

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 across each year group. It helps families understand what's being taught, how it builds on previous learning, and how you can support your child at home.

- **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.

Half term	What we are learning	Key knowledge and skills	How we will assess learning in this unit	Homework	Key vocabulary for this unit
Term 1- Autumn term 1	Autumn term 1- Emotional Wellbeing: managing change and transition 1. Thriving in secondary school 2. Managing emotions and reactions 3. Developing positive thinking habits 4. Managing tension and stress	Key knowledge Primary to secondary transition To understand what PSHE is LSA school values and rules Respect in the community Learning how to manage emotions and distractions Factors affecting wellbeing Strategies to manage emotions Understanding what negative bias is Strategies to support positive thinking habits Supporting wellbeing How to manage feelings of tension and stress Signpost support each lesson. Skills Communication skills Teamwork	Starters- recap of previous learning Key terms- definitions Baseline assessment quiz and quiz at the end of unit to see progress. Personal Learning checks Pair work Class discussions Pair discussions Ranking exercises Quizzes Video & questions Written tasks Reflection tasks Support Signposting	Not applicable	PSHE RSE Respect Endeavour Aspiration Integrity Transition Support Emotions Reactions Wellbeing Routines Distractions Anterior cingulate cortex Insula Strategies Reflection Negativity bias Amygdala Stress Prefrontal cortex Hippocampus

		Confidence Respect Reflection Empathy Understanding Personal safety Communication skills. Emotional resilience Social skills Self-awareness			
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In line with the new framework / curriculum, the curriculum plans will be updated and shared prior to teaching.