

The Appleton School



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School

CAPE (Citizenship and Achieving Personal Excellence) Subject Overview

Review Sept 2024 – Updated overview of order of subjects

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Subject: CAPE KS3 and KS4 Curriculum

Intent (Covering Years 7-11)

Department Vision.

CAPE enables students to feel positive about who they are and to enjoy healthy, safe, responsible and fulfilled lives. Through active learning opportunities pupils will learn to recognise and manage risk, take increasing responsibility for themselves, their choices and behaviours and make positive contributions to their families, schools and communities.

Students will learn to recognise, develop and communicate their qualities, skills and attitudes. They build knowledge, confidence and self-esteem and make the most of their abilities. Students will learn to identify and articulate feelings and emotions, learn to manage new or difficult situations positively and form and maintain effective relationships with a wide range of people.

Our aim therefore for CAPE is to provide pupils with:

- Accurate, relevant and up to date knowledge
- opportunities to turn that knowledge into personal understanding
- opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities
- The skills and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives.
- Work with external providers to provide the best possible experience and expertise for our students
- Remain flexible with our Curriculum and respond to issues as and when they arise.

Students Vision.

- to develop you as young citizens and knowledgeable community members
- to provide you with a key understanding of CAPE terminology, concepts, wellbeing techniques and SRE.
- to allow you to explore your health, mind and the world around you
- to provide you with an insight into how this subject is going to be useful in your chosen next steps in life
- to compliment your employability skills
- to prepare you for the everyday life

What are your aims linked to the curriculum (National Curriculum and Specification criteria)

The vision and aims of the CAPE department at the Appleton School has been influenced by the Purpose and Aims of the National Curriculum.

How is the curriculum delivered?

The CAPE curriculum is divided into 2 modules, Citizenship and PSHEE. Citizenship is taught in all year groups and includes Rights and Responsibilities, Democracy and Justice, Identity and diversity. PSHEE is taught in all year groups and includes SRE, Healthy lifestyles and careers. CAPE is taught by teachers in Specialist groups/topics to each year group.

How is the curriculum assessed?

Assessments are completed at the end of the delivery of each Citizenship topic where students key knowledge and skills that have been developed through the unit and are teacher assessed on satisfactory/good and outstanding criteria.

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How is the curriculum enriched (through speakers/visits/clubs) to generate a love of learning?

The curriculum is enriched predominately through the application of real life links to the community. There are also a large number of external speakers/visitors that come into school to talk about Careers and further education planning. Students are encouraged to keep up with the news and teachers are expected to bring real life examples into their lesson planning. We have very good links with the police and the fire brigade who also come in to speak to students regarding safety.

What skills and knowledge do students bring with them from Key Stage 2 to Key Stage 3?

Students will have studied some PSHEE at primary school. They will have developed skills on how to express their opinions and views in a safe environment and in a non-discriminatory fashion.

What skills and knowledge do students bring with them from Key Stage 3 to Key Stage 4?

Students will be familiar with ground rules regarding personal and social development. They will have learnt how to debate and enhanced their reading and writing skills and numerical skills.

What will students study?

Students begin to study CAPE in year 7. They will learn about democracy and justice, identity and diversity and rights and responsibilities. They will also learn Digital citizenship, healthy lifestyles, Wellbeing and careers. In year 8, students will expand on their knowledge of democracy and justice, identity and diversity and rights and responsibilities. They will also expand their knowledge on Healthy lifestyles, careers and SRE. Both years 7 and 8 will have 1 hour a week in timetable of CAPE.

In year 9, students will expand on their knowledge of democracy and justice, identity and diversity and rights and responsibilities. They will also expand their knowledge on Careers, healthy lifestyles and SRE. In year 10, students will expand their knowledge on Careers and SRE, they will also delve deeper into Democracy and justice and rights and responsibilities. In year 11, students will cover Careers and SRE.

