

Our inclusive curriculum deepens pupils understanding of our three key areas of study: Personal Wellbeing, Living in the Wider World and Relationships and Diversity with a strong focus on ensuring that all pupils are fully prepared for their next steps and life outside of Rastrick. All students continue to engage with the Fundamental British Values, the Protected Characteristics and other key concepts to ensure that they have the knowledge and skills to not only contribute positively to society but prepare them to make a difference in society and the world we live in.

	Half Term 1	Half Term 2	Half Term 3	Half Term 4
Knowledge & Skills	<p><b>Living in the Wider World: Careers (4 Lessons)</b></p> <p>Application processes, and skills for further education, employment and career progression.</p> <p>Skills: Teamwork, Discussion, Questioning, Decision Making.</p>	<p><b>Personal Wellbeing (7 Lessons)</b></p> <p>Stress management, self-motivation, resilience and self-efficacy, balancing ambition and dealing with abuse, especially online.</p> <p>Skills: Teamwork, Decision Making, Questioning, Discussion.</p>	<p><b>Relationships and Diversity (6 Lessons)</b></p> <p>Personal values and self-awareness, assertive communication and dealing with unwanted attention and abuse within a relationship.</p> <p>Skills: Discussion, Questioning, Decision Making.</p>	<p><b>Healthy Relationships (4 Lessons)</b></p> <p>Dealing with stalking and harassment, forced marriage, parenting and pornography.</p> <p>Skills: Discussion, Questioning, Strategies.</p>
Beyond The Curriculum	<p><b>Enrichment Clubs:</b> Come and join our RSA Business Mentoring Club where you'll get advice from RSA about CV Writing, Interview Skills as well as your career options.</p> <p><b>Website:</b> Find out more about interview preparation on Barclays Lifeskills website.</p> <p><a href="#">Interview Do's &amp; Don'ts – Interview Etiquette   Barclays LifeSkills</a></p>	<p><b>Website:</b> Find out more about stress management, self motivation and resilience on the Young Minds website.</p> <p><a href="#">Guides to stress   Get help   YoungMinds</a></p> <p><b>Time for a video?</b> Watch this clip from BBC Teach about stress.</p> <p><a href="#">KS3 / KS4 PSHE: Time to talk about... stress, with Katie Thistleton - BBC Teach</a></p>	<p><b>Time for a Video?</b> You could watch the BBC Drama – “Murdered by My Boyfriend”</p> <p><a href="#">BBC Three - Murdered by My Boyfriend</a></p>	<p><b>Time for a Video?</b> You could watch the Zara McDermott documentary about stalking</p> <p><a href="#">To Catch a Stalker - BBC iPlayer</a></p>