



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.

- **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	Key vocabulary for this unit	Key vocabulary for this unit
Term 1- Autumn term	<u>Key theme- Health and Relationships</u> 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	<u>Key knowledge</u> 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. <u>Skills</u> 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Discipline Responsibility Advice Bystander Bullying Empathy Respect Defenceless Empathy Grief Bereavement Emotions Withdrawn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	<u>Key theme- Health and wellbeing</u>	<u>Key knowledge</u> Healthy diet and regular exercise Importance of sleep	Starters- recap of previous learning Key terms- definitions	Healthy Wellbeing Balanced diet	Biological male Biological female Penis

	8. Making choices about diet and exercise 9. Hygiene 10. Puberty 11. Menstruation 12. Keeping safe FGM 13. Introduction to consent	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	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	Exercise Influence Sleep Obesity Hypertension Osteoporosis Endorphins Hygiene Germs Microscopic Antibiotics Infections Dentist Fluoride Beauticians Cosmetic Treatment Puberty Relationships Physical Emotional	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 Budgeting skills Making informed decisions Empathy Understanding Emotional resilience	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

		Personal safety Digital resilience Awareness Personal safety Digital literacy Responsibility British values Critical thinking Communication Problem solving Diversity Tolerance			Manifesto Prime minister MP
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