Overview of CAPE

	Autumn 1 st term	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Managing Change Life Beyond School</p> <p>Transition to secondary school and personal safety in and outside school, including and financial education</p>	<p>PSHE and Wellbeing Puberty & Body Development</p> <p>Introduction to Puberty, girls puberty and periods, boys puberty, personal hygiene and growing up including self esteem and dental health</p>	<p>Health and RSE Friends, Respect & relationships</p> <p>Consent and boundaries, respect and relationships, friendships and online relationships, being positive and pressures of friendships</p>	<p>Health and RSE Drugs Education</p> <p>Avoiding gangs and criminal behaviour, staying safe online, online gaming and grooming and addiction, alcohol and risks, smoking and vaping, energy drinks and caffeine effects, knife crime</p>	<p>Citizenship Celebrating differences and British values</p> <p>Identity and multicultural Britain, importance of being kind, breaking down stereotypes, learning disabilities and prejudice and discrimination. Challenging Islamophobia</p>	<p>Citizenship Politics and Parliament</p> <p>Why is politics important, how is our Country run, the role of the prime minister, monarchy and King Charles III</p> <p>Politics, debates and elections.</p>	
<p>Careers Proud to be me</p> <p>Employability and enterprise skills, careers and aspirations, self esteem and the media, the importance of happiness, what makes me angry, exploring careers</p>	<p>Healthy Lifestyles Physical health & Mental wellbeing</p> <p>Health and wellbeing, Mental health, positive body image, child abuse, types of bullying, healthy eating and cholesterol, stress management</p>	<p>RSE and Health Identity, relationships & Sex Education</p> <p>Relationships and Sex Education, being yourself and self love, healthy relationships, what is love, dealing with conflict, periods and the menstrual cycle, introduction to contraception</p>	<p>RSE and Health Drugs Education</p> <p>County lines, substance misuse, cyberbullying, online grooming, alcohol safety, child exploitation and online protection</p>	<p>Citizenship Equality, Diversity and Inclusion</p> <p>Equality Act 2010, LGBTQ+, gender equality, Ableism and disability discrimination, removing the barriers, equality for all, racism and discrimination in society</p>	<p>Citizenship Law, crime & society</p> <p>Desert Island living, building a community, making decisions, criminals and the law, how are laws made, Prisons, reform and punishment</p>	

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	<p>Careers</p> <p>Essential life skills and GCSE Option choices</p> <p>GCSE option choices, saving and managing money, LMI, Finance and budgeting and employment, social media and online stress, first aid</p>	<p>Healthy Lifestyles</p> <p>Body Confidence</p> <p>How self esteem changes, what is a Penis, what is a Vulva, bullying in all forms, dealing with Grief and Loss, media and airbrushing, cancer prevention and healthy lifestyles</p>	<p>RSE and Health</p> <p>Sex, the law and consent</p> <p>Sexual consent and the law, FGM and the law, relationships and partners, Domestic Abuse and Domestic Violence, Why have sex, delaying sexual activity, sexual harrassment and stalking</p>	<p>Healthy Lifestyles</p> <p>Drugs Education</p> <p>What is a drug, different types of addiction, cannabis products, drug classifications, party drugs and illegal drugs, the war on drugs and volatile substance abuse</p>	<p>RSE and Health</p> <p>Contraception and STI's</p> <p>What are STI's, treating STI's and the clinic, contraception explored, condoms, HIV and Aids and prejudice and discrimination</p>	<p>Citizenship</p> <p>Combatting Extremism & Terrorism</p> <p>Conspiracy theories and narratives, forms of Extremism, terrorism, the radicalisation process, how does counter terrorism work and Antisemitism in the UK</p>
	<p>Citizenship</p> <p>Rights and Responsibilities</p> <p>Instagram and TikTok generation, targeted advertising and data, marriage and rights and responsibilities, consumer rights, employment rights and pay</p>	<p>Careers and wellbeing</p> <p>Mental health & wellbeing and preparing for work</p> <p>Preparing for mock interview day (CVs and cover letters), Child sexual abuse, screen time, mental health illnesses, self harm, suicidal thoughts and feelings, promoting emotional wellbeing</p>	<p>RSE and Health</p> <p>Exploring relationships and Sex Education</p> <p>Relationships and Sex expectations, pleasure and challenges, including the impact of social media and pornography, impact on society, unhealthy relationships and sexual assault, sexualisation of the media</p>	<p>Health and RSE</p> <p>Violence, Crimes and seeking safety</p> <p>Honour based violence, forced marriages and breast ironing, online gaming and gambling, social media validation, modern day slavery, keeping data safe, knife crime</p>	<p>Citizenship</p> <p>Exploring world issues</p> <p>International organisations, peace, war and conflict, human rights, aid and supporting other countries, striking and trade unionism, women's rights and equality, fair and free trade</p>	<p>Citizenship</p> <p>Exploring British Values</p> <p>Critical thinking and fake news, hate crimes in the UK, British values and identity, Mutual respect and tolerance, Individual Liberties, human rights and democracy explored</p>

