

In *Who Am I?*, students begin the RSE curriculum, which follows the TenTen framework. They explore themes of identity, relationships, and personal values. This unit sets the foundation for further RSE learning.

In *Bite into Wellness*, students explore key concepts for maintaining a healthy lifestyle, including nutrition, exercise, hydration, sleep, and illness prevention. They learn how daily choices impact their physical and mental well-being and develop practical strategies for building healthy habits.

In *Guardians of the Web*, students explore how technology affects their lives, both positively and negatively. They learn about internet safety, including protecting personal information and recognising online risks. The unit encourages responsible, respectful online behaviour and helps students become safe and thoughtful digital citizens.

In *Inside Out*, students explore what mental health is and learn to recognise common mental health challenges such as anxiety, stress, and low mood. They examine the importance of sleep, nutrition, and exercise in supporting emotional well-being.

In the *Britain's Got Values* unit, students learn about the five British Values: democracy, the rule of law, individual liberty, mutual respect, and tolerance. They explore how these values shape UK society and their relevance in everyday life. The unit encourages understanding of different perspectives and the importance of living well together in a diverse and democratic society.

In *Money Matters*, students are introduced to the basics of money management. They learn about how people earn money and the importance of spending wisely. Students will explore careers in STEM and establish their Unifrog accounts.

Students will participate in *Reg and Read* during afternoon form time. This initiative provides students with the opportunity to engage with a variety of texts that are linked to the Trust Virtues of the academy, fostering a deeper understanding of the values that underpin the school's ethos.

Year 7 Learning Journey: Holistic Development

