

YEAR GROUP: 7	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Topic/Theme	Families / respectful relationships, including friendships	Relationships and Cyber bullying	Mental Health	Changing adolescent body	Health and how to take care of yourself	Future plans
Knowledge	<p>Pupils will learn about:</p> <p>Families & Respectful relationships</p> <ul style="list-style-type: none"> - The role of families in bringing up children - about trust and how we recognise this in our relationships - who can help if we are worried about family, friend or other relationships - dealing with changing friendships in the move to secondary school - the ways in which friends support each other - about different types of bullying and Cyberbullying (including school policy and procedures) <p>PAD:</p> <ul style="list-style-type: none"> -Romantic relationships L1 & L2 	<p>Pupils will learn about:</p> <ul style="list-style-type: none"> - Black History Month -What makes a good friend - when to seek help for issues online and how to report material - Managing friendships -E-Bullying <p>PAD:</p> <ul style="list-style-type: none"> -Radicalisation and Extremism L1 & L2 -British Values L3 & L4 -Grooming and Cyber safety L5 & L6 	<p>Pupils will learn about:</p> <p>Mental Well being</p> <ul style="list-style-type: none"> - about how to express feelings accurately and the support available within school for wellbeing concerns - about the importance of adequate sleep for mental wellbeing - about how being connected with others supports mental wellbeing - that they can take care of their mental health in the same way as they do their physical health and some ways to do this - to recognise and celebrate their achievements and how this impact on their self-esteem <p>PAD:</p> <ul style="list-style-type: none"> -Importance of Consent L1 & L2 -Managing our Anger L3 & L4 	<p>Pupils will learn about:</p> <p>Changing adolescent body</p> <ul style="list-style-type: none"> - how to manage periods effectively in and out of school - how to manage the physical and emotional changes of puberty - how to maintain personal hygiene <p>PAD:</p> <ul style="list-style-type: none"> -Discrimination and Bias L1 & L2 -Positive Influence L3 & L4 -Consent L5 & L6 	<p>Pupils will learn about:</p> <ul style="list-style-type: none"> -Importance of Sleep -Diversity -Personal Hygiene <p>PAD:</p> <ul style="list-style-type: none"> -Dealing with Grief L1 & L2 -Being a gateway Citizen L3 & L4 Setting Goals L5 & L6 	<p>Pupils will learn about:</p> <ul style="list-style-type: none"> -Role Models -Setting goals Continued -Organisation and the year ahead <p>PAD:</p> <ul style="list-style-type: none"> June Pride Month L1 & L2 Homophobia and British Values L3 & L4 Smoking/Vaping L5 & L6
Big Question	How do you keep safe online?	How do you deal with bullies?	How does your brain affect you?	How do you take care of your personal hygiene?	Why do you need sleep?	What do you plan to focus on for next year?
Academic Reading	https://www.lovetoknow.com/life/relationships/types-family-structures	https://www.bbc.co.uk/news/education-23272673	https://www.mentalhealth.org.uk/explore-mental-health/articles/how-support-someone-mental-health-problem https://www.mentalhealth.org.uk/explore-mental-health/articles/how-pick-yourself-when-things-get-tough-15-tips-men	https://www.mentalhealth.org.uk/explore-mental-health/articles/body-image-report-executive-summary	https://www.medicalnewstoday.com/articles/personal-hygiene	https://positivopsychology.com/goal-setting/
Cultural Capital	To develop understanding of sensitive topics we link to real life examples, for example	To develop an understanding of diversity and respecting diversity. How to use anti-bullying strategies to minimise hate and prejudice based	To develop an understanding on the importance of mental health and growing concern on male mental health by brining in guest speaks.	To assist with understanding of personal hygiene and ways to keep clean whilst going through puberty.	To develop students understanding of the importance of hygiene and diet with real life items as examples and skills and knowledge on how to	Organisation skills and focus on future goals to help pupils prepare for the next year and feel more confident going into a new year.
Cognitive Links	Health and Social Care	History	Psychology	Science link – Human reproduction, the process disregarding the emotional context. Students understand and are able to identify the structures and organs in the reproductive system and the function of the system as whole. The process of reproduction is covered Science link – The adolescent body and changes. Lesson 5 of the sexual reproduction unit in animals concentrates on not just the life cycle of animals including humans but puberty and adolescence. It touches upon the menstrual cycle. The lesson challenges misconceptions and shows students the changes in the body as they become older	Health and Social Care	
End Points	<p>Identify the different types of family and the roles of family members. Describe the changes in family roles since the 1950s</p> <p>Explain why roles have changed and why we need to learn about different types of families.</p> <p>Correctly identify ways we can develop genuine friendships.</p> <p>Describe how it can be difficult to always be a good friend.</p> <p>Explain the difference between genuine friendships and toxic friendships</p> <p>Identify whether the situations are 'banter' or bullying.</p> <p>Describe the consequences of 'banter' and how we can tell when banter turns to bullying.</p> <p>Explain the difference between banter and bullying and why you believe each situation falls into that particular category.</p> <p>Identify what can be expected as someone becomes romantically attracted or involved with someone else and the problems which may arise.</p> <p>Describe what the case studies should do in the difficult romantic situations as well as what is and isn't appropriate.</p> <p>Explain the meanings of new terms and use them in the correct context, analysing whether romantic love even exists at all.</p> <p>Describe some ways of avoiding dangerous relationships and maintaining positive ones.</p> <p>Explain ways dangerous people seek out the vulnerable and how not to fall for their traps.</p> <p>Analyse how the internet could be made safer and how particular relationships could turn into negative situations if left unchecked.</p> <p>Identify whether the situations are 'banter' or bullying.</p> <p>Describe the consequences of 'banter' and how we can tell when banter turns to bullying.