

### Half term 3- Relationships

Lesson 1- Exploitation (Key objective: To understand the signs of exploitation in a relationship)
Lesson 2- Sex and media (Key objective: To understand the disconnect between how sex is portrayed in the media and real life)
Lesson 3- Contraception (Key objective: To understand the importance of contraception)
Lesson 4- STI's and sexual health (Key objective: To understand the main STI's and their effects)
Lesson 5- Teen pregnancy (Key objective: To understand the impact teen pregnancy can have on your life)
Lesson 6- Review
Lesson 7- Assessment

### Half term 4- First aid

Lesson 1- An introduction to First Aid (Key objective: Explore an introduction to First Aid)
Lesson 2- Dealing with Shock (Key objective: Explore a variety of medical ways to help those in need)
Lesson 3- Cuts and Bleeding (Key objective: Explore a variety of medical ways to help those in need)
Lesson 4- The Recovery Position (Key objective: Understand and demonstrate the recovery position)
Lesson 5- Choking (Key objective: Explore a variety of medical ways to help those in need)
Lesson 6- CPR (Key objective: Understand and develop skills in basic CPR)
Lesson 6- Assessment