



HEADLANDS SCHOOL
SINCE 1965

Curriculum Plan: ARC 3



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Year Group 7,8,9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Maths	1. Whole numbers and decimals 2. Measures, perimeter and area 3. Expressions and formulae <i>Dr Frost/My Maths</i>	4. Fractions, decimals and percentages 8. Statistics 6. graphs <i>Dr Frost/My Maths</i>	15. ratio & Proportion 16. Probability <i>Dr Frost/My Maths</i>	7. Calculations 5. Angles & 2D Shapes 10. Equations <i>Dr Frost/My Maths</i>	11. Written & Calc Methods 12. Constructions <i>Dr Frost/My Maths</i>	13. Sequences 14. 3D Shapes 9. transformations & Symmetry review based on need until the end of term <i>Dr Frost/My Maths</i>
English	Treasure Island	Non-fiction text types <i>Reading and writing assessments</i>	Romeo and Juliet	Dystopian Fiction <i>Reading and writing assessments</i>	Travel Writing	Poetry From other cultures <i>Reading and writing assessments</i>

	Awareness of 6 principles. Importance of Nurture for well-being Increase emotional literacy.	Awareness of 6 principles. Importance of Nurture for well-being Increase emotional literacy.	Awareness of 6 principles. Importance of Nurture for well-being Increase emotional literacy.	Awareness of 6 principles. Importance of Nurture for well-being Increase emotional literacy.	Awareness of 6 principles. Importance of Nurture for well-being Increase emotional literacy.	Awareness of 6 principles. Importance of Nurture for well-being Increase emotional literacy.
Geography	Changing World of Work	Energy Resources	Energy Resources	Energy Resources	Environments Under Threat	Rivers & Floods
History	Who were the Tudors?	Problems faced between 1558-1649	The impact of slavery	The Industrial Revolution	Changes in Britain	Improvements in the 19th century
Food Technology	Food issues. Safe preparation and cooking of vegetables and rice. Adapting recipes, using the oven. Baking for Macmillan Coffee Morning.	Healthy Eating Bread dough forming and shaping. Making pasta.	Food Safety Cooking safely with meat. Alternative proteins.	Time Planning and nutrition. Meatballs and sauce. Sweet and sour. Eat Well guide, sauces and gelatinisation. Lasagne.	Modifying recipes, gelation, high risk food, presentation. Mini pies. Shortcrust pastry, rubbing in method, the function of ingredients. Cheesecake. Focaccia bread. Yeast investigation. Bread making, modifying recipes, functions of ingredients.	Food hygiene and safety. Enchiladas. Planning and making my own multicultural savoury main course dish. Evaluation of dish. Potato Investigation (rosti cakes).

PE	Athletics HIIT- Body weight exercises, Core exercises, cardiovascular workouts Assessment- practical skill, tactics and knowledge of the rules	Rugby HIIT- Body weight exercises, Core exercises, cardiovascular workouts Assessment- practical skill, tactics and knowledge of the rules	Football Table Tennis Gymnastics- Fitness- Interval training, strength training, flexibility training. Assessment- practical skill, tactics and knowledge of the rules	Hockey Badminton Dance- Replication of basic movement patterns Assessment- practical skill, tactics and knowledge of the rules	Cricket Basketball Rounders Tennis Assessment- practical skill, tactics and knowledge of the rules.	Tennis Softball Netball Cricket Assessment- Practical skill, tactics and knowledge of the rules
Art	Architecture / The Built Environment	Architecture / The Built Environment	Architecture / The Built Environment	Heroes	Heroes	Heroes
PSHCE	Skills for Employment What are my choices? What are qualifications and how do they help me? Subjects and Future Careers How to challenge Discrimination Racism and Religious	Effective communication Assertive, aggressive and passive Different Levels of Intimacy and Commitment Digital Romance and Risks Catfish - Strangers Online Loneliness	Basic First Aid - CPR and Recovery Position Purpose of Defibrillators Immunisations and vaccinations Actions creating positive/negative effects Importance of physical exercise and well-being	Pressure to drink/smoke Status of Drugs and Classification Short Term and Long -Term Effects of Cannabis Legal and Personal Consequences Family and Social Consequences	How the Police reduce risk. Parliament and the Monarch What contributes to our identity? Social norms Influence of Advertisement on Consumers	Cost and Benefit - Is it worth it? Consumer Rights - UK law Ethical consumerism Ethical consumerism

	Intolerance Radicalisation	First Aid Skills and When to use them	Gambling - Different forms	Strategies for seeking help with drug use		
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The curriculum design offers students the opportunity to continue working in line with the main school curriculum at KS3 whilst allowing flexibility to focus on a bespoke and adapted, lesson by lesson approach depending on specific need.

Alongside the curriculum that reflects the main school runs ARC 3's Nurture Intervention that is planned in response to the social and emotional needs of the cohort. Students will also benefit from the Lexia Reading Intervention.

Assessments are marked based on the KS3 criteria in line with the school policy.