

Curriculum Map – Medium Term Overview – Year 7

YEAR 7 — MEDIUM-TERM OVERVIEW			
Half term	Topic	Lesson Breakdown	In this unit of work, students learn...
Autumn 1 Health & wellbeing	Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Life at Rushcliffe	• how to identify, express and manage their emotions in a constructive way • how to manage the challenges of moving to a new school • how to establish and manage friendships • how to improve study skills • how to identify personal strengths and areas for development • personal safety strategies and travel safety, e.g. road, rail and water • how to respond in an emergency situation • basic first aid
		Dealing with Change	
		Study Skills	
		My strengths and development	
		Mindfulness	
		Personal Safety & 1 st Aid	
Autumn 2 Relationships	Diversity Diversity, prejudice, and bullying	Cyberbullying	• about identity, rights and responsibilities • about living in a diverse society • how to challenge prejudice, stereotypes and discrimination • the signs and effects of all types of bullying, including online • how to respond to bullying of any kind, including online • how to support others
		Sexting	
		Peer Pressure	
		Self Esteem	
		Racism	
		Supporting others	
Spring 1 Health & wellbeing	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Health choices - Diet	• how to make healthy lifestyle choices including diet, dental health, physical activity and sleep • how to manage influences relating to caffeine, smoking and alcohol • how to manage physical and emotional changes during puberty • about personal hygiene • how to recognise and respond to inappropriate and unwanted contact • about FGM and how to access help and support
		Health choices - Exercise	
		Children's Mental Health Week	
		Physical and emotional changes	
		Personal Hygiene	
		Social Drugs	
Spring 2 Living in the wider world	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Enterprise and problem solving, team work and leadership – Key skills for learning and careers – links to achievement points and skillsbuilder	• how to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity • about a broad range of careers and the abilities and qualities required for different careers • about equality of opportunity • how to challenge stereotypes, broaden their horizons and how to identify future career aspirations • about the link between values and career choices • Pupils develop a digital individualised career/Community award plan/log
		Be able to focus on the positive aspects of your wellbeing, progress and achievements – describe yourself, your strengths and preferences	
		Careers and the skills in them	
		Equality in the work place	
		What Influences my decision & Making informed decisions	
		Give examples of different kinds of work and why people's satisfaction with their working lives can change	
Summer 1 Relationships	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Digital careers – the changing face of career planning (the importance of Emails and building career portfolio (longing community award)	• how to develop self-worth and self-efficacy • about qualities and behaviours relating to different types of positive relationships • how to recognise unhealthy relationships • how to recognise and challenge media stereotypes • how to evaluate expectations for romantic relationships • about consent, and how to seek and assertively communicate consent
		Self-worth	
		What is a positive relationship	
		Unhealthy relationships	
		stereotypes	
		Romantic relationships	
Summer 2 Living in the wider world	Financial decision making Saving, borrowing, budgeting and making financial choices	Consent	• how to make safe financial choices • about ethical and unethical business practices and consumerism • about saving, spending and budgeting • how to manage risk-taking behaviour
		Wealth and value	
		Bank Accounts	
		Debit cards and credit cards	
		Credit and debt	
		Loans	
		Exchange rates	