

Our Lady Queen of Peace

Catholic High School

Curriculum Overview

Y7 Curriculum for Life

Careers

Local Market Information	Skills	Jobs
Health and Social Care Hospitality Education Community Services	Communication Decision making Self-management Problem solving Responsibility Organisation Conflict resolution Critical thinking Teamwork Leadership	Nurse Paramedic Social Worker Mental Health Worker Teacher Counsellor Police Officer Community Worker Civil Servant Journalist Fact Checker

Knowledge & Understanding

Subject Specific Literacy Development

Cultural Capital / Enrichment Opportunities

	Topics (Bigger Picture)	Knowledge (Key Concepts)	Recall & Retrieval Practice Focus	Key Vocabulary	
Half Term 1	Transition and secondary school	- Transition and challenges. - Developing new friendships. - Emotional responses to transition - Strategies for managing change.	Recall key vocabulary and knowledge from previous lessons related to: Types of relationships	Relationships Transition Change	Links to British Values and UK laws. Exploring differences and diverse relationships in society.
	Types of Relationships	- Different types of relationships (family, friendships, peers, adults) - The importance and benefits of relationships in our lives. - The relationship with ourselves.	Forms of support Qualities of healthy relationships Forms of bullying Impacts of bullying	Relationships Qualities	

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	Families and Support Networks	- Different family structures and respect for diversity in family types. - Role of family and wider support networks - Trusted adults and support networks. - How families provide care, safety and support.		Nuclear Single parent Blended Extended Same-sex parents Diversity	
	Positive Friendships	- Features of positive friendships. - Difference between healthy and unhealthy friendships. - Recognising when friendships are not healthy		Trust Loyalty Kindness Support Healthy friendships Unhealthy friendships	
	Personal Boundaries	- Introduction to consent in everyday interactions and relationships. - How to communicate boundaries clearly and respectfully. - Respecting other people's boundaries.		Boundaries Consent Respect	
	Bullying	- Types of bullying - Impact of bullying on individuals. - Positive bystander behaviour and reporting routes.		Physical Verbal Social Cyberbullying Bystander Upstander	
	Respect, empathy and kindness in Relationships	- How respect, kindness and empathy are shown in relationships. - How respectful behaviour applies online. - Impact of unkind behaviour and lack of respect		Respect Empathy Kindness Protected Characteristics	
Half Term 2	Introducing Living in Modern Britain	- British Values - Society - Diversity/Multiculturalism	Recall key vocabulary and knowledge.	Democracy Tolerance Diversity	Links with similarities and differences between different individuals in society. Awareness of opportunities for representation – school council, MYPs
	Who's in Charge	- How we are governed - Monarchy - Government - Parliament	Opportunities for scenario-based activities.	Government Monarchy Parliament	

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	Active Citizens	- How citizens can make a change in the world - How citizens can make a raise awareness of an issue in the world - Examples of actions		Active Citizens Campaigning Changemakers	Awareness of campaigns in society and how to analyse the impact of a campaign with contextual examples
	Taking Action Part 1	Planning an active Citizen Action		Agency Campaigning Changemakers	
	Taking Action Part 2	Analysing and evaluating Citizen Action to make successful campaigns		Citizen voice Lobbying Legislation	
	Assessment and Careers	- Oracy task and discussion - Assessment of knowledge learnt so far and identifying improvements - Careers link to the Civil Service		Civil Service	
Half Term 3	Individual Identity	- Individual identity, perceptions and values. - Positive and negative qualities. - The importance of being unique. - Factors that shape identity (family, friends, culture, experiences, media - Respecting differences in identity.	Recall key vocabulary and knowledge from previous lessons related to: Respecting and diversity British Values Protected Characteristics Impacts of discriminatory behaviour Finding support Impacts of peer pressure Online safety tips and consequences	Identity Qualities Values	Developing understanding of identify, diversity, equality and responsible citizenship. Exposure to different perspectives within their communities and online. Exploring Protected characteristics and British Values.
	Diversity and Belonging	- Understanding what diverse communities are. - Diversity and differences. - Barriers and challenges that individuals may face. - Respectful behaviour in public spaces and school environments - Acceptance and British Values		Diversity Communities Tolerance Mutual respect Equality	
	Discrimination and Protected Characteristics	- Overview of the protected characteristics - Discrimination and prejudice - Impact of discriminatory language and behaviour - Importance of equality, respect and tolerance in society		Discrimination Protected Characteristics Prejudice	