</p> <p>Explain the difference between banter and bullying and why you believe each situation falls into that particular category.</p>	<p>Describe the successes and contributions to Britain and the rest of the world of your chosen black Briton in detail for our display.</p> <p>Create a class display celebrating our black British community, their successes, icons and celebrities.</p> <p>Describe the successes and contributions to Britain and the rest of the world of your chosen black Briton in detail for our display. Choose two black British icons to research and present. Who has had the most impact in changing our society? Analyse.</p> <p>To understand the importance of friendship and the qualities makes a good friend</p> <p>To understand what is needed to make positive relationships with friends.</p> <p>To evaluate why some friendships can be more beneficial than others</p> <p>To understand how we can manage friendships in a positive way</p> <p>Identify the different types of radical groups.</p> <p>Describe how a group may try and radicalise someone.</p> <p>Explain why online radicalisation is a problem</p> <p>Discover and describe our personal identities, identifying our heritage and describing the contributions of our cultures in helping to form Britain today.</p> <p>Explore and explain our multiple personal identities, explaining our heritage and the contributions of our cultures in helping to form Britain today.</p> <p>Research and analyse our multiple personal identities, explaining our heritage and the evaluating the impact of our cultures in helping to form Britain today.</p> <p>Identify grooming and the different types of grooming</p> <p>Describe how grooming may occur</p> <p>Explain why grooming and child exploitation as an issue</p> <p>Identify the negative internet uses and the information we should not make public.</p>	<p>To understand what a sexual relationship is, why people might form them and what makes them healthy, unhealthy and abusive.</p> <p>To know what is meant by a sexual relationship.</p> <p>To identify the key differences between platonic, romantic and sexual relationships.</p> <p>To identify reasons why people might form sexual relationships and whether these might be healthy or unhealthy.</p> <p>To identify and understand healthy, unhealthy and abusive sexual relationships</p> <p>Correctly identify mental health illnesses and their symptoms</p> <p>Describe possible ways for us to retain good mental health and how we can recognise depression</p> <p>Explain how you could apply ideas you have learned about retaining good mental health to your own life</p> <p>Correctly identify importance of sleep and mental health illnesses and their symptoms</p> <p>Describe possible ways for us to improve mental health with sleep</p> <p>To be able to explain what is meant by 'consent', and what this means within healthy relationships.</p> <p>To understand and explain some consequences of someone not receiving consent for sexual behaviour within a relationship.</p> <p>To describe how and from where to access support, and how to support a friend who may be experiencing abuse.</p> <p>Identify ways we can manage our anger in a variety of different circumstances.</p> <p>Apply new knowledge to describe how six students in different case studies can avoid conflict and manage anger constructively.</p> <p>Explain the best ways to manage our anger depending on different situations and causes.</p> <p>Identify the consequences of living an unhealthy lifestyle. Identify appropriate ways we can improve our lifestyle and the long term gains.</p>	<p>Identify the changes both males and females experience during puberty. Describe the importance of these changes and why they happen.</p> <p>Explain the meaning of new key scientific terms related to puberty.</p> <p>Correctly identify the different ways periods and the menstrual cycle affect us, what exactly happens and how we can manage our periods.</p> <p>Describe the different hygiene products, how the menstrual cycle impacts on our emotional health and how we can best manage our periods.</p> <p>Explain in scientific terms using new terminology how the menstrual cycle works and why periods can cause us to have health issues.</p> <p>To recognise different types of discrimination</p> <p>To identify how discriminatory ideas may present in different texts</p> <p>To evaluate the importance of understanding bias</p> <p>To recognise different role models in your life.</p> <p>To identify how friends can be a bad influence.</p> <p>To evaluate the importance of have a good circle of friends around you.</p> <p>Recap key terminology around sexual consent.</p> <p>Discuss talking points around consent.</p> <p>Evaluate positive and negative influences.</p>	<p>To be able to make informed choices about health and wellbeing - in particular, regarding the importance of sleep. To consider why sleep is an important part of a healthy lifestyle. To assess your own sleep routine. To design an aid to help teenagers improve their sleep routines. Learn about the similarities, differences and diversity among people of different race, culture and religion.</p> <p>I understand the ways in which diet, exercise, hygiene and sleep contribute to being healthy</p> <p>To understand how important personal hygiene is and how to achieve it</p> <p>I can identify different feelings: those which feel OK and those which don't feel so good.</p> <p>I can explore what loss is.</p> <p>I can talk about what we can do to look after ourselves if we are grieving.</p> <p>I can talk about what we can do to look after others if they are grieving.</p> <p>Learning about how to set a goal and how to overcome obstacles to achieve it.</p>	<p>Learning about how to set a goal and how to overcome obstacles to achieve it.</p> <p>To understand the importance of moving forward</p> <p>Learning about how to set a goal and how to overcome obstacles to achieve it.</p> <p>To complete the complete the red clip challenge and gain at least 60% on today's quiz. I will be able to state the meaning of the acronym LGBTQAI.</p> <p>To complete the amber clip challenge and gain at least 80% on today's quiz. I will be able to describe the diversity of the LGBTQAI community.</p> <p>To complete the complete the green clip challenge and gain 100% on today's quiz. As above, but I will also be able to explain why the LGBTQAI community can be difficult to define.</p> <p>To define and give examples of discrimination and homophobia in the UK</p> <p>To understand what British Values are and how they can be used to challenge homophobia</p> <p>To be able to identify and challenge homophobic behaviour using British Values</p>