

CYCLE	VALUES		PSHE (60 MINUTES)	SIKH STUDIES (60 MINUTES)	Tutor Time 1 (20 MINUTES)	Tutor Time 2 (20 MINUTES)	Tutor Time 3(20 MINUTES)	Tutor Time 4 (20 MINUTES)	Assembly 1	Assembly 2	Drop Down AM/PM
			RSE/PSHE (DfE Statutory wording)		PD1 PSHE	PD2 PSHE	PD3 CEIAG	PD4 Spiritual			
1	DAYA - <b>TOLERANCE</b>	DAYA - Compassion: Reflectiveness	That there are different types of committed, stable relationships. - KS3 R8: Different types of relationships: those within families, friendships, romantic / intimate relationships / factors that can affect these (age, gender, power and interests)	Life of Guru Gobind Singh Ji• Early life & family of Guru Gobind Singh Ji Well know sakhis till the age of 7 in Patna sahib	How to talk about their emotions accurately and sensitively, using appropriate vocabulary (DfE- Mental wellbeing)	How to talk about their emotions accurately and sensitively, using appropriate vocabulary (DfE - Mental wellbeing)	Covid 19 and Lockdown - how we dealt with it / experiences	Covid 19 and Lockdown - how we dealt with it / experiences			
2		DAYA - Compassion: Equality	How to: determine whether other children, adults or sources of information are trustworthy; judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed	Guru Gobind Singh Ji's father's martyrdom Value: Human Rights Role of Guru Gobind Singh ji & Sacrificing father at the age of 9Guru Gobind Singh Ji's life & contribution at Anandpur Sahib. History & relevance of 5 forts in Anandpur Sahib,	To understand resilience	To understand the importance of resilience	That happiness is linked to being connected to others (DfE) - KS3 H4: self-esteem can change with personal circumstances: family and friendships, achievements, employment	That happiness is linked to being connected to others (DfE) - KS3 H4: self-esteem can change with personal circumstances: family and friendships, achievements, employment			
3		DAYA - Compassion: Humility	Practical steps they can take in a range of different contexts to improve or support respectful relationships -KS L2: Unacceptability of all discrimination, challenging it, prejudice and bigotry in the wider world inc workplace	Contributions of Muslim saints to Sikhism Value: inclusivityUnderstand key contributions of Sain Mian Mir, Bhagat Kabir and Sheikh Farid to SikhismEquality of men and women as expressed in the Guru Granth Sahib Ji Value: equalityWeekly Recap Understand what Gurbani says about equality of men and women Use stories from Gurus lives where they have given important status to women The inequalities which still exist in modern day	How to recognise the early signs of mental wellbeing concerns (DfE) - KS3 H6: causes / triggers for unhealthy coping strategies: selfharm and eating disorders; recognising when they or others need help, sources of help / strategies for access	How to recognise the early signs of mental wellbeing concerns (DfE) - KS3 H6: causes / triggers for unhealthy coping strategies: selfharm and eating disorders; recognising when they or others need help, sources of help / strategies for access	Gender equality	Gender equality			

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4		DAYA- Compassion: Listening/ Forgiveness	How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice) - KS3 R1: Qualities / behaviours to expect and exhibit in wide variety of positive relationships (teams, class, friendships)	Martyrdom of 4 Sahibzade's, their life & History of 4 Sahibzade Martyrdom of Sahibzade's Political context during their time	How to recognise the early signs of mental wellbeing concerns (DfE) - KS3 H6: causes / triggers for unhealthy coping strategies: selfharm and eating disorders; recognising when they or others need help, sources of help / strategies for access	To consider what makes life good	Gender equality	Gender equality			
5		DHARAM- Service: Virtue	That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs - KS3 L7: The rights all have for opportunities in learning and work, recognising / challenging stereotypes; family or cultural expectations that may limit aspirations	Creation of the Khalsa, History behind celebrating ,Khalsa Panth Sajna Diwas Purpose behind celebrating Vaisakhi	About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics (DfE)	About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics (DfE) - KS3 H10: Purpose / importance of immunisation and vaccination	STEP AHEAD - TASK A: Plan your decision year (Exercise A1-2) Learning outcomes: You understand that you need to plan for the immediate future. You identify some of the sources of help you can access.	Concept of good and bad. Referencing quotes from Sri Guru Granth Sahib for in-depth understanding about social evils such as racism, bullying, gender inequality, etc.			
6	DHARAM - DEMOCRACY	DHARAM- Service: Planning	The impact of viewing harmful content - KS3 R23: Portrayal / impact of sex in media and social media music videos, advertising / sexual images shared between youths, unrealistic relationships and sex in porn	Influential Women in Sikh History- Part 1, Life & History of Mata Sahib Kaur ji & Mata Gujri ji Role of Mata Sahib Kaur in creation of Khalsa Influential Women in Sikh History- Part 2 Life, history & contribution of Mata Sundri ji Bibi Bhaag Kaur & Bibi Sharan Kaur ji	about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist** (DfE)	the benefits of regular self-examination and screening (DfE) - KS3 H32: cancer and prevention: healthy lifestyles and testicular self examination (upper ks3), that childhood and adolescent cancers are rarely caused by lifestyle	STEP AHEAD - TASK B: My Network (Exercise B1) Learning outcomes: You understand that you need to plan for the immediate future. You identify some of the sources of help you can access.	Understanding the Law of consequences. Referencing quotes from Guru Granth Sahib ji to illustrate the concept.			

