

Year 7, term 1	Subject topics – Program of Study	Pupils should Learn - Breakdown	Tutor Time (Thurs)	PSHE Class (Tues)	Outside Classroom Learning	Assessment & skills (including ICT)	SEN / EHC / EAL / Gifted & talented	Awareness days Relating:
Core theme 1 – Health & Wellbeing points H1-5	How to Manage Transition	Recognising strengths and weaknesses, Target Setting, Goals and Aims	Weeks 2-4 (3 lessons) & 8* <ul style="list-style-type: none"> Strengths & weaknesses SMART Targets Goals & Aims for the Year 					September: Organic September International Day of Peace 21 st September International Week of Happiness 23-30 th September
		Self Esteem & Confidence		Weeks 2-4 (3 lessons)				
H13-17	How to maintain physical, mental and emotional health and wellbeing; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing	Healthy eating and balanced diets, Importance of Exercise, Importance of Sleep and screen time, practise	Weeks 5-7 (3lessons) <ul style="list-style-type: none"> Eatwell Plate Balanced Diet Food & Mood 	Weeks 5-6 (2 lessons) <ul style="list-style-type: none"> Exercise Sleep & Screen time 	Sarah Upjohn Workshop on Music related Injuries Workshop by HH on nutrition and how the school prepares food to meet pupils needs			October: World Mental Health Day 10 th October Conflict Resolution Day October 17 th
H7 & H9		Personal Hygiene / puberty		Week 7				
H A L F T E R M								
H10		Immunisation and Vaccination – history of vaccination – examples smallpox and HPV	Week 8 – Review Goals Targets *	Week 8 – National Pathology Week 4 th November				November National Pathology Week 4 th November National Stress Awareness day 6 th November Anti Bullying Week – 11 th November Sugar Awareness Week – 11 th November
Core theme 2 – Relationships – points R1, 3,4, 6 & 8 R9-11	developing and maintaining a variety of healthy relationships within a range of social/cultural contexts	Different relationships, friendships, team work, music groups – qualities needed to form good relationship,	Week 9 – Anti bullying exercise Week 10 – team building activity	Week 9 -11 (3 lessons) incorporating Anti bullying week	Workshop on resilience and conflict resolution - TBA			
R27-30		Marriage and civil partnership – why people get married – changing attitudes – family units	Week 11 – What is Marriage – What does it mean?	Week 12 – continuation Marriage, nuclear family, family units				
H7		to manage growth and change as normal parts of growing up (including consolidation and reinforcement of Key Stage 2 learning on puberty, human reproduction, pregnancy and the physical and emotional changes of adolescence	Week 13 – review of topic mini quiz on Core Theme 1 Week 14 –	Week 13 &14 – Puberty, emotions, how a baby develops through pregnancy				Road Safety week 18 th November

Year 7, term 2	Subject topics – Program of Study	Pupils should Learn - Breakdown	Tutor Time (Thurs)	PSHE Class (Tues)	Outside Classroom Learning	Assessment & skills (including ICT)	SEN / EHC / EAL / Gifted & talented	Awareness days Relating:
Core Theme 1 – Health & Well Being Points 18 & 19	how to assess and manage risks to health and to stay, and keep others safe; how to respond in an emergency, including administering first aid	Basic First Aid and CPR Skills Dangers around the Home, outside of the home such as road safety, railway safety, Urban Awareness as well as safety in the online world	Week 1 & 2 Dangers around the home – fire, flood, electricity etc	Week 1 & 2 Basic First Aid Skills Including CPR	CPR Heart Start BHF with HA – during E&O week if no time in lesson Visit from fire service			5 th February – Safer Internet Day 7 th February – Send a card to a friend day
			Week 3 E&O	Week 3 E&O	Trip to Hazard Alley			
			Week 4 Reviewing personal settings online safety	Week 4 & 5 follow up Hazard Alley starting online safety				
			Week 5 -					
H A L F T E R M								
Core theme 2 – Living in the Wider World – points 4, 5 & 7	Rights and responsibilities as members of diverse communities, as active citizens and participants in the local and national economy	Human and Children’s Rights different race, religions and cultures – focussing on Christianity, Judaism and Islamic faiths as the basis.	Week 6&7 Human Rights and Children’s Rights	Weeks 6-8 <ul style="list-style-type: none"> • Christianity • Judaism • Islam 				8 th March Science Week
			Week 8 – Science week – debate science vs. religion					
			Week 9 – Mini Quiz	Week 9 & 10 Group Project on a topic from this term				
			Week 10 – project work					

