



## **Personal Development** **Autumn Term 1 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 for Autumn term 1.

<b>Half Term 1:</b>	
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.