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7		DHARAM - Service: Leadership	That specifically sexually explicit material e.g. pornography presents a distorted picture of sexual behaviours, can damage the way people see themselves in relation to others and negatively affect how they behave towards sexual partner - KS3 R23: Portrayal / impact of sex in media and social media music videos, advertising / sexual images shared between youths, unrealistic relationships and sex in porn)	Introduction to Dhiruba, Origin & evolution of Dhiruba Contemporary Dhiruba players in Britain	The benefits of regular self-examination and screening (DfE) - KS3 H32: cancer and prevention: healthy lifestyles and testicular self-examination (upper ks3), that childhood and adolescent cancers are rarely caused by lifestyle	The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn (DfE)	STEP AHEAD - TASK C: Personal Qualities (Exercise C1) Learning outcomes: You can identify some of your personal qualities. You understand that personal qualities can affect particular pathways and spare time activities. You analyse personal qualities associated with particular jobs.	Sikhi here and now. Focusing on the relevance and role of Spiritual message and teachings in current world through quotes from Sri Guru Granth Sahib ji.			
8		DHARAM - Service: Responsibility	That sharing and viewing indecent images of children (including those created by children) is a criminal offence which carries severe penalties including jail - KS3 R38: when / how sharing of explicit images may be serious crime	Compilation of Sri Guru Granth Sahib Ji, Why and how the Guru Granth Sahib ji was compiled Key features of Guru Granth Sahib Ji Compilation of Dasam Granth, When & by whom Dasam Granth was written Controversies related to Dasam Granth Structure, languages & different Baani's written in Dasam Granth	The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn (DfE)	The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn (DfE) - KS3 H13: physical activity / exercise benefits and importance of sleep	STEP AHEAD - TASK D: Personal Qualities & Jobs (Exercise D1-5) Learning outcomes: You can identify some of your personal qualities. You understand that personal qualities can affect particular pathways and spare time activities. You analyse personal qualities associated with particular jobs.	Introduction to the spirituality of Guru Nanak. Referencing quotes from Sri Guru Grath Sahib in understanding the spiritual message written within Gurbani.			
9	PYAAR - MUTUAL RESPECT	PYAAR- Love: Family/ Friendship	How information and data is generated, collected, shared and used online - KS3 L17: Protecting own and others' reputations; our 'on-line presence'; personal 'brand' how this can be enhanced or damaged	Battles fought by Guru Gobind Singh Ji, History behind important battles fought by Guru Gobind Singh ji in Anadpur Sahib Cause & effect of battles	The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress (DfE)	The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress (DfE) - KS3 H5: mental and emotional health, strategies for managing it; range of healthy coping strategies studied	STEP AHEAD - TASK E: Skills (Exercise E1-2) Learning outcomes: You understand what skills are and can identify some of your own skills. You can identify the skills needed for life and work.				
10		PYAAR- Love: Equality/ Respect	The concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships - KS3 R19: consent and law (legal age of consent for sexual activity, the legal definition, responsibility in law for the seeker of consent to ensure that consent is given)	Movie Review- Chaar Sahibzade Male Sikh Warriors DfE, history & contribution by Baba Banda Singh Bahadur Bhai Sukha Singh Bhai Mehtab Singh	the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health. (DfE)	as about the science relating to blood, organ and stem cell donation** (DfE)	STEP AHEAD - TASK G: Skills for Life & Work (Exercise G1) Learning outcomes: You understand what skills are and can identify some of your own skills. You can identify the skills needed for life and work.				