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		How to challenge discrimination safely			
	Challenging Stereotypes	- What stereotypes are and how they develop. - Types of stereotypes - Impact of stereotypes - How media and online content can reinforce stereotypes. - Ways to challenge stereotypes respectfully		Stereotypes Assumption Generalisation Protected Characteristics Discrimination	
	Peer Influence and Pressure	- Understanding and recognising peer pressure. - Types of peer pressure. - Identifying who influences us. - Impacts of risk-taking behaviour. - Strategies for resisting negative pressure. - Importance of personal values and decision-making - Role of support networks in making safe choices.		Peer pressure Influences Risks Resistance	
	Responsible and Safe Online Behaviour	- Importance of protecting personal information online and risks of sharing data. - Recognising suspicious or unsafe online behaviour. - How online content can influence beliefs, behaviour and emotions. - That social media can lead to escalations in conflicts - Awareness of harmful or distressing online content and its impact. - How algorithms and online platforms can influence the content people see - Strategies for safe responses online.		Privacy Safety Influence	

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Half Term 4	Physical wellbeing and Healthy Lifestyles	• Making healthy lifestyle choices. • Key components of a healthy lifestyle (sleep, diet, exercise, hygiene) • Self-care for minor ailments • Introduction to common serious health conditions. • Seeking health and health services.	Recall key vocabulary and knowledge from previous lessons related to: Healthy lifestyle habits Unhealthy lifestyle habits Signs and symptoms of poor mental health Forms of support Emotional impacts of puberty	Diet Sleep Exercise Nutrition Lifestyle Habits	Knowledge and skills needed to understand physical and emotional development during adolescence. Healthy lifestyle choices, emotional wellbeing, self-care and personal responsibility, preparing students to manage changes confidently and make informed decisions about their health.
	Mental Health and Emotional Awareness	• How to manage emotions and stress. • Signs and symptoms of poor mental health. • Factors that can affect mental wellbeing and stress. • Introduction to anxiety and depression and how they may present. • Recognising the relationship between physical and mental health. • Reducing stigma around mental health • Support and signposting		Mental health Emotions Stress Anxiety Depression Stigma	
	Puberty and Physical Changes	• Overview of puberty and physical changes. • How the body changes during puberty. • Introduction to the menstrual cycle. • Awareness of heavy menstrual bleeding. • Introduction to endometriosis as a condition affecting period pain and health.		Puberty Menstruation Endometriosis Physical	
	Puberty and Emotional Changes	• Emotional challenges during puberty. • Understanding mood changes and stress during adolescence • Introduction to PMS and how it can affect mood and physical feelings. • Strategies for managing emotional changes		Puberty Emotions Hormones	
	Personal Hygiene	• Importance of personal hygiene for health, confidence and wellbeing • Daily hygiene routines (washing, dental care, body care). • Changes in hygiene needs during puberty.		Hygiene Health Confidence Puberty	

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Half Term 5	What is Media Literacy?	- Introducing Media Literacy - Mis/Dis/Mal information	Recall key vocabulary and knowledge.	Traditional Media New media Social media	Learning about how to understand the purpose of the media in their everyday life Learning about journalism as a future career Learning how to critically analyse their information to stay safe online
	Media Literacy in Action	- Case studies of real media events - Exploring the impact of media in the world	Opportunities for scenario-based activities.	Journalism Journalist reporting	
	Misinformation and Fact Checking	- Importance of Fact checking - IMPACT strategy		Misinformation Audience Malinformation Disinformation	
	Ai and Deep Fakes	- The rise of Ai - Using Ai in the correct way - Identification of Ai generated media - Deepfakes and keeping yourself protected		Ai Deepfake Prompt Engineering	
	'The Big Debate lesson'	- Plan and debate an issue linked the media literacy - Explore a contextual and current issue in the news that is appropriate and relevant e.g the use of Ai for homework support		Arguments Evidence Judgements	
	Assessment and Careers	- Oracy task and discussion - Assessment of knowledge learnt so far and identifying improvements - Careers link to journalism			
Half Term 6	Self Esteem	- Understanding self-worth and self-efficacy. - Exploring and understanding the importance of the relationship with yourself before beginning other relationships. - Morals - Importance of self-respect and positive self-talk - Strategies for maintaining and improving self-esteem	Recall key vocabulary and knowledge from previous lessons related to: The relationship with ourselves Qualities of healthy and unhealthy relationships. Methods to managing conflict and resolution Signs of dangerous online relationships. Where to access support.	Self Esteem Relationships Morals	Equipping student with the knowledge and skills to recognise healthy and unhealthy behaviours, manage conflict constructively, build positive relationships and access support when needed. The UK laws around unsafe and illegal behaviour in relationships.
	Healthy vs Unhealthy Relationships	Characteristics of healthy vs unhealthy relationships.		Coercion Control	

