

Term	Topics	In these sessions pupils will learn....	Lesson titles	Assessment
Autumn	Personal strengths and weaknesses Making and maintaining friendships Body confidence Regulating emotions Promoting self-care	<ul style="list-style-type: none"> How setting goals can help with motivation, focus, and personal growth Identify common obstacles to achieving goals and explore strategies to stay on track How Holy Cross is a supportive school that enables personal growth Key characteristics of positive friendships, such as trust, respect, and empathy How behaviours like honesty, active listening, and support influence the strength and quality of friendships How friendships stretch online and how to manage these To know that puberty involves physical, emotional, and sexual development To understand that puberty is part of God's plan, and He is with us through it all 	Goal setting at Holy Cross What makes a good friend? 10:10 Changing bodies	Personal baseline assessment Pupil feedback of session
Spring	Team work and communication skills Self-esteem Body Confidence Mind and Body	<ul style="list-style-type: none"> The ability to share ideas, listen to others, and contribute to group decision-making Practice using verbal and non-verbal communication skills to present ideas Apply problem solving skills in a team context To understand what self-esteem is and what contributes to it To know how self-esteem can affect your life and how to increase it To explore different types of friendship and family structure To know how to better manage their behaviour through consideration of thoughts, feelings and actions 	Enterprise Task 10:10 - Healthy inside and out 10:10 - Family and friends	Personal baseline assessment Pupil feedback of session Mid-Year Review
Summer	Puberty and managing change (physical) Regulating emotions Promoting self-esteem Financial choices	<ul style="list-style-type: none"> To understand that sexual intercourse is more than just a physical act To know how sex is a gift from God for married couples and His plan for how babies are made Explore different types of relationships (family, friends, peers) and how these may evolve as they grow older The importance of inclusion, respect, and acceptance of difference Ways to communicate effectively, show empathy, and manage changes in relationships positively To understand that all of us have online 'lives' To consider the steps needed to safeguard this online life, just as in 'real life' To explore how personal values, can shape the way people think about earning, spending, and saving money How positive and negative attitudes toward money can influence choices such as budgeting, saving, and spending Identify practical ways to make informed financial decisions, including setting priorities and understanding needs versus wants 	10:10 - Where we come from Changing relationships 10:10 My life on Screen Attitudes to money	Pupil Feedback

- First Aid delivered in form time by Mrs Moss
- Some timings of the sessions may change