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11		PYAAR- Love: Community	How people can actively communicate and recognise consent from others, including sexual consent, and how and when consent can be withdrawn (in all contexts, including online) - KS3 R20: seeking the consent / be sure that consent has been given; to assertively withhold or withdraw consent	Female Sikh Warriors,Dfe, history & contribution by Rani Sadar Kaur Bibi Deep Kaur Mai Bhago ji	How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer (DfE) - KS3 H17: what might influence their decisions about eating a balanced diet	How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer (DfE) - KS3 H16: what constitutes a balanced diet and its benefits (including the risks associated with both obesity and dieting)	STEP AHEAD - TASK H: Tell us why it should be you! (Exercise H1) Learning outcomes: You consolidate your learning. You begin to think how to present yourself in an application process.				
12		HIMMAT- Courage: Steadfast / Risk Taking	How to recognise the characteristics and positive aspects of healthy one-to-one intimate relationships, which include mutual respect, consent, loyalty, trust, shared interests and outlook, sex and friendship -	Concept of langar Introduction and widespread use of Street langar in the UK Values: equality and selflessnessOrigins of langar Purpose of langar then and now How the principles of langar are used to help vulnerable members of British society	Gender equality	Gender equality	STEP AHEAD - TASK I: Learning Styles (Exercise I1) Learning outcomes: You understand that people learn in different ways. You know your preferred style but understand why you will need to adapt to different ways of learning.				
13	HIMMAT -	HIMMAT- Courage: Enthusiasm	That there are a range of strategies for identifying and managing sexual pressure, including understanding peer pressure, resisting pressure and not pressurising others	Sikh Misis: Aluwalia, Akaali Phoola Singh, Shaheedi Misl, Sardar Bhagel Singh  Baba Deep singh (Shaheedi Misl) Values: Determination, faith and Courage Role of Sikh Misis Historical significance of Shaheedi Misl (Baba Deep Singh) Key figures amongst the Sikh Misis	The facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions (DfE)	The law relating to the supply and possession of illegal substances (DfE)	STEP AHEAD - TASK J: Being Enterprising (Exercise J1-2) Learning outcomes: You understand the meaning of being enterprising. You practise your creative thinking.				
14		HIMMAT- Courage: Hard Working	That they have a choice to delay sex or to enjoy intimacy without sex		The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood (DfE)	The physical and psychological consequences of addiction, including alcohol dependency (DfE)	National Careers week				

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15	CHARDI KALA	CHARDI KALA - Resilience: Initiative	The facts about the full range of contraceptive choices, efficacy and options available	Sikh Raj: Maharaja Ranjit Singh Life and history of Maharaja Ranjit Singh Important contributions How he helped maintain Sikh way of life in Panjab	Awareness of the dangers of drugs which are prescribed but still present serious health risks (DfE)	The facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so (DfE)	STEP AHEAD - TASK K: Working Today (Exercise K1-4) Learning outcomes: You understand that the World of Work is changing rapidly, and some of the implications of this.				
16		CHARDI KALA - Resilience: Optimistic	That they have a choice to delay sex or to enjoy intimacy without sex	Sikhs in British Army Key contribution of Sikhs in British Army during World Wars	Basic treatment for common injuries (DfE)	Life-saving skills, including how to administer CPR (DfE)	STEP AHEAD - TASK L: Eastern Delights! (Exercise L1-5) Learning outcomes: You appreciate the importance of making an informed choice. You understand that you can access information from a range of sources and the importance of being aware of possible bias and inaccuracies from different sources.				
17		CHARDI KALA - Resilience: Innovation / self Improving	The facts about the full range of contraceptive choices, efficacy and options available	Importance of the Gurdwara Design and features of a Gurdwara Significant artifacts and furniture to be found in Gurdwara Important Sikh etiquette when visiting Gurdwara	The purpose of defibrillators and when one might be needed (DfE)	Gender equality	STEP AHEAD - TASK M: Using reliable information (Exercise M1) Learning outcomes: You understand the pros and cons of using different information sources.				
18		SANTOKH - INDIVIDUAL LIBERTY	SANTOKH - Altruism: Thankful / Acceptance	The facts around pregnancy including miscarriage**	Important contributions of Baba Buddha Ji and Bhai Gurdas Ji Significant role and contributions of Baba Buddha ji in Sikh history. Significant role and	Gender equality	British Values	STEP AHEAD - TASK N: Qualifications (Exercise N1-2) Learning outcomes: You have a basic understanding of the qualifications framework			
19	SANTOKH - Altruism: Contentment / Independence		About the prevalence of some STIs, the impact they can have on those who contract them and key facts about treatment - KS3 H12: How STIs are spread and that barrier contraceptives offer some protection against this	British law for Sikhs Difficulties around Sikh identity in Britain Sikh laws in UK around the turban and Kirpan Charities working with Government at local	British Values	British Values	STEP AHEAD - TASK O: Choosing Options (Exercise O1-5) Learning outcomes: You investigate possible options. You begin to consider the factors in choosing your subjects. You are aware that				
Week 39	SAT - RULE OF LAW	SAT- Truth: Honesty, Justice, Fairness,Citizenship	How the use of alcohol and drugs can lead to risky sexual behaviour - KS3 H28: personal and social risks and consequences of substance	5 vices: Kam, Krodh, Lob, Moh, Hunkaar Definition of 5 vices Quotes from	British Values	British Values	STEP AHEAD - TASK P: Review my learning (Exercise P1) Learning outcomes: You can see how you benefit from				

PD CURRICULUM

BRITISH & SIKH VALUES
PSHE
RSE
CEIAG
SIKH STUDIES
EMERGING NEEDS
SMSC