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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.
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**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 skillsTeamwork Confidence Respect Empathy Understanding Personal safetyCommunication skills. Emotional resilience Social skillsSelf-awareness  | Starters- recap of previous learningKey terms- definitions Baseline assessments Knowledge checksPair work Class discussionsPair discussionsRanking exercises Quizzes Video & questions Written tasksReflection tasks Support Signposting  | PSHERSERespectEndeavour 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Discipline Responsibility Advice Bystander Bullying Empathy Respect DefencelessEmpathy Grief Bereavement Emotions Withdrawn |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 exerciseImportance of sleepPersonal hygiene Dental healthPuberty Menstrual cycle & hygiene products Female genitalia mutilation (FGM)Consent**Skills** Making informed decisions Self-awareness Confidence Making informed decisionsRespect Empathy Understanding Supportive Maturity  | Starters- recap of previous learningKey terms- definitions Baseline assessments Knowledge checksPair work Class discussionsPair discussionsVideo & questions Written tasksCard sortsGroup workScenarios 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 CosmeticTreatment Puberty Relationships Physical Emotional  | Biological maleBiological female Penis Testes Sperm Erections Masturbate Discharge Nipples Breasts PeriodMenstruation PMSOvulation Hormones Puberty MenopauseFGM- 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 spending16. Neurodiversity 17. Being safe online 18. Digital footprint19. The political system in the UK20. 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 UKRole of citizens, parliament and monarch. Voting, elections and political parties. **Skills**Numeracy skills Self-awareness Budgetting skillsMaking informed decisions Empathy Understanding Emotional resiliencePersonal safetyDigital resilience Awareness Personal safety Digital literacy ResponsibilityBritish values Critical thinking Communication Problem solving Diversity Tolerance  | Starters- recap of previous learningKey terms- definitions Baseline assessments Knowledge checksPair work Class discussionsPair discussionsVideo & questions Written tasksCard sortsGroup workScenarios Ranking exercises Comprehension Reflection tasks Support Signposting   | Budget Expenditure Finance Debt WithdrawnNeurodiversityAutismDyslexiaDyspraxiaADHD DyscalculiaDysgraphiaOnline Safety Social mediaCyber security Malware Phishing Cyberbullying Grooming Hacking Fake news  | Artificial intelligence Digital footprint Identity Social media History Privacy Reputation Digital literacy Democracy Rule of lawIndividual liberty Mutual respect ToleranceConstituencies Elections Legislature Government Judiciary Lobbying Ballot Polling station Manifesto Prime minister MP |