

Year (7) Curriculum Overview Plan: (Subject Student Wellbeing)

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Key Theme: Risk Prevention and Personal Safety</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Pupils will know the different laws surrounding bullying as well as the physical and mental health concerns that people can have as a result of being bullied. Pupils will know and understand what cyber bullying is and how people are cyberbullied. Pupils will understand what being a bystander is and how and why the bystander effect happens and the consequences of bystander effect.</p> <p>Pupils will also discuss and explain how and if being a bystander is as bad as being a bully. Pupils will learn what sexual bullying is and the different strategies that can be used in the</p>	<p>Key Theme: Online Media and the World</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Pupils will know and understand the risks associated with gaming and gambling. Pupils will understand why young people gamble and the risks associated with young people gambling.</p> <p>Pupils will learn about social media and the risks associated with using social media including emotional and mental health and safety based risks associated with social media use.</p> <p>Pupils will understand the risks associated with grooming. They will understand the signs that could show a person is being groomed and the different risks associated with being groomed online. Pupils will also identify strategies that</p>	<p>Key Theme: Sexual Health and Relationships</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Pupils will learn about the changes that occur in the body during puberty including the introduction of the menstrual cycle for girls and the products that can be used to manage this. Pupils will also know and understand the changes in the male body. Pupils will gain an understanding of how to stay hygienic during puberty and the steps they can take to manage changes. They will learn how and why you clean private areas in a certain way. Along with how you can manage thoughts and feels during puberty. Pupils will learn about the common misconceptions surrounding puberty and how to start conversations surrounding the changes in</p>	<p>Key Theme: Physical and Mental Health and Wellbeing</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Pupils will gain knowledge on mental health and mental illness, they will learn some of the common misconceptions surrounding mental health Pupils will be able to identify different feelings and when feelings are everyday or overwhelming. they will be able to identify ways to improve mental wellbeing . Pupils will learn about discrimination people face when they have poor mental health or a mental illness including strategies that can help support people with these conditions. Pupils will know that people's mental wellbeing can change through the day and identify ways they can improve their mental wellbeing and build resilience.</p>	<p>Key Theme: Identity and Equality in today's society</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Pupils will learn about how the media can influence our ideas of what relationships look like. Pupils will also learn how to challenge these stereotypes and misconceptions. Pupils will be able to identify how they manage content online including understanding how and why movies and TV shows are given the ratings they have been given,</p> <p>Pupils will develop skills enabling students to foster respect including the social pressures surrounding respecting others.</p> <p>Pupils will learn how and when to resolve conflict. They will learn a range of de-escalation strategies to reduce conflict.</p>	<p>Key Theme: How to be a good citizen</p> <p>Key Concepts, Knowledge & Skills to be Embedded: Pupils will learn about the stereotypes and prejudice people with physical and invisible disabilities face. They will learn about the impact of these prejudices. Pupils will learn about people's identities and how the world around them influences their life either on a local or national level. Pupils will learn about how the UK has become a multicultural society over time due to the migration of people into the UK. Pupils will learn about racism and how this discrimination can have an effect on the victim. Pupils will discuss what being British is and why being a multicultural society should be embraced and celebrated.</p>

<p>management of harmful sexual behaviour and abuse.</p> <p>Pupils will learn about different types of first aid including what the different injuries and accidents are and the treatments that can be given to help care for people who have these accidents and injuries. Pupils will learn about choking, asthma, allergies and head injuries. Pupils will also learn about CPR including how and why CPR may need to be carried out. Pupils will also be given demonstrations on how to perform CPR.</p> <p>Tier 3 Vocabulary Vault: bystander, homophobic, psychological, harmful sexual behaviour, harassment oesophagus, epiglottis,</p>	<p>can be used to help stay safe from grooming online.</p> <p>Pupils will gain an understanding of how electronic devices can have a negative effect on sleep. Pupils will identify strategies that could be used in order to improve their sleep and reduce time on electronic devices close to bedtime .</p> <p>Pupils will learn why managing content online is important and how this can be achieved. Pupils will know about the potential risks of not managing online content effectively including fraud</p> <p>Tier 3 Vocabulary Vault: Social media, melatonin, fraud, identity fraud, fraudsters,</p> <p>Reading Exposure: Tyler’s day - Diary Extract</p>	<p>puberty with family members and friends,</p> <p>Pupils will learn about reproduction and fertility and the changes that happen in the body that are needed for people to have children. Pupils will learn about the stages of pregnancy and how babies are conceived.</p> <p>Pupils will learn about the qualities that are needed in order to have a positive friendship. They will also know what qualities show a relationship is unhealthy and will identify strategies that they can use in order to end unhealthy friendships.</p> <p>Tier 3 Vocabulary Vault: Puberty, Menstruation Menopause, Reproduction, Sanitary Conflict, Negotiation,</p>	<p>Pupils will learn why dental health is important. Pupils will know how to care for their teeth including the toothpastes that are the best and the different things that can damage teeth. Pupils will also learn about different types of dental care including those for health reasons and those that are cosmetic. Pupils will know about why sleep is important and the benefits of gaining good quality sleep. Pupils will also be able to identify why some people don’t get good quality sleep.</p> <p>Pupils will learn about the benefits of physical activity and healthy eating including how people’s ideas of healthy eating and physical exercise can be influenced by outside sources</p> <p>Tier 3 Vocabulary Vault: Mental Health, emotional Wellbeing, discrimination, resilience, serotonin,</p> <p>Reading Exposure: Benefits of Exercise task</p>	<p>Pupils will learn what stereotypes are and how and why these stereotypes often encourage discrimination and prejudice. Pupils will learn about the different forms of discrimination and why the equality act helps reduce this type of discrimination.. Pupils will learn what the 9 protected characteristic are and will know some of the ways the act protects these people in law</p> <p>Tier 3 Vocabulary Vault: Genocide, Stereotypes, Discrimination,</p> <p>Reading Exposure:</p>	<p>Pupils will learn about the different types of government and how and why people within democratic countries should vote in elections. Pupils will learn about the different ways countries vote and the different systems countries use in order to select their governments. Pupils will be able to identify the advantages and disadvantages of each system and explain which system they think is the best to represent the public’s views and why.</p> <p>Tier 3 Vocabulary Vault: Diversity, Immigration, democracy, dictatorship,</p>
---	---	---	--	---	--

<p>trachea Cardiac arrest, coronary arteries, CPR</p> <p>Reading Exposure: Problems surrounding harmful sexual behaviour (NSPCC)</p> <p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>	<p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>	<p>Reading Exposure: Head, Heart, Hand, Mouth, Boot extract</p> <p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>	<p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>	<p>Definitions of types of discrimination</p> <p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>	<p>Strategies to enable new concepts, knowledge & skills to embed in long-term memory: DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>
--	--	---	--	--	--