



## **Personal Development 2024** **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.

| <b>Autumn Half Term 1: TRANSITION AND SAFETY</b>                           |  |
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| <b>Introduction to Personal Development</b>                                | This introductory lesson 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 also covered within this lesson. |
| <b>Transition</b>  | Pupils will explore the transition to secondary school, identifying some of the challenges and changes that can arise and where to get support if needed.  |
| <b>Building Connections</b>  | 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.   |
| <b>Internet Safety</b>   | This lesson covers key aspects of internet safety, including protecting personal information, recognising online threats, and practicing responsible behaviour. Pupils will learn how to stay safe and secure online.  |
| <b>Maintaining Privacy Online</b>  | This lesson teaches students how to maintain privacy online, covering key practices like creating strong passwords, managing personal information, and recognising privacy settings to stay safe on the internet.  |
| <b>Basic Life Support</b>  | This lesson is designed to teach pupils about basic life support. They'll learn how to do the primary survey, the recovery position, CPR, and how to use an AED.   |
| <b>Firework Safety</b>   | This lesson will focus on staying safe and acting responsibly around fireworks, sparklers and bonfires. Pupils will analyse the risks associated, assess how to manage these risks, and explore how to manage peer influence.  |
| <b>Autumn Half Term 2: DIVERSITY</b>                                       |  |
| <b>An additional lesson was added to autumn 1 to address the UK Riots.</b> |  |
| <b>Firework Safety (carried over from Autumn 1)</b>                        | This lesson will focus on staying safe and acting responsibly around fireworks, sparklers and bonfires. Pupils will analyse the risks associated, assess how to manage these risks, and explore how to manage peer influence.  |
| <b>Remembrance –Theme for 2024 – People who serve</b>                      | Pupils will reflect on service today, both from the perspective of a member of the Armed Forces in active service in an area of conflict and from someone working in the emergency services. In this lesson, pupils will compare and contrast recent experiences of a soldier in a conflict zone and a person working as a paramedic in the emergency services. Pupils will use this   |

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| <b>Anti-Bullying –Theme for 2024 – Choose Respect</b>                                    | <p>exploration to create a poster or class display about Service and why it should be remembered.</p> <p>This Anti-Bullying Week pupils will explore and define the concept of respect, including its importance in maintaining positive relationships, how it interlinks with bullying, and how it influences interactions, particularly when disagreements occur. Pupils will identify and practice strategies for managing conflicts and disagreements respectfully, emphasising how to avoid bullying behaviours and maintain constructive communication. Pupils will learn how to recognise and address disrespectful behaviour, including how to support others who are being disrespected, and promote a culture of respect in various settings, including online and in person interactions.</p> |
| <b>Tenten – “Who am I”</b>   | <p>This lesson focuses on the core religious understanding that we are created by God as one whole person, both body and soul. Pupils will be encouraged to celebrate their uniqueness, value and dignity, which derive from God, and subsequently to recognise the respect they should have for themselves and others as persons.</p>   |
| <b>Concept of being unique</b>   | <p>The lesson will recognise the many features and attributes which make us unique. Pupils will list the traits that make us similar and different to each other as well as analyse what make them as individuals unique.</p>  |
| <b>Recognising and challenging family or cultural expectations towards work and jobs</b> | <p>This lesson will recognise and challenge family and cultural expectations. Pupils will be able to identify the stereotypes that exist regarding work and jobs, following this pupils will be able to explain how expectations and stereotypes can be challenged.</p>  |
| <b>Remaining lessons</b>   | <p>Time allocated to catch up lessons from Autumn 1 and 2</p>  |

| <b>Spring Half Term 1: Setting Goals</b>       |   |
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| <b>Types of Work</b>                           | <p>Lesson 1 focuses on the different types of employment. Pupils will explore the various types of employment and the advantages and disadvantages of each of these.</p>  |
| <b>Developing Teamwork</b>                     | <p>Lesson 2 highlights the importance of teamwork. Pupils will explore the importance of team and the qualities of being a good team member.</p>  |
| <b>Identifying Strengths and Weaknesses</b>    | <p>The focus of lesson 3 are strengths and weaknesses and how we can develop both of these. Pupils will identify things they are good at in school and set targets for areas for development for identified weaknesses.</p> |
| <b>Setting ambitious and realistic targets</b> | <p>Lesson 4 addresses the importance of setting ambitious and realistic targets. Pupils will explore SMART targets relating these to them personally as well as academically.</p>   |
| <b>Getting a job</b>                           | <p>Lesson 5 explores the job market. Pupils will explore the terminology used in relation to the job market. Pupils will explore different way of making money,</p>   |

