



Personal Development Overview – YEAR 7

To enable you to support and consolidate your child’s learning and continue these vital conversations at home, please see the overview below.

Autumn Half Term 1:	
Introduction to Personal Development	This introductory lessons focuses on understanding Personal Development and its importance. Within this introductory lesson the class with teacher support will establish the ground rules for Personal Development lessons considering that sensitive topics will be addressed. This lesson briefly introduces British Values and Protected Characteristics. Safeguarding and Support at SARCHS are too addressed.
Transition	Pupils will explore the transition to secondary school, identifying some of the challenges that can arise and where to get support if needed.
Dealing with change	Pupils will explore the nature of both expected and unexpected change, identify some of the challenges that can arise in managing changing situations and relationships.
Building Connections	Finally, pupils will explore the meaning of loneliness and connection and learn actions they can take to build connections with themselves, with friends and family and with their wider community.
Autumn Half Term 2:	
Building Connections (rolled over from autumn 1)	Pupils will explore the meaning of loneliness and connection and learn actions they can take to build connections with themselves, with friends and family and with their wider community.
Bullying	This lesson coincides with Anti Bullying week, with this year’s theme entitled ‘Make a noise about bullying.’ The particular focus this year is on understanding the difference between ‘banter’, ‘arguments’ and ‘bullying.’
Positive Friendships	Friendships are an incredibly important part of growing up, yet it is very common to have challenges when navigating friendships. In this lesson, pupils will learn to identify what makes a positive friendship and what qualities they should look out for and develop in friendships. It is important for pupils to learn that friendships can change over time and like any relationship, take work and effort. A key skill in friendship is active listening, which students will have the opportunity to practise alongside knowing how to seek support if they are worried about their friendships.
Online relationships	This lesson continues to focusing on empowering and supporting young people as they develop relationships. This lesson explores positive and negative emotions and how to cope with these emotions particularly whilst online.

Spring Half Term 1:	
Strengths and skills	This lesson focuses on exploring strengths, skills and attributes. A case study of Olympic Boxer Anthony Ogogo will be utilised to highlight a number of these. Following this, through in class activities, pupils will be able to consider their own personal strengths, skills and attributes. This lesson will conclude utilising a number of case studies highlighting how various strengths, skills and attributes can be valuable for success at school, employment and enterprise.
Goal Setting	This lesson focuses on personal values and goal-setting. Pupils will learn about the study, teamwork and organisational skills needed in secondary school. They will also identify strengths and areas of development, using these to set their own personal targets and goals.
Children's Mental health Week	This year's Children's Mental Health Week theme is 'My Voice Matters'. Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views. This lesson will focus on discussing mental health, support and exploring how we can look after our mental health.

Spring Half Term 2:	
Puberty	In this lesson, pupils will explore the physical changes that occur in boys and girls during puberty and the impact this can have on an individual's emotions, identity and sexuality. Using peer-to-peer discussion, scenarios and videos, pupils will be encouraged to examine the impact of puberty and find ways in which they can seek support if they are finding puberty challenging.
Sleep	In this lesson, pupils will explore what happens when we sleep, the benefits and challenges of getting a good night's sleep and strategies to promote good quality sleep, including where to seek support.
Healthy Eating & Physical Activity	The focus of this lesson will be understanding the importance of healthy eating and physical activity. Pupils will be introduced to the Eatwell plate and will explore what it means to eat healthily.