

# Year 7 Personal Development Programme 2023-2024

**Y7 AUTUMN TERM**

## Autumn 1 – Managing Change

### Relationships and Sex Education

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Character – Getting to know people and building trust	Friendships 1	Friendships 2	Communities and Community Cohesion	Bullying	Sleep and Relaxation	Careers and Transition points
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7 -NB <i>Maybe any week in the Half Term</i>
Intro to Character	Happiness and connection with others	Character and self esteem	Character – self esteem and affirmations	Character – Proud to be me (Diversity)	Character – Proud to be me (Diversity)	Wellbeing Activity (led by Prefect Team)

## Autumn 2 – Staying Safe Online and Offline

### Health and Wellbeing

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Staying Safe online	E-Safety and Online Etiquette, Safe Online, Social Media Ethics (Idea Website) (Laptops or Ipads needed)	Digital Citizen (Idea Website) (Laptops or Ipads needed)	Physical Safety – Harmful Effects of Tobacco	Physical Safety – Harmful Effects of Alcohol	Physical Safety: Other Issues to Be Aware of (Vaping, Energy Drinks)	Healthy Lifestyle and impact of digital technology
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	PD Weekly 7 -NB <i>Maybe any week in the Half Term</i>
Emotional Wellbeing – What can affect it?	<b>ANTI BULLYING WEEK</b>	Failure and Promoting Resilience	Managing Setbacks - Helpful and unhelpful strategies	Appearance Ideals and Manipulation of Images in the media	Appearance Ideals and Self Esteem	Wellbeing Activity (led by Prefect Team)

**Spring 1 – Health and Wellbeing**

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
Personal hygiene incl dental hygiene	Puberty 1 – Puberty and Body Changes	Puberty 2 – Menstrual cycle	Health Issues: HPV, FGM Awareness	Managing Emotions/ Anger Management
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5
Thinking Traps - Introduction	Thinking Traps 2 (Tunnel Vision, Character Assassination, Magnification, Minimization, Mind Reading, Perfectionism)	<b>WELLBEING WEEK Supported by Prefects</b>	Seeing the Bigger Picture / Catastrophisation	Activities to help control emotions

**Spring 2 - Staying Safe Online and Offline**

**Rights, Responsibilities and British Values**

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
First Aid 1	First Aid 2	First Aid 3	Alcohol Safety	Cancer Awareness
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5 - NB <i>Maybe any week in the Half Term</i>
Character - Role models	Character and Virtues	<b>NATIONAL CAREERS WEEK</b> -Skills	Case study - Malala	Wellbeing Activity (led by Prefect Team)

**Summer 1 – Rights, Responsibilities and British Values**

**Health and Wellbeing**

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Why is politics important?	How is our country run?	Create a political party/Prime Minister Role	Be a Government and make some decisions	Elections and Campaigning	Politics and Debating	Exploring in side Parliament
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6	
Self Esteem – How to boost it	<b>DIVERSITY WEEK</b>	Stress management 1	Stress management 2	Stress management 3	Stress management 4	<b>EXAM WEEK</b>

**Summer 2 - Celebrating Equality and Diversity**

**Managing Change**

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Library – Dewey Decimal System	Multicultural Britain	Our Identity and Character - Where are they from?	The Law and Equality	Stereotypes	Prejudice and Discrimination
PD Weekly 1	PD Weekly 2	PD Weekly 3	PD Weekly 4	PD Weekly 5	PD Weekly 6
Money Management – Persuasive techniques	Money Choices and Budgeting	WELLBEING – Open Doors Comp	<b>LITERACY FESTIVAL</b>	Credit /Debit Cards	Money and Wellbeing