attention. Learning how to find body satisfaction. Understanding the impact of social media on self-expression, body image, physical and mental health</p>	<p>Careers and Life Choices. Understand different types and patterns of work. which vocations may be of interest. Explore Post-16 academic options and the future pathways that these may create.</p>	<p>Careers and Life Choices. Understand different types and patterns of work. which vocations may be of interest. Explore Post-16 academic options and the future pathways that these may create.</p>	<p>Diversity and Discrimination Explore how the language we use impacts others, both online and offline. Learn how we can support members of our communities by promoting inclusion and safely challenging discrimination (sexism, ableism, racism, homo/transphobia and faith-based prejudice).</p>
20/05/2022 P2+3 Friday	<p>Human Rights around the world. Investigate what human rights are. Learn about cases of human rights abuses. Explore ways of raising awareness for human rights issues around the world.</p>	<p>Tax and National Insurance Understand how tax is collected and spent. Explore how government expenditure differs. Investigate controversies and challenges regarding Govt. expenditure.</p>	<p>Families and Parenting Understand how stress in the family home can be caused by the effects of change, including loss, separation, divorce and bereavement. Investigate strategies for managing these and accessing support.</p>	<p>Skills for Employment Understand how to apply for jobs. Practice creating your own CV. Appreciate the non-academic skills required by all employers. Find out about routes into work, training and other vocational and academic opportunities, and progression routes.</p>

	<p>Bullying</p> <p>Understand, and then discuss types of bullying, the impact of bullying and how different people can react to bullying. Apply these to the Woodrush anti-bullying policy.</p>	<p>Introduction to contraception, pregnancy and parenting.</p> <p>Investigate the different types of contraception and their effectiveness. Understand the stages of pregnancy and the effect it has on the body. Explore how life changes when you become a parent.</p>	<p>Relationships and sex in the media</p> <p>Understand the impact of pornography and sexting. Appreciate the different motivations and context in which sexual images are shared. Understand the possible legal, emotional and social consequences of these actions</p>	<p>Work experience preparation.</p>
Term 3.2				
20/06/2022 P1+2 Monday	<p>Addiction: Alcoholism</p> <p>Understand what Alcoholism. Explore the ways in which Alcoholism can affect a person's life. Investigate avenues of support for those addicted to Alcohol.</p>	<p>LGBT+ and Inclusivity</p> <p>Find out about the history of LGBT+ people and how they have been affected by society. Investigate contributions made by different members of LGBT+ communities. Understand the importance of acceptance and diversity.</p>	<p>Abusive Relationships</p> <p>Understand the impact of domestic abuse across a relationship and appreciate the challenges associated with getting help. Find out about the law relating to 'honour'-based violence and forced marriage.</p>	<p>First Aid</p> <p>Basic treatment for common injuries. How to identify illness or trauma, and knowing how to react in an emergency situation. How to perform CPR and when to use a defibrillator.</p>
	<p>Saving and borrowing, credit and debit</p> <p>Understand how to assess and manage risk in relation to financial decisions. Explore values and attitudes relating to finance, including debt and credit. Learn how to manage emotions in relation to money.</p>	<p>Individuality and Diversity</p> <p>Understand how everyone is unique and appreciate why this is important. Explore ways of recognising and celebrating personal strengths. Understand how external influences can lead to low self-esteem or confidence.</p>	<p>Addiction: Gambling</p> <p>Understand what gambling is and they different types of gambling. Explore the ways in which gambling can affect a person's life. Investigate avenues of support for those addicted to gambling.</p>	<p>First Aid</p> <p>Basic treatment for common injuries. How to identify illness or trauma, and knowing how to react in an emergency situation. How to perform CPR and when to use a defibrillator.</p>
05/07/2022 P1+2 Monday	<p>The Dangers of Drugs</p> <p>Understanding different classifications or drugs and how these impact our bodies. Knowing why drugs can be addictive. Examining the influence of tobacco. Investigating case Studies of addiction</p>	<p>Skills for Employment</p> <p>Understand how to apply for jobs. Practice creating your own CV. Appreciate the non-academic skills required by all employers.</p>	<p>First Aid</p> <p>Basic treatment for common injuries. How to identify illness or trauma, and knowing how to react in an emergency situation. How to perform CPR and when to use a defibrillator.</p>	<p>Abusive Relationships</p> <p>Understand the impact of domestic abuse across a relationship and appreciate the challenges associated with getting help. Find out about the law relating to 'honour'-based violence and forced marriage.</p>
	<p>Emotional and Mental Health</p> <p>Investigate the characteristics of positive mental and emotional health. Identify strategies for managing these by articulating a range of emotions. Understand the link between language and mental health stigma.⁸⁹</p>	<p>Abusive Relationships</p> <p>Understand the impact of domestic abuse across a relationship and appreciate the challenges associated with getting help. Find out about the law relating to 'honour'-based violence and forced marriage.</p>	<p>First Aid</p> <p>Basic treatment for common injuries. How to identify illness or trauma, and knowing how to react in an emergency situation. How to perform CPR and when to use a defibrillator.</p>	<p>Gangs and Youth Exploitation</p> <p>Understand how and why young people are drawn into criminal activities like gangs and county lines. Recognise the signs of young people being groomed for criminal behaviour. Learn how to get help or advice regarding gang culture.</p>

Year 11 have continued to follow the Aspire programme through a wide range of form time sessions specifically focused on core Year 11 themes and any topics they may have missed due to Covid 19 lockdowns in the past two years.

We are conscious that Year 11 must be in normal lessons as much as possible this academic year to prepare them for their examinations post Covid 19. Therefore, the Year 11 cohort were not involved in any 'off timetable' Aspire sessions this academic year (whilst ensuring all core themes have been covered in daily form time sessions).