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	<p>Careers Work, careers & pathway choices</p> <p>Screen addiction and studying, post 16 options, exam stress and anxiety, social media V real life, CV writing, personal statements</p>	<p>Health Adult health & looking after yourself</p> <p>Organ and blood donations, teenage pregnancy choices, abortion law, parenthood for teenagers, testicular and prostate cancer, breast cancer, cervical cancer and screenings, love and abuse</p>	<p>RSE and Health Sexual Health</p> <p>Peer on peer abuse, fertility and what impacts it, alcohol, parties and bad choices, importance of sexual health, revisiting STI's, revisiting contraception, respect, love and relationships</p>	<p>RSE and Health Staying safe</p> <p>Virtual reality and live streaming, online reputation and digital footprints, group chats and anti bullying, cosmetic and aesthetic procedures, new psychoactive substances, festivals and nitrous oxide, substance addiction</p>	<p>Study Skills Summer exam season</p> <p>Preparation for GCSE examinations in Summer 2.</p>	
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What cross-curricular themes have been identified?

The main cross curricular links that are present throughout this subject are English, Mathematics and Economics. A number of written skills are required throughout the subject when answering questions and quantitative skills are included through calculations and interpretations of data. There are topic areas throughout the subject that have heavy focus on economic aspects such as money, economy, external environment. There are also cross curricular links with Geography, History, RS and science.

Maths	Links to CAPE: Financial Awareness, Budgeting. Percentages of interest rates
Science	Links to CAPE: RSE, the reproductive system, environmental and global awareness
English	Links to CAPE: Careers, Analyzing, evaluating, use of pronouns, creative writing, debating skills, CV and cover letter writing
Computer Science	Links to CAPE: Digital safety, budgeting using spreadsheets and formulas, CV and cover letter writing
MFL	Links to CAPE: Identity and diversity, immigration and refugees, communities
Food Technology	Links to CAPE: Healthy lifestyles, eating healthy, nutrition and mental health
Humanities	Links to CAPE: Democracy and Justice, parliament, law making, crime and punishment, Rights and Responsibilities,
Performing Arts	Links to CAPE: Expressing opinions, confidence, debating skills
Business Studies	Links to CAPE: Financial awareness, budgeting, interest rates, tax rates, cashflows, maintaining a career, employment laws
Physical Education	Links to CAPE: Healthy lifestyles, mental health, social interaction, teambuilding, first aid
Art	Links to CAPE: expression and opinions through creative drawing
Design and Technology	Links to CAPE: Careers and learning a trade, health and safety laws, first aid

How will this be assessed to show that students

have learnt and remembered what they have been taught?

Year	Term 1	Term 2	Term 3
7	End of unit assessment	End of unit assessment	End of unit assessment
8	End of unit assessment	End of unit assessment	End of unit assessment
9	End of unit assessment	End of unit assessment	End of unit assessment
10	Handing in of CV and application form	Feedback from Mock Interview day	End of unit assessment
11	Applications for college/Sixth form		