

# - TERM 1 -

### **Healthy Relationships**

The World Health Organization define health as, 'a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction or race, religion, political belief, economic or social condition.' This holistic definition of health sums up our approach in STEPS to health and well-being. In this unit we will consider what is meant by family, explain how relationships can contribute to happiness and be able to judge between healthy and unhealthy relationships.

- TERM 2 -

## **Philosophy and Ethics**

The Universal Declaration of Human Rights by the United Nations states that, 'All human beings are born free and equal in dignity and rights. They are endowed with reasons and conscience and should act towards one another in a spirit of brotherhood.' This idea of lives being equal has long been debated in philosophy over generations. In this unit we will identify the meaning of the term 'the value of life', we will evaluate if equality should refer to all lives, or specifically human lives. We will seek to understand key philosophical and ethical theories in this unit and continue to create a sound basis for philosophical reasoning.



#### LINKS TO PRIOR LEARNING

Tudor and Christian Values and Ethos at Samworth Academy STEPS: Who am I? Western religions Is all life equal? Government and Politics Primary First STEPS: Believing Expressing Living

### - TERM 3 -

### Adulthood

Being equipped with the understanding to enter the next stage of development into adulthood is an important aspect of the STEPS curriculum. Pathways at Post 16 and considerations of careers and academic courses of study are vital avenues of learning for the next stage, and revision strategies and techniques will maximise progress and success at this stage in preparation. In this unit you will learn about handling finances and budgeting, consider how media and advertising influence our spending habits, and look at maintaining good mental health, and coping with stress and anxiety.



#### LINKS TO PRIOR LEARNING

Tudor values and Christian Values and Ethos at Samworth Academy STEPS: Who am I? First STEPS: Expressing Living

#### LINKS TO PRIOR LEARNING

Tudor and Christian Values and Ethos at Samworth Academy

STEPS: Who am I?

First STEPS: Believing Expressing Living How to change the world Caring for the world

