



SHIRELAND
COLLEGIATE ACADEMY
An altogether better place to learn

Year 7 Personal Development Curriculum 2025-26

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

Autumn term 1 2025

Date	Topic	Strand	Additional notes
1 st September	Rights and responsibilities as students	SMSC	Define the terms 'rights' and 'responsibilities'. Explain what happens when students fail to fulfil their responsibilities. Discuss the impact on students learning. Create a top tips document to offer support and advice on how to fulfil responsibilities as a student.
8 th September	Identity	SMSC	Outline what identity is Explain what makes up our identity Justify why we should be proud of our identity Create a piece of art that celebrates our identity
15 th September	Good Citizens	SMSC	Identify what good manners are. Explain why it is important that we use good manners. Discuss how we should behave if others do not have good manners towards us. Create an acrostic poem for MANNERS to demonstrate to others what good manners are.
22 nd September	People in the Community	SMSC	Identify what a hero is. Discuss whether an ordinary person can be a hero.

			Create a comic strip / drama piece showing an everyday hero (not a Superhero!)
29 th September	Mental Health and Wellbeing	HE	Identify what mental health is Understand 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
6 th October	Ho to talk about emotions	HE	Identify positive and negative emotions Explain how we can develop emotional awareness Understand how to cope with your emotions Talk about our emotions accurately and sensitively, using appropriate vocabulary
13 th October	Positive Friendships	RSE	Identify the four levels of friendship. Describe the relationships you have with others. Explain the characteristics of positive and healthy friendships.
20 th October	Bullying and cyberbullying	HE	Define bullying and cyber bullying Identify examples of bullying and cyber bullying Explain how bullying can be prevented Explain what to do if you witness bullying

Autumn term 2 2025

Date	Topic	Strand	Additional notes
3 rd November	Physical Health	HE	Identify positive associations between physical activity and promotion of mental wellbeing. Explain what constitutes to a healthy lifestyle Understand the connections between physical activity and mental health Understand the benefits of physical health
10 th November	Diet	HE	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. Discuss how using food labels can be a useful tool when planning their weekly meals.
17 th November	Dental Hygiene	HE	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.

			Complete a Kahoot on Dental Hygiene
24 th November	Stress and physical activity	HE	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 Select physical activities that can help you reduce stress
1 st December	Screen Time	HE	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 Create a podcast for Year 7 students about screen time
8 th December	Keeping Safe Online	HE	Explain the term grooming. Explain where you can get help and support Design a poster highlighting how to stay safe online.
15 th December	FGM	HE	Training will be provided for all staff prior to the lesson. Identify what FGM is and groups that are affected by it Identify signs and symptoms. Discuss what to do if you suspect FGM Answer quiz questions on FGM to demonstrate your understanding

Spring term 1 2026

Date	Topic	Strand	Additional notes
5 th 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. All of you will be able to discuss a personal interest of theirs with their partner. Most of you will be able to write a short passage explaining what you might like to have achieved in 10-15 years time.

12 th 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. You will be able to map out how your skills have developed over time using a flow chart. You will be able to discuss the skills you have and how you use them.
19 th January	Achievements	Careers	Recognise what an achievement is and why they are important to our success. Produce a table reflecting on your achievements. Discuss the value of achievements and how they help you progress through school.
26 th 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. You will be able to offer advice to your peers on how to support each other through looking at examples. You will have created a support network of people who you can talk with.
2 nd February	What are Successful Careers?	Careers	During this lesson we will investigate different careers and what constitutes a successful career. You will complete a short investigation into what you think are good careers. You will explain what you think a successful career would look like in each area you have identified.
9 th February	Lifelong Skills	Careers	During this lesson we will be looking at life long skills individuals have. You will also be identifying employability skills and how these affect your future.

Spring term 2 2026

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23 rd 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. You will identify the types of things that can make an individual unique. You will present yourself as an image alongside all the things that make you unique.
2 nd 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. You will research into future career options. You will present how you could be successful in a future world.
9 th March	Creative Skills	Careers	You can identify creative skills. You can explain the importance of creativity in school and the workplace. You will suggest ways a product can be used creatively to solve a problem. You will be able to discuss why employers want to employ people with creative skills.
16 th March	Setting Personal Targets	Careers	You can identify creative skills. You can explain the importance of creativity in school and the workplace. You will suggest ways a product can be used creatively to solve a problem. You will be able to discuss why employers want to employ people with creative skills.
23 rd March	Introduction to Knife Crime	HE	Understand the consequences of knife crime. Understand that choices have consequences.

Summer term 1 2026

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13 th April	Distractions	HE	Identify distractions at school Recognise the impact that distractions can have on learning Discuss strategies that can be used to avoid distractions Create a top tips document on how to avoid distractions
20 th April	Happiness	HE	Identify what happiness is Recognise what makes you happy Recognise what makes others happy Explain the importance of friendship Apply what you have learnt to build your happy place
27 th April	Puberty	HE	Explain the key changes that will occur during puberty. Understand the importance of hygiene in puberty. Identify what we can do to keep ourselves clean and free from body odour.

			Show an understanding of how to prevent body odour. Design a poster to advise younger pupils how to keep themselves clean during puberty.
4 th May	Relationships - Body Boundaries	RSE	Identify private body parts. Understand body boundaries. Explain where to get help and support. Create an acrostic poem about body boundaries
11 th May	Peer Pressure & Loss of Friends	RSE	Define the term peer pressure. Identify the negative effects of peer pressure. Explore a variety of options for handling these situations. Create a resource that will help your peers to manage peer pressure. Explain how we can manage friendship issues/ disagreements Identify where to get support and advice Respond appropriately to friendship scenarios Identify changes you can make to manage your friendships
18 th May	Menstrual Health and Understanding Periods	HE	Understand the difference between a heavy and normal period Identify methods to cope with period pain

Summer term 2 2026

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1 st June	Fake News	HE	You can identify creative skills. You can explain the importance of creativity in school and the workplace. You will suggest ways a product can be used creatively to solve a problem. You will be able to discuss why employers want to employ people with creative skills.
8 th June	Digital Footprints	HE	Understand what a digital footprint is. Explain the impact of your digital footprint on your future To present ideas on how to highlight the importance of a digital footprint
15 th June	Positive Mindset	HE	Become more informed about positive mindsets. Recognise how they can alter their mindset.

			Discuss strategies to aid a positive mindset.
22 nd June	First Aid	HE	Understand what an emergency is and how to deal with a situation effectively Answers to: What is an emergency? How to respond to an emergency? Who to contact in an emergency?
29 th June	Dealing with Change – Anxiety	HE	Become more informed about the issues related to anxiety management Completed 'Agony Aunt' task. Develop strategies for managing anxiety.
6 th July	The Importance of Sleep	HE	Identify the importance of sufficient good quality sleep Explain how sleep impacts health Produce a document to show how lack of sleep affects weight, mood and ability to learn.
13 th July	Protected Characteristics	SMSC	Identify what protected characteristics are Explain why they are 'protected' Create a poster to show what protected characteristics are.