

# Personal Development Long Term Curriculum Plan

Health Education Relationships Education (ReE) and Relationships and Sex Education (RSE) Living in the Wider World



|        |  | Autumn  |   | Spring  |   | Summer   |        |        |
|--------|--|---|---|---|---|--|--------|--------|
|        |  | Unit 1  | Unit 2  | Unit 3  | Unit 4  | Unit 5   | Unit 6 | Unit 7 |
| Year 7 | <p><b>Transition and Identity</b></p> <p>Who I am and why character matters.</p> <p>Understanding TORCH character strengths, FBV and Resilience in life.</p> | <p><b>Resilience Competencies</b><br/><i>[Bounce Forward]</i></p> <p>Activating events, beliefs and consequences, challenging our Gremlins, Flexible and Realistic Thinking.</p> <p><u>Breathe</u> Training MISP (mindfulness in Schools Project)</p> | <p><b>Body Changes and Healthy Choices (Part 1)</b></p> <ul style="list-style-type: none"> <li>- Puberty (including menopause)</li> <li>- Sleep</li> <li>- Diet and Exercise</li> <li>- Dental Hygiene</li> </ul> | <p><b>Developing skills and aspirations – What’s in your locker?</b></p> <ul style="list-style-type: none"> <li>-Unifrog learning plan Y7</li> <li>- Skills and Personality test</li> <li>- Recording evidence</li> <li>- Dream Jobs</li> </ul> | <p><b>Friendship, Families and Relationships</b></p> <p>Different types of committed relationships. Trust in relationships and human happiness.</p> <p>Impact of bullying on self and others. Protected characteristics including LGBTQIA+.</p> | <p><b>Digital literacy – E-safety</b></p> <p>Social Media Investigated – Media Navigator <i>[Bounce Forward]</i></p> <p>Understanding how to navigate through social media successfully and boundaries that we set ourselves to stay safe.</p> |        |        |
|        | H1a, 1b, R2d,  | R2a,b,d. R3b,c  | H1f, H4a, H3a, H4a, H6a,b,e. H8a,b  | Gatsby Benchmarks 1,3,5   | R1a, R2a,b,e,   | H2c, R3a,b,c,d   |        |        |