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|                          | and which factors are important when considering choosing a job. Pupils will conclude with researching their 'ideal job.' |
| <b>Remaining lessons</b> | Time allocated to catch up lessons from Autumn 1 and 2 and pupil voice.   |

| <b>Spring Half Term 2: Puberty and Health</b> |   |
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| <b>Snapchat</b>                               | This lesson provides pupils with the knowledge and understanding of Snapchat, in particular age restrictions, recognising potential risks, and knowing how to protect our digital wellbeing.  |
| <b>Dental Health</b>                          | This lesson aims to raise awareness of the impact of good oral hygiene and dental health behaviours, to equip pupils with the skills and strategies they need to care for their own dental health.<br>In particular, this lesson encourages independence in both maintaining dental health and in accessing dental health services.   |
| <b>Sleep</b>                                  | 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.  |
| <b>Puberty - Part 1 – Physical</b>            | Pupils will begin to explore puberty, in the first instance addressing the physical changes which occur.  |
| <b>Puberty Part 2 -Emotional</b>              | This lesson supports pupils to understand the emotional changes that occur during puberty and how these changes might affect their relationships.   |
| <b>Nutrition and Exercise</b>                 | This lesson focuses on five key themes whilst considering how we can keep costs low, save money and minimise food waste. <ul style="list-style-type: none"> <li>1. <b>Get at least 5 A DAY</b> Fresh, frozen, dried and canned all count.</li> <li>2. <b>Stay hydrated</b> Have about 6-8 drinks a day. Tap water is a great choice.</li> <li>3. <b>Move more</b> Find more ways to be active every day.</li> <li>4. <b>Focus on fibre</b> Have more wholegrain foods, fruit and vegetables, beans and lentils.</li> <li>5. <b>Reduce food waste</b> Aim for the right amount when you shop, cook and eat.</li> </ul> |

| <b>Summer Half Term 1: Building Relationships</b> |  |
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| <b>Types of Relationships</b>                     | Pupils will gain an understanding of the different types of relationships. Pupils will partake in role plays addressing positive and negative relationships.   |
| <b>Roles in the Family</b>                        | This lesson focuses on the roles and responsibilities of different family members, as well as how people make decisions regarding relationships and parenting. |
| <b>Understanding changing relationships</b>       | This lesson focuses on how relationships can change over time and how young people can seek support for navigating these changes, including within families.   |

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| <b>Friendship Challenges</b> | This lesson focuses on when challenges and conflict arise within friendships, giving pupils the opportunity to explore different forms of communication and rehearse conflict management strategies, to reconcile disagreements. Pupils will consider when friendships pose a risk to themselves and explore exit strategies for such situations. |
| <b>Peer Influences</b>       | The lesson focuses on the pupils' understanding that people have similarities and differences, and that equality and a culture of inclusion can reduce bullying. They will explore strategies to resist pressure around bullying behaviours.  |
| <b>Healthy Relationships</b> | The final lesson reiterates the core principles of healthy relationships, exploring the qualities of healthy romantic relationships, the challenges effecting healthy relationships and finally how to overcome such challenges.  |

| <b>Summer Half Term 2: Finances/Personal Safety</b> |   |
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| <b>Water Safety</b>                                 | Pupils will explore water safety, focusing on the dangers of open water swimming.   |
| <b>Basic First Aid</b>                              | This lesson is designed to teach pupils about basic life support. They'll learn how to do the primary survey, the recovery position, CPR, and how to use an AED.  |
| <b>Bleeding</b>                                     | This lesson is designed to teach pupils first aid for bleeding and shock.   |
| <b>Spending Decisions</b>                           | Pupils be introduced to the topic of finances, this will include addressing the difference between financial needs and wants. Pupils will explore personal and external influences affecting spending decisions and finally finish evaluating how spending decisions may impact their environment and other people. |
| <b>Budgeting</b>                                    | Pupils will be able to describe what a budget is and why it is important, they will analyse several case study budgets, looking at income and expenses. Finally, pupils will set budgeting goals and plan for the future.   |
| <b>Getting a job</b>                                | Pupils will define important words related to the job market. Pupils will assess different ways of making money and evaluate what kind of work would be best for them in the future.  |
| <b>Evaluation</b>                                   | Pupils will provide feedback on the 2024-2025 PD curriculum, as well as voice additional topics they would like to see covered.   |