

Aspire Journey at Southmoor Academy

Continue your lifelong love of learning and personal development

Go to university to enhance your studies and get a degree

Become a member of Southmoor Alumni

Living in the Wider World: drugs education

Confirm and accept your future pathways offer

Complete a mock interview

Careers & Aspirations: Personal branding, online reputation, time management, stress and anxiety

Living in the Wider World: inflation, value for money, foreign currency, budgets, borrowing and debt

Continued support to complete your applications through UCAS

UCAS
RSE & Health: fertility, alcohol, sexual health, contraception, porn, respect, STIs

Take a gap year, travel the world and embrace new cultures

YEAR 12

Consider summer internship and voluntary work to enhance your learning

Revise for and sit public A2 and vocational examinations

RSE & Health: body image, mental health, stress, physical wellbeing

CAREER FAIR

Refine and perfect your revision techniques

YEAR 13

YEAR 12

Have an independent and impartial careers guidance interview

Living in the Wider World: trade unions, UK tax system, mobile banking, P45+P60, types of debt, income sources, insurance

Careers & Aspirations: Work Experience, CV writing, post-18 options, planning for the future, interview prep

Living in the Wider World: LGBT, Toxic Masculinity, Anger, Cancer, Ethics, Immunization

Attend the UCAS fair

Subject lectures from internal and external speakers

YEAR 11

YEAR 12

RSE & Health: dealing with depression, stress, Athletes and Performance, dealing with Anxiety, Paranoia, Fear and Anxiety, Sleep Hygiene and Mental Health, Promoting Emotional Wellbeing, Resilience and Growing Up, Healthy Eating

Learn about OxNet

Listen to a range of guest speakers looking at careers such as employability skills, CV writing, interview skills

Complete an EPQ project

RSE & Health: drugs education, alcohol and society, substance misuse

Careers & Aspirations: Personal Statements, UCAS, Apprenticeship applications, employment

YEAR 11

YEAR 11

Living in the Wider World: Communities in Britain, tackling discrimination & foreign aid

Careers & Aspirations: attend presentations about post-16 opportunities from colleges, sixth form, apprenticeship providers & applying to post 16 places

Have an independent and impartial careers guidance interview

Revise for and sit your Y11 mock exams.

RSE & Health: Mental Health & Exam Stress, taking control & revision techniques

Complete a week-long work placement

YEAR 10

YEAR 11

RSE & Health: safe sex & safer bodies, festival drugs, STIs: AIDS & HIV, checking for cancers

Take part in Apprenticeship application workshops

Learn about social action opportunities

Attend Southmoor sixth form taster lessons

Develop an effective revision calendar and put it to use.

Careers & Aspirations: CV writing, skills analysis, personal statements, admissions tests, post-16 routes and applying for post-16 education or training

YEAR 9

YEAR 10

Find out about the range of extra-curricular activities that take place

Careers & Aspirations: progression routes, preparing for work experience, tackling discrimination, health & safety and breaking the glass ceiling

Update pupil passport

Living in the Wider World: take part in a work experience placement to understand the world of work

Careers & Aspirations: CV writing, skills analysis, personal statements, admissions tests, post-16 routes and applying for post-16 education or training

Attend Southmoor Sixth Form Summer School

YEAR 8

YEAR 9

Living in the Wider World: Risk & Reward – attitudes to risk, assessing risks, investments, gambling, insurance, statutory rights, industry regulators

Opportunity to be elected to student council

RSE & Health: tackling relationship myths and expectations, personal values, romantic relationship break-ups, domestic abuse, managing grief, different families & parental skills

Take part in 1:1 mock interviews to prepare for future career interviews

Set targets and goals for the academic year

YEAR 7

YEAR 8

Begin to think about Work Experience for Year 10

Opportunity to be elected to student council

RSE & Health: Diet, lifestyle balance, coping strategies, managing conflict, healthy relationships, consent, coercion and control, STIs, sexting and pornography

Find out about the range of extra-curricular activities that take place

Living in the Wider World: Earnings, pay slips, income tax, NI, self-employment, methods of payment, pensions, low income support

Attend Southmoor Sixth Form Summer School

YEAR 6

YEAR 7

Careers & Aspirations: Exploring higher education – student life

Living in the Wider World: Rights and Responsibilities – UK Government, Parliament, crime and punishment

Careers & Aspirations: post-16 opportunities, careers goals, employability & transferable skills

Get involved in NECOP activities

RSE & Health: peer pressure, assertiveness, gang crime, risks of drug and alcohol abuse, smoking & vaping, masculinity & mental health

Careers & Aspirations: Enterprise in action, social action, employability skills, enterprise challenge

YEAR 5

YEAR 6

Living in the Wider World: your digital footprint, cyber crime, savings, loans, interest, borrowing, debt

Careers & Aspirations: challenging career stereotypes, importance of LMI, changing patterns of employment

Living in the Wider World: understanding modern Britain, RE, environment, conflict, wealth, poverty

Opportunity to be elected to student council

RSE & Health: exploring sex and consent, contraception, FGM & breast ironing

Start thinking about GCSE option choices

YEAR 4

YEAR 5

Find out about the range of extra-curricular activities that take place

Update Pupil Passport

RSE & Health: exploring sex and consent, contraception, FGM & breast ironing

Opportunity to be elected to student council

Start thinking about GCSE option choices

Transition: Meet your form tutor and be introduced to our school through transition activities

YEAR 3

YEAR 4

Living in the Wider World: British Values & Modern Britain – learning about British values, religions, extremism and radicalisation

Opportunity to be elected to student council

Careers & Aspirations: Self Awareness & Skill Attributes – all about me, life map, enterprise skills, why people work, different jobs and job families

RSE & Health: Managing Puberty, personal hygiene, Healthy lifestyle, diet, exercise, risks of substances, healthy friendships & relationships

Transition: Meet your form tutor and be introduced to our school through transition activities

Attend school Open Evening, Insight events and visits

YEAR 2

YEAR 3

Introduction to the Pupil Passport to record learning outside of classroom

RSE & Health: All about people – self-esteem, body image, friendships & romance, issues of unwanted contact, diversity, prejudice and bullying, family life and relationships.

Learn about the importance of safeguarding

Living in the Wider World: Online safety, digital literacy, needs and wants, making most of your money (spending, and saving)

Find out about the range of extra-curricular activities that take place

Attend school Open Evening, Insight events and visits

Primary school

Revise for and sit your actual GCSEs to give yourself a competitive edge in life

Use your GCSEs to apply for a job or apprenticeship

Apply for a work experience placement

RSE & Health: use models to help you understand what you are learning

Start your GCSE courses and take the linked challenges head on

RSE & Health: growing up – transgender, transphobia, water recycling change and how tackling environmental risks of drug use and misuse.

Set targets and goals for the academic year

Set targets and goals for the academic year

Careers & Aspirations: Introduction to Higher Education – what is university, what can you study, progression routes

Introduction to the Pupil Passport to record learning outside of classroom

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FIRST AID

welcome

