

Power Day 1 [Monday 20/10/2025]		Session	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Theme	Physical Safety	1	Travel Safety (V)	First aid training (V)	Contraception + Pregnancy, miscarriage choices (V)	Intimate relationships (V)	Not in - work experience	Not in - Group 4	Interview technique
	Knowledgeable	2	Drugs (V)	Vaping (INTENT resources)- Update in 2026	TFL (V) safety in public spaces (sexual harrassment on public transport, the law, consequences)	Sexual health (V)			UCAS
IB Learner Profile	Reflective	3	Puberty	Healthy relationships vs toxic relationships	Intimate relationships/abuse (V) (Emotional impact of sexual assault, sexual harrassment; coping strategies, where to find support)	STIs - Checking / screening (V)			WizeUp Finance Talk (V) double session
Key coverage	RSE (sex, STIs, abortion, g	4	Healthy eating, disordered eating	Blood, organ, stem-cell donation	Alcohol (impact on health, addiction)	Self defence (V)			(Separate Non-uni route - JCG)
	Travel safety, first aid	5	Menstruation	Eating disorders	CSE, FGM (hymenoplasty, virginity testing)	Women's Aid (V)			
	Drugs, alcohol, vaping,	6	Vaping (INTENT resources)	Misogyny, Incel, Andrew Tate	*Vaping (Replace with visitor in 2026)	NPS Highs			
Power Day 2 [Wednesday 26/11/2025]		Session	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Theme	Mental wellbeing	1	Self-esteem	Self-confidence	Resilience Guest speaker (V)	Happiness lab - gratitude	Choices, ask team	EE	Not in - unless doing interviews for early applicants
	Communicators	2	Coping strategies	Consent and digital intimacy (revenge porn laws)	Body Image	Gambling	Lit+Perf, Lit+Lang	EE	
IB Learner Profile	Resilient	3	Independence	Cyber bullying	Impact of Pornography (V)	Trolling	Tasters	Not in after p2	
Key coverage	RSE (relationships, CSE, g	4	Mental Health Awareness	Mindfulness	Dating Violence	Craft for wellbeing	Tasters		
	Online safety, media	5	Lonliness, worrying, feeling down	Peer Pressure	Protect your mental health (social media)	Things that can make MH worse (e.g. drugs, smoking, alcohol)	Tasters		
	Self-regulation, body image	6	Bullying or banter	Grooming + Sexting (V)	Managing stress and anxiety	Mental illnesses (common + serious)	Post-16 options		
Power Day 3 [Thursday 22/1/2026]		Session	Year 7	Year 8 First Give	Year 9	Year 10	Year 11	Year 12	Year 13
Theme	Civic Duty	1	Language taster	Computer lesson, plan presentation	Year 9 tasters	Money Matters - budgeting [feedback- double session is too long]	County Lines (V)	Not in - except for prefect interviews	Not in
	Inquisitive	2	Language taster	Computer lesson, plan presentation	Year 9 tasters	HSBC- education team- Budgeting (V)	Voting rights, protest, and activism		
IB Learner Profile	Balanced	3	Language taster	Make cue-cards, practise presentati	Year 9 tasters	Mini UN	Money Laundering		
Key coverage	Citizenship, giving back	4	Studimus Ludimus	Make cue-cards, practise presentati	Political systems, parties, parliament,		Free press, freedom of speech		
	The law + the justice system	5	Why languages matter	Do presentation to form	The Justice system (rules vs laws, police, courts, tribunals)	Financial products	The Legal system - different sources of law, examples of how law deals with complex problems, punishments		
	Money, financial products	6	Creating language	Do presentation to form, choose a v	Mock trial	Voting- Legal age manifesto16yrs			
Power Day 4 [Tuesday 24/3/2026]		Session	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Theme	Future Aspirations	1	Industry + Enterprise Dragon's Den Day	Unifrog (personality profile, interests)	Unifrog careers (career options)	What is the IB?	Uni life	Uni research	Student finance
	Thinkers	2		Unifrog	Unifrog careers	KS5 / how the IB helped them	Other routes (apprenticeships, vocational, technical)	Subject sessions (V)	Past students
IB Learner Profile	Risk-takers	3		Goal setting, planning for future	Is AI a threat to careers?	Young enterprise	Careers fair	Subject sessions (V)	Post results
Key coverage	Gatsby Benchmarks	4		Career role models and how they got to where they are	Leadership theory		Subject sessions (V)	Careers Fair	Non-uni group
	Different routes	5		Women in STEM/careers in the Arts	Decision-making		Subject sessions (V)	Not in after p5	Not in after p3
	Leadership theory	6		Apprenticeships	Strategy, negotiation (in workplace)		TOK - critical thinking		
Power Day 5 [Friday 12/6/2026]		Session	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13
Theme	Global Citizenship	1	Capoeira	African Drumming (V)	Indian Dance (V)	Refugee awareness	Not in - exams	UCAS application	Not in - post-exams
	Open minded	2	Food miles	Refugee awareness T Shirt (DT)	Refugee Creative Writing	Religious ideology in conflict		UCAS application	
IB Learner Profile	Caring	3	Cultural diversity/respecting differences	Religious perspectives	Windrush	Human rights		Personal statement	
Key coverage	SMSC	4	Refugee week - Art workshop	Neurodiversity	Sustainable Tourism	LGBTQ+		Jack Petchy	
	RE at KS4	5	Global festivals and faiths	Fair trade	The wealth divide (need to check it's app. for Y9 (previously Y8)	The internet as a global force for good or harm [TOK type?]		Jack Petchy	
		6	Environmental guardianship	Fair trade	RE	International law (EU, war crimes, Commonwealth + colonialist past)		Not in for p7	