

### Year 7 Curriculum Map – Medium Term Overview

Half term	Topic	Lesson Breakdown	In this unit of work, students learn...
<b>Autumn 1</b> Health & wellbeing	<b>Transition and safety</b> Transition to secondary school and personal safety in and outside school, including first aid	Life at Rushcliffe Dealing with Change Study Skills My strengths and development Mindfulness Personal Safety & 1 <sup>st</sup> Aid	<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 improve study skills</li> <li>• how to identify personal strengths and areas for development</li> <li>• personal safety strategies and travel safety, e.g. road, rail and water</li> <li>• how to respond in an emergency situation</li> <li>• basic first aid</li> </ul>
<b>Autumn 2</b> Relationships	<b>Diversity</b> Diversity, prejudice, and bullying  PoS refs: R3, R38, R39, R40, R41	Cyberbullying Sexting Peer Pressure Self Esteem Racism Supporting others	<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>• how to respond to bullying of any kind, including online</li> <li>• how to support others</li> </ul>
<b>Spring 1</b> Health & wellbeing	<b>Health and puberty</b> Healthy routines, influences on health, puberty, unwanted contact, and FGM  PoS refs: H5, H13, H14, H15, H16, H17, H18, H20, H22, H34	Health choices Social drugs Physical and emotional changes Personal Hygiene What's appropriate FGM	<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>• how to recognise and respond to inappropriate and unwanted contact</li> <li>• about FGM and how to access help and support</li> </ul>
<b>Spring 2</b> Living in the wider world	<b>Developing skills and aspirations</b> Careers, teamwork and enterprise skills, and raising aspirations  PoS refs: R15, R39, L1, L4, L5, L9, L10, L12	Enterprise and problem solving, team work and leadership Be able to focus on the positive aspects of your wellbeing, progress and achievements Careers and the skills in them Equality in the work place What Influences my decision & Making informed decisions Digital careers – the changing face of career planning	<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>• Pupils develop a digital individualised career/Community award plan/log</li> </ul>
<b>Summer 1</b> Relationships	<b>Building relationships</b> Self-worth, romance and friendships (including online) and relationship boundaries  PoS refs: H1, R2, R9, R11, R13, R14, R16, R24	Self-worth What is a positive relationship Unhealthy relationships Stereotypes Romantic relationships Consent	<ul style="list-style-type: none"> <li>• how to develop self-worth and self-efficacy</li> <li>• about qualities and behaviours relating to different types of positive relationships</li> <li>• how to recognise unhealthy relationships</li> <li>• how to recognise and challenge media stereotypes</li> <li>• how to evaluate expectations for romantic relationships</li> <li>• about consent, and how to seek and assertively communicate consent</li> </ul>
<b>Summer 2</b> Living in the wider world	<b>Financial decision making</b> Saving, borrowing, budgeting and making financial choices  PoS refs: H32, L15, L16, L17, L18	Wealth and value Bank Accounts Debit cards and credit cards Credit and debt Loans Exchange rates	<ul style="list-style-type: none"> <li>• how to make safe financial choices</li> <li>• about ethical and unethical business practices and consumerism</li> <li>• about saving, spending and budgeting</li> <li>• how to manage risk-taking behaviour</li> </ul>