Personal Development Department - Year 7

Shirley High Curriculum Map	*Our curriculum takes a thematic approach, which covers six spiral core themes that progressively run through each year group: Health and Wellbeing Life Beyond School Rights, Responsibilities and British Values Careers Education Staying Safe Online and Offline RSE The themes are built upon each year and lessons within these themes cover the statutory requirements for RSE and Health and Wellbeing, Citizenship and British Values. Personal Development lessons also meet the requirements of the Gatsby benchmarks. The year 7 curriculum focuses on transitions, both physical and personal and builds on KS2 work around friendships, online safety and diversity. It also begins to introduce students to the British political system.*					
	Autumn 1	**Autumn 2**	**Spring 1**	**Spring 2**	**Summer 1**	**Summer 2**
	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:	Theme/Topic/Skill:
	Managing Change		Health and Wellbeing		Relationships and Health	
Why Now?	Transition lessons to help with the change of starting secondary school		Focus on keeping healthy and staying safe online as students become more aware of social media and increase phone use		Focus on changing bodies and relationships and staying safe in public	
Fundamental Concepts	Relationships and Sex Education	Living in the Wider World	Health and Wellbeing	Health and Wellbeing	Relationships and Sex Education	Health and Wellbeing
Students will…	- Connecting with teachers - Making new friends - Having healthy relationships - Tackling cyberbullying - Understanding bullying	- The Equality Act 2010 - The role of courts - Making sense of money - Budgeting basics - Bank Accounts - What's real online	- Combatting worry, stress and anxiety - Dealing with stress - Rewiring your brain - Healthy sleep habits - Link between phones and sleep - Investing in health	- Managing privacy online - Dangers of internet algorithms - Social media addiction - Healthy eating, healthy living - Escaping the social media trap - AI and chatbots	- Different types of families - Positive parenting - Changing adolescent bodies - Body changes during puberty - Consent - Building healthy relationships	- Vaping: a global dilemma - Healthy and balanced diets - Alcohol and your health - Fire and water safety - Safety in public
Language for Life (Key terms/Vocabulary)	Rapport / transition / respectful communication / peer pressure / inclusivity / boundaries / consent / mutual respect / cyberbullying / digital footprint / trolling / flaming / exclusion / bystander / upstander / reporting mechanisms / protected characteristic / discrimination / prejudice / equity / judiciary / legal system / justice / criminal law / civil law / budgeting / income / expenditure / fixed costs / variable costs / interest rates / debit / credit / fake news		Worry / stress / anxiety / sleep hygiene /mindfulness / meditation/blue light exposure /screen time limits/ algorithms / social media / AI / chatbots / data privacy / digital wellbeing / adolescence / positive parenting / healthy relationships / nutrition / active lifestyle		Parenting / blended families / co-parenting / puberty / hormones / body image / self-esteem / interpersonal skills / mutual respect / peer pressure / digital consent / nicotine / binge drinking / substance abuse / macronutrients / lifestyle diseases / hazard awareness / emergency response / road safety	
Extended writing Opportunities						
Maths Across the Curriculum		Budgeting/bank accounts				
Links to careers/ aspirations	Counselling / social work	Legal profession	Mental health practitioner/wellness coach	Cybersecurity / nutritionists	Family law, pediatric health care	Emergency services /
Cultural Capital		Understanding legal				
Practical Application of Skills	Role-play conflict resolution					Road safety/hazard awareness