



## Year 7 Personal Development Curriculum 2023-24

Personal Development sessions will take place on Tuesday mornings. Assembly will be held on Wednesday Wk A.

**Strands** – Relationship and Sex Education (RSE), Health Education (HE), Spiritual Moral Social Cultural Education (SMSC), Careers (CAR), Religious Studies (RS).

### Autumn term 1 2023

Date	Topic	Strand	Additional notes
4 <sup>th</sup> September	Rights and responsibilities as students	Relationships and sex education	Define the terms 'rights' and 'responsibilities'. Explain what happens when students fail to fulfil their responsibilities. Discuss the impact on students learning.
11 <sup>th</sup> September	Identity	Social, moral, spiritual and cultural education	Outline what identity is. Explain what makes up our identity. Justify why we should be proud of our identity.
18 <sup>th</sup> September	Good citizens	Social, moral, spiritual and cultural education	Identify what good manners are. Explain why it is important that we use good manners. Discuss how we should we behave if others do not have good manners towards us.
25 <sup>th</sup> September	People in the community	Social, moral, spiritual and cultural education	Identify what a hero is. Discuss whether an ordinary person can be a hero.
2 <sup>nd</sup> October	Diet	Health Education	Explain the effect of sugar on your body. Identify the contents of different foods. Use food labels to help you to make good dietary choices.

9 <sup>th</sup> October	Physical health	Health Education	Identify positive associations between physical activity and promotion of mental wellbeing. Explain what constitutes to a healthy lifestyle.
16 <sup>th</sup> October	Dental hygiene	Health Education	To understand that our teeth are an important part of our bodies, are finite, and that teeth require daily maintenance in the form of oral care and hygienic practices.
23 <sup>rd</sup> October	FGM	Health Education	Identify what FGM is and groups that are affected by it. Identify signs and symptoms. Discuss what to do if you suspect FGM.

Autumn term 2 2023

Date	Topic	Strand	Additional notes
6 <sup>th</sup> November	Mental Health and Wellbeing	Health Education	Identify what mental health is. Recognise what we are doing at Shireland to help.  Recognise the early signs of mental wellbeing issues. Explain what to do if you or someone you know shows signs of mental wellbeing issues.
13 <sup>th</sup> November	Positive friendships	Relationships and sex education	Identify the four levels of friendship. Describe the relationships you have with others.
20 <sup>th</sup> November	Bullying and cyber bullying	Relationships and sex education/	Define bullying and cyber bullying. Identify examples of bullying and cyber bullying.

		Health Education	Explain how bullying can be prevented.
27 <sup>th</sup> November	How to talk about emotions	Health Education	Identify positive and negative emotions. Explain how we can develop emotional awareness. Understand how to cope with your emotions.
4 <sup>th</sup> December	Intro to knife crime	Social, moral, spiritual and cultural education	Understand the consequences of knife crime. Understand that choices have consequences.
11 <sup>th</sup> December	Stress and physical activity	Health Education	Identify what stress is. Recognise the signs of stress. Explain what we can do to manage stress. understand how physical activity can help reduce stress.
18 <sup>th</sup> December	Happiness	Health Education	Identify what happiness is. Recognise what makes you happy. Recognise what makes others happy. Explain the importance of friendship.

Spring term 1 2024

<b>Date</b>	<b>Topic</b>	<b>Strand</b>	<b>Additional notes</b>
8 <sup>th</sup> January	Exploring your own interests', traits and skills	Careers	Identify interests that are specific to you. Consider where you might be in 10 years' time.
15 <sup>th</sup> January	Times of change	Careers	By the end of this session you will be able to identify how your life has changed from Primary to Secondary school. By the end of this session, you will have thought about where in school you learned specific skills.

22 <sup>nd</sup> January	Achievements	Careers	Recognise what an achievement is and why they are important to our success.
29 <sup>th</sup> January	A helping hand	Careers	By the end of this lesson, you will be able to recognise how to support your peers. By the end of this lesson, you should be able to identify how to seek support.
5 <sup>th</sup> February	What are successful careers? Careers focus day	Careers	During this lesson we will investigate different careers and what constitutes a successful career.

Spring term 2 2024

<b>Date</b>	<b>Topic</b>	<b>Strand</b>	<b>Additional notes</b>
19 <sup>th</sup> February	Lifelong skills	Careers	During this lesson we will be looking at lifelong skills individuals have. You will also be identifying employability skills and how these affect your future.
26 <sup>th</sup> February	This is me	Careers	You will be able to identify what it is that could make someone unique. You will be considering what makes you unique.
4 <sup>th</sup> March	The world in 2030	Careers	You will recognise how the world of work is changing. You will be able to explain what skills and knowledge you are likely to need to be well prepared for this change.
11 <sup>th</sup> March	Creative skills JH	Careers	You can identify creative skills. You can explain the importance of creativity in school and the workplace.
18 <sup>th</sup> March	Setting personal targets	Careers	You can identify creative skills. You can explain the importance of creativity in school and the workplace.

Summer term 1 2024

<b>Date</b>	<b>Topic</b>	<b>Strand</b>	<b>Additional notes</b>
8 <sup>th</sup> April	Distractions	Health education	Identify distractions at school. Recognise the impact that distractions have on learning. Discuss strategies that can be used to avoid distractions.
15 <sup>th</sup> April	Puberty	Health Education	Explain the key changes that will occur during puberty. Understand the importance of hygiene in puberty. Identify what we can we do to keep ourselves clean and free from body odour.
22 <sup>nd</sup> April	Relationships – body boundaries	Relationships and sex education	Identify private body parts. Understand body boundaries. Explain where to get help and support.
29 <sup>th</sup> April	Peer pressure	Relationships and sex education	Define the term peer pressure. Identify the negative effects of peer pressure. Explore a variety of options for handling these situations.
6 <sup>th</sup> May	Loss of friends	Health Education	Explain how we can manage friendship issues/ disagreements. Identify where to get support and advice.
13 <sup>th</sup> May	Screen time	Health Education	Identify what screen time is. Describe the impact of screen time on health and wellbeing. Discuss strategies that can be used to reduce screen time.
20 <sup>th</sup> May	Keeping safe online	Health Education	Explain the term grooming. Explain where you can get help and support.

Summer term 2 2024

<b>Date</b>	<b>Topic</b>	<b>Strand</b>	<b>Additional notes</b>
3 <sup>rd</sup> June	Fake news	Health Education	You can identify creative skills. You can explain the importance of creativity in school and the workplace.

10 <sup>th</sup> June	Digital footprints	Health Education	Understand what a digital footprint is. Explain the impact of your digital footprint on your future.
17 <sup>th</sup> June	Positive mindset	Health Education	Become more informed about positive mindsets. Recognise how they can alter their mindset.
24 <sup>th</sup> June	First aid	Health Education	Understand what an emergency is and how to deal with a situation effectively.
1 <sup>st</sup> July	Dealing with change – anxiety	Health Education	Become more informed about the issues related to anxiety management.
8 <sup>th</sup> July	The importance of sleep	Health education	Identify the importance of sufficient good quality sleep. Explain how sleep impacts health.
15 <sup>th</sup> July	Protected characteristics and British values	Relationships and sex education	Identify what protected characteristics are. Explain why they are 'protected'.