

Prince's Trust Aim Curriculum Sequence – Key Stage 4

	KS3 National Curriculum prior learning	By the end of the term, students can:	Year A & Year B Healthy Eating	Year A & Year B Physical Activity	Year A Career Planning	Year A Personal Project	Year A Managing Money	Year B Preparation for the World of Work	Year B Sexual Health	Year B Gang Culture
What we want our students to know and remember	Prince's Trust is a new subject for students opting to take it at the beginning of Key Stage 4. To support this transition, the teacher holds 1:1 conversations with students to explain the nature, length, content of the courses and how it is delivered. Students also participate in an introductory taster lesson prior to the course starting to help with gaining a clear understanding of how the knowledge they have gained in other subjects (such as food technology, biology, PSHE, P.E. and RE). Students and their parents also attend a evening event to further explain the nature of the subjects which helps with a smooth transition into KS4.	Define the key tier 2 / 3 vocabulary :	diet balanced diet nutrition fruits vegetables grains proteins dairy oils vitamins minerals persuasion norms influencer appeal	wellbeing health personal best (PB) recommended moderate intensity high intensity overtraining smart watch pedometer obesity heart-rate monitor overweight poor mental health low self-esteem hypertension prevention coronary heart disease stroke cancer diabetes depression physical activity flexibility body composition cardiovascular endurance muscular strength muscular endurance repetitive exercise sport risk injury outcome	position vacancy candidate qualification achievements experience benefit role career CV (curriculum vitae) application form interview trial skills training application independent living income outgoings affordability salary on-call minimum wage 'per hour' 'per annum' fixed-term permanent temporary wage contract	outline plan resources delivery objectives outcome review improvement edit glossary brainstorming research brief questionnaire duration phase schedule presentation draft (Students develop a wide range of vocabulary terminology related to their own specific, personal project.)	finances saving borrowing national minimum wage national living wage deductions earnings money management budget income expenditure mortgage rent credit credit card debit card insurance investment tax retirement pension social security loan debt national insurance national insurance number	employment employer employee national insurance pension income salary wage 'per hour' 'per anum' holiday pay sick pay redundancy terminate casual zero-hours on-call interpersonal skills communication management HR (human resources) appraisal targets performance payday	consent contraception sexual transmitted infection (STI) boundaries intimacy pleasure respect pregnancy sexual orientation gender identity sexuality sexual orientation asexuality gender identity gender expression body image sexual self-esteem birth control reproduction miscarriage coercion	street gang peer pressure threat intimidation coercion identity culture fatal motivation status illegal anonymity self-awareness inhibition belonging hopelessness perceived financial gain austerity blackmail

	<p>The Prince's Trust 'Achieve' curriculum weaves informal opportunities to re-engage students with their formal lessons, into their weekly timetable. The course offers the opportunity to create a better future through teaching the essential skills for education, employment and essential life skills.</p>	<p>Recall the knowledge:</p>	<p>Know how a balanced diet contributes to a healthy lifestyle. Know benefits of eating a balanced diet. Know what should be avoided in a balanced diet. Know how culture and social media can impact on healthy eating choices.</p>	<p>Know the difference between physical activity and exercise. Know 10 examples of ways to exercise and ways to increase physical activity. Know which muscle groups are being used during the use of resistance machines. Know why technique is important when using the resistance machines. Know the consequences of injury caused by poor technique when using resistance machines. Know different components of physical fitness. Know different sporting events which can help develop each component of physical fitness. Know what local facilities are there to support with physical activity. Know examples of facilities which support physical exercise. Know resources and equipment which can support you with your physical health.</p>	<p>Know the skills and qualities required for a chosen career path. Know what to consider when preparing for an interview. Know ways to create a good impression at an interview. Know how to complete an application to an appropriate standard for submission. Know the advantages and disadvantages of a chosen career path. Know the qualifications required for a chosen career path. Know how to enter a chosen career path. Know different methods for applying for different jobs. Know how to complete an application to an appropriate standard before submission.</p>	<p>Know how to plan, deliver and review a personal project.</p> <p>(Students acquire knowledge specifically related to their own personal project.)</p>	<p>Know some services which banks provide. Know advantages of saving money. Know advantages and disadvantages of borrowing money. Know different ways that people can be paid for work. Know the difference between national minimum wage and national living wage. Know some deductions made from earnings.</p>	<p>Know the value of work and the advantages of being in work. Know the different types of employment and contracts. Know that employees receive a payslip and what the information means on such documents. Know how to undertake a job search online. Know what behaviours are expected in the workplace. Know a career option which is relevant to their skills and interests.</p>	<p>Know that consent must be informed and given voluntarily. Know some forms of contraception. Know some common STIs, their symptoms and how they can be treated. Know that sexual intercourse leads to conception and pregnancy. Know some gender identities.</p>	<p>Know what research shows about why people join street gangs. Know the dangers of being involved in street gangs. Know where to seek help when people are at risk of joining a street gang or people already have gang involvement.</p>
--	---	-------------------------------------	--	---	--	---	--	---	--	---