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		• Introduction to coercive behaviours in friendships • Consent • Recognising warning signs of unhealthy relationships. • Knowing when and how to seek support		Pressure	
	Managing Conflict in Relationships	• Understanding that disagreements and conflict can occur in relationships • Difference between healthy conflict and unhealthy behaviours • Strategies for resolving conflict respectfully and safely • Recognising when conflict becomes harmful, controlling or coercive		Conflict Harmful Resolution	
	Online Relationships and Safety	• Characteristics of safe and respectful online communication • Risks associated with online relationships and interactions • Recognising when online interactions become unsafe or inappropriate		Online Safety Communication	
	Child on Child Abuse	• Understand what child-on-child abuse is. • Abuse and harassment in unsafe relationships. • The laws around child on child abuse. • Where to access support.		Child on Child Abuse Harassment	

Key Assessments

When	What will be assessed?	Why is this being assessed?	How will results be stored & students receive feedback?
End of HT1	- Understanding of different forms of bullying. - How to deal with and challenge bullying. - Identifying different types of relationships. - Qualities of safe, healthy relationships. - Signs of unsafe, unhealthy relationships. - Understanding of consent and how to provide or refuse clearly.	To check students' understanding about the meaning of key vocabulary and how to manage different situations across different relationships.	Knowledge mind maps updates each lesson. Marked Knowledge Checkers glued into books. Knowledge checkers are marked in class, so immediate feedback is provided to address any misconceptions.
End of HT2	- Understanding of different forms of bullying. - How to deal with and challenge bullying. - Protected characteristics. - How to deal with and challenge discrimination. - Definitions of key words from half term 1.	To check students' understanding about the meaning of key vocabulary and how to manage different situations across different relationships.	Knowledge mind maps updates each lesson. Marked Knowledge Checkers glued into books. Knowledge checkers are marked in class, so immediate feedback is provided to address any misconceptions.
End of HT3	- Impacts of peer pressure and how to manage this. - Understanding of the protected characteristics. - Impacts of discrimination and stereotyping. - Positives and negatives of social media. - How to stay safe online. - Definitions of key words from half term 3.	To check students' understanding about the meaning of key vocabulary and how to keep themselves safe and manage different situations in the wider world.	Knowledge mind maps updates each lesson. Marked Knowledge Checkers glued into books. Knowledge checkers are marked in class, so immediate feedback is provided to address any misconceptions.
End of HT4	- How to maintain a healthy lifestyle. - How to improve mental health. - Signs and symptoms of poor physical and mental health. - Coping strategies. - Signs of puberty in males and females. - Emotional impacts of puberty. - Definitions of key words from half term 4.	To check students' understanding about the meaning of key vocabulary and how to be responsible for their own health.	Knowledge mind maps updates each lesson. Marked Knowledge Checkers glued into books. Knowledge checkers are marked in class, so immediate feedback is provided to address any misconceptions.

End of HT5	• Media Literacy key vocabulary • Methods to fact checker • IMPACT and REVIEW strategies • Impact and rise of Ai	To check students' understanding about the meaning of key vocabulary and how to implement media literacy strategies.	Knowledge mind maps updates each lesson. Marked Knowledge Checkers glued into books. Knowledge checkers are marked in class, so immediate feedback is provided to address any misconceptions.
End of HT6	• Methods to build self confidence • Positive and negative qualities within different relationships. • How to deal with negativity in relationships. • Child on child abuse and impacts. • Online safety. • Definitions of key words from half term 6.	To check students' understanding about the meaning of key vocabulary and how to manage different situations within different relationships.	Knowledge mind maps updates each lesson. Marked Knowledge Checkers glued into books. Knowledge checkers are marked in class, so immediate feedback is provided to address any misconceptions.