

C42 Year 7 programme- Living in the wider world, Relationships, Health and Wellbeing						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Transition to secondary & safety	Health & Puberty	Valuing Diversity-	Building healthy relationship	Importance of mental health, Living life to the full programme	The world of work & goal setting
Topic Objectives	Transition to secondary and personal safety inside and outside of school.	Healthy routines including dental health and emotional and physical changes.	Importance of Family and building Friendships (including online). Relationship boundaries and avoiding peer pressure.	Diversity linked to RRS, Prejudice and bullying.	LLTF Programme, importance of sleep.	Essential skills and how these can be developed (skills builder), goal setting and teamwork projects.
Acquired Knowledge / Skills  Pupils will learn	<ul style="list-style-type: none"> <li>how to identify, express and manage their emotions in a constructive way</li> <li>how to manage the challenges of moving to a new school</li> <li>how to establish and manage friendships</li> <li>how to identify personal strengths and areas for development</li> <li>personal safety strategies and travel safety, e.g. road and rail</li> </ul>	<ul style="list-style-type: none"> <li>how to make healthy lifestyle choices including diet, dental health, physical activity and sleep</li> <li>how to manage influences relating to caffeine, smoking and alcohol</li> <li>how to manage physical and emotional changes during puberty</li> <li>about personal hygiene</li> <li>the importance of dental health and check ups</li> </ul>	<ul style="list-style-type: none"> <li>how to develop self-worth and self-efficacy</li> <li>how to form and maintain positive friendships</li> <li>about qualities &amp; behaviours relating to different types of positive relationships</li> <li>how to recognise unhealthy relationships</li> <li>qualities and behaviours in a positive relationship</li> <li>active listening, clear communication, negotiation and compromise</li> <li>about consent, and how to seek and assertively communicate</li> <li>consent- friendship focus</li> </ul>	<ul style="list-style-type: none"> <li>about identity, rights and responsibilities</li> <li>about living in a diverse society</li> <li>how to challenge prejudice, stereotypes and discrimination</li> <li>the signs and effects of all types of bullying, including online</li> <li>unacceptability of prejudice based language and behaviour on and off line- sexism, homophobia, biphobia, transphobia, racism, ableism and faith based prejudice.</li> <li>how to respond to bullying of any kind, including online</li> <li>how to support others</li> </ul>	<ul style="list-style-type: none"> <li>how to identify and articulate a range of emotions sensitively using the appropriate language.</li> <li>The characteristics of mental and emotional health and strategies for managing these.</li> <li>Myths and misconceptions around mental health</li> <li>Strategies to build resilience and how to deal with setbacks</li> <li>Coping strategies (link to 10 a day) <ul style="list-style-type: none"> <li>Sources of support for mental health</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>how to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity</li> <li>about a broad range of careers and the abilities and qualities required for different careers</li> <li>about equality of opportunity</li> <li>how to challenge stereotypes, broaden their horizons and how to identify future career aspirations</li> <li>about the link between values and career choices</li> <li>the importance of teamwork and working together to achieve a goal <ul style="list-style-type: none"> <li>To set realistic yet ambitious goals</li> </ul> </li> </ul>
Target Vocabulary	transition, resilience, hopes and dreams, support-network, being brave, essential skills, listening change, risk, maturity, personal responsibility	Hormones, physical changes, emotional changes, puberty, menstruation, hormones, testosterone, oestrogen, progesterone, regular brushing, reusable products, tooth decay, plaque, filling	Self-worth, self-efficacy, friendship, healthy relationship Communication, negotiation, compromise, consent, peer pressure, assertive communication	Diversity, difference, prejudice Stereotyping, discrimination, sexism, Hidden/ physical / learning disability, homophobia, biphobia, transphobia, racism, ableism, bullying, banter	vicious cycle, 10 a day, resilience mental health, wellbeing, stress, anxiety, depression, OCD, coping strategies	Essential / employability Skills, listening, speaking, problem solving, creativity, staying positive, aiming high, leadership Teamwork, enterprise, communication
Assessment	Skills passport listening	Self and teacher assessment, knowledge test online forms	Self and teacher assessment Teamwork passport	Self and teacher assessment	Self and teacher assessment	Careers research activity and goal getting assessment
PSHE Association references	PoS refs: H1, H2, H30, H33, R13, L1, L2	H5, H13, H14, H15, H16, H20, H22, H34, H19, H20	H1, R2, R9, R13, R14, R16, R24	R3, R38, R39, R40, R41	H6, H7, H8, H9, H3, H1, H11, H12	R15, R39, L1, L3, L4, L5, L9, L10, L12