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| * **What we are learning**: The topic or focus for the half term. * **Key knowledge & skills**: What students should understand and be able to do. * **How we assess learning**: knowledge checks, practical tasks, written responses and formal assessments. * **Key words to know**: Vocabulary students will learn and use. |

**Curriculum Overview: Personal Development**

**Year group: 7**

**What your child will learn each half term**

This overview shows the key topics, skills, and knowledge your child will be learning in **Personal Development** in **Year 7**. It helps families understand what’s being taught, how it builds on previous learning, and how you can support your child at home.

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| **Half term** | **What we are learning** | **Key knowledge and skills** | **How we will assess learning in this unit** | **Key vocabulary for this unit** | **Key vocabulary for this unit** |
| Term 1- Autumn term | **Key theme- Health and Relationships**  1.Introduction to LSA and PSHE  2.Positive mental health  3.Growth mindset and resilience  4.Friendships  5.Relationships and Family  6. Bullying  7. Loss and bereavement | **Key knowledge**  Primary to secondary transition  To understand what PSHE is  LSA school values  Mental health awareness-illnesses and symptoms  Signposting for support  Growth mindset and resilience.  Friendships and maintaining positive relationships.  Importance of family.  Challenges of being a parent  Types of bullying  Seeking help- bullying  Grief and emotions  Signpost support each lesson.  **Skills**  Communication skills  Teamwork  Confidence  Respect  Empathy  Understanding  Personal safety  Communication skills.  Emotional resilience  Social skills  Self-awareness | Starters- recap of previous learning  Key terms- definitions  Baseline assessments  Knowledge checks  Pair work  Class discussions  Pair discussions  Ranking exercises  Quizzes  Video & questions  Written tasks  Reflection tasks  Support Signposting | PSHE  RSE  Respect  Endeavour  Aspiration  Integrity  Mental health  Depression  Post natal depression  Schizophrenia  PTSD  Anxiety  OCD  Insomnia  ADHD  ASD  Resilience  Grow mindset  Friendliness  Empathy  Harmony  Rapport | Parenting  Discipline  Responsibility  Advice  Bystander  Bullying  Empathy  Respect  Defenceless  Empathy  Grief  Bereavement  Emotions  Withdrawn |
| Term 2- Spring term | **Key theme- Health and wellbeing**  8. Making choices about diet and exercise  9. Hygiene  10. Puberty  11.Menstruation  12. Keeping safe FGM  13.Introduction to consent | **Key knowledge**  Healthy diet and regular exercise  Importance of sleep  Personal hygiene  Dental health  Puberty  Menstrual cycle & hygiene products  Female genitalia mutilation (FGM)  Consent  **Skills**  Making informed decisions  Self-awareness Confidence  Making informed decisions  Respect  Empathy  Understanding  Supportive  Maturity | Starters- recap of previous learning  Key terms- definitions  Baseline assessments  Knowledge checks  Pair work  Class discussions  Pair discussions  Video & questions  Written tasks  Card sorts  Group work  Scenarios  Ranking exercises  Comprehension  Reflection tasks  Support Signposting | Healthy  Wellbeing  Balanced diet  Exercise  Influence  Sleep  Obesity  Hypertension  Osteoporosis  Endorphins  Hygiene  Germs  Microscopic  Antibiotics  Infections  Dentist  Floride  Beauticians  Cosmetic  Treatment  Puberty  Relationships  Physical  Emotional | Biological male  Biological female  Penis  Testes  Sperm  Erections  Masturbate  Discharge  Nipples  Breasts  Period  Menstruation  PMS  Ovulation  Hormones  Puberty  Menopause  FGM- female genital mutilation  Vulva  Vagina  Clitoris  Abuse  Barriers |
| Term 3- Summer term | **Key theme- Living in the wider world**  14. Making safe financial choices  15. Budget, saving and spending  16. Neurodiversity  17. Being safe online  18. Digital footprint  19. The political system in the UK  20. The operation of parliament | **Key knowledge**  Managing money  Income and expenditure.  Credit and debt  Neurodiversity  Keeping safe online and on social media.  Digital footprint  Political system UK  Role of citizens, parliament and monarch.  Voting, elections and political parties.  **Skills**  Numeracy skills  Self-awareness  Budgetting skills  Making informed decisions  Empathy  Understanding  Emotional resilience  Personal safety  Digital resilience  Awareness  Personal safety  Digital literacy  Responsibility  British values  Critical thinking  Communication  Problem solving  Diversity  Tolerance | Starters- recap of previous learning  Key terms- definitions  Baseline assessments  Knowledge checks  Pair work  Class discussions  Pair discussions  Video & questions  Written tasks  Card sorts  Group work  Scenarios  Ranking exercises  Comprehension  Reflection tasks  Support Signposting | Budget  Expenditure  Finance  Debt  Withdrawn  Neurodiversity  Autism  Dyslexia  Dyspraxia  ADHD Dyscalculia  Dysgraphia  Online  Safety  Social media  Cyber security  Malware  Phishing  Cyberbullying  Grooming  Hacking  Fake news | Artificial intelligence  Digital footprint  Identity  Social media  History  Privacy  Reputation  Digital literacy  Democracy  Rule of law  Individual liberty  Mutual respect  Tolerance  Constituencies  Elections  Legislature  Government  Judiciary  Lobbying  Ballot  Polling station  Manifesto  Prime minister  MP |