What we want our students to do	Despite Prince's Trust is a new subject for KS4. Students build upon the skills that they have gained in other subjects (such as food preparation skills in food technology, the physical skills learnt in Physical Education as well as the <i>independent</i> learning skills developed through all subjects prior to starting in KS4. Teachers across the faculties liaise to ensure ambitious progression of all skills.	Demonstrate excellence in these skills:	To be able to select a healthy meal choice. To be able to prepare healthy meals to take to work. To be able to state ingredients needed for a healthy meal to take to work. To be able to review meal choices in terms of nutrition. Be able to give examples of how to make their diet healthier.	To be able to participate in exercise in order to develop confidence, self-image and self-esteem. To develop co-ordination and balance. To be able to maintain a good technique on various resistance machines for ten repetitions. To be able to assess their own physical performance against own goals set.	To be able to complete a job application to an appropriate standard. To be able to create a good impression at a simulated interview. To be able to prepare some responses to give at interview. To ask for feedback from a real or simulated interview. To be able to identify job vacancies or training opportunities relevant to a chosen career option.	To be able to: outline plan list resources deliver to agreed objectives present an outcome and review a project by stating something that went well and something that could be improved with their project.	To be able to explain the difference between a mortgage and renting. To be able to explain the difference between national minimum wage and national living wage. To be able to explain the information on a payslip. To be able to complete a monthly household budget.	To be able to articulate the value of work and the advantages of being in work. To be able to identify the information contained on a payslip. To be able to undertake a job search online.	To be able to name some common forms of contraception. To be able to suggest what to do when symptoms of STIs are given. To be able to name some gender identities and sexual orientations.	Be able to articulate why people join street gangs. To be able to articulate the dangers of being involved in street gangs. To be able to name some sources of help when people need to seek help from being at risk of joining a street gang or having gang involvement.
Key assessment questions:			Why is a balanced diet beneficial? What should be avoided in a balanced diet? Why are fast-food restaurants so successful? What is the solution to not being persuaded to eat from fast food restaurants too often? How can social media impact on healthy eating choices? What are the factors that influence our dietary choices? How could you make your own diet healthier?	What is the value of regular physical activity and exercise? Why do people exercise? What is the solution for people who do not enjoy exercise? What is the difference between physical activity and exercise? Give 10 examples of ways to exercise and ways to increase physical activity. Know which muscle groups are being used during the use of resistance machines. Know why technique is important when using the resistance machines. Know the consequences of injury caused by poor technique when using resistance machines. What are the risks which can occur when participating	What skills and qualities are required for your chosen career path? Why are these skills required? What would happen if you did not have these skills? What is the solution for someone who does not know what career path to take? What do you need to consider when preparing for an interview? How can you create a good impression at an interview? What are some advantages and disadvantages of your chosen career path? What qualifications do you need for your chosen career path? By what methods can you apply for a job?	Why has this project been beneficial? Why did you choose this topic? If you could choose another topic to develop more skills, what would it be and why? What resources are needed for your project? What have you done well with this project? What could be improved and how could this be done?	What is the difference between a mortgage and renting? Why do some people rent and some people buy a home? What are the advantages and disadvantages of both? What is the difference between national minimum wage and national living wage? What information does a payslip contain? Why do we need this information on a payslip?	What are some advantages of going to work? What is a fixed term contract? What is the value of a contract? What would happen if employees did not have contracts? What would the solution be if you were not offered a contract? What is a temporary contract? What is a permanent contract? What information should be on a payslip? Can you show me how to do a job search online? What behaviours are expected in the workplace?	How can somebody give consent? Why is consent so important? What would you do if a friend did not know what they were being asked to consent to? How could you refuse consent if you were too embarrassed to do so? What difficulties arise from unclear boundaries? What are some common types of contraception? What are some gender identities and sexual orientations? How does conception take place?	Why do some people join street gangs? How do gangs impact individuals and communities? What are possible solutions or strategies for a person being coerced into gang youth violence? What are some of the dangers of being involved in street gangs? Where can people seek help if they are at risk of joining a street gang or are involved in a gang?

			<p>in physical exercise? What risks are involved when participating in contact and non-contact sport? What are the risks associated with overtraining?</p>						
Disciplinary Rigour		<p>What makes your subject different to other subjects? What are the expectations for students in your subject area in the KS4 National Curriculum if applicable / KS4 qualification specification?</p>	<p>The Prince's Trust Achieve Programme is implemented in the academy's A.I.M. provision to <i>informally</i> help counter disadvantage and to restore engagement with education as a whole and with student's <i>formal</i> lessons.</p> <p>Students are expected to reengage with the learning-rich opportunities offered to them during the informal sessions which have been carefully woven into their formal timetable. They acquire essential skills for the workplace and adulthood as well as The Prince's Trust 'Achieve Award' at Entry Level 3 up to and including Level 2.</p>						