

Topic	Strand	Additional Notes
Rights and responsibilities as students	RSE	<p>Define the terms 'rights' and 'responsibilities'.</p> <p>Explain what happens when students fail to fulfil their responsibilities.</p> <p>Discuss the impact on students learning.</p> <p>Create a top tips document to offer support and advice on how to fulfil responsibilities as a student.</p>
Identity	SMSC	<p>Outline what identity is</p> <p>Explain what makes up our identity</p> <p>Justify why we should be proud of our identity</p> <p>Create a piece of art that celebrates our identity</p>
Good citizens	SMSC	<p>Identify what good manners are.</p> <p>Explain why it is important that we use good manners.</p> <p>Discuss how we should we behave if others do not have good manners towards us.</p> <p>Create an acrostic poem for MANNERS to demonstrate to others what good manners are.</p>
People in the community	SMSC	<p>Identify what a hero is.</p> <p>Discuss whether an ordinary person can be a hero.</p> <p>Create a comic strip / drama piece showing an everyday hero (not a Superhero!)</p>
Diet	HE	<p>Explain the effect of sugar on your body.</p> <p>Identify the contents of different foods.</p> <p>Use food labels to help you to make good dietary choices.</p> <p>Discuss how using food labels can be a useful tool when planning their weekly meals.</p>
		<p>Identify positive associations between physical activity and promotion of mental wellbeing</p>

Physical health	HE	<p>Explain what constitutes to a healthy lifestyle</p> <p>Understand the connections between physical activity and mental health</p> <p>Understand the benefits of physical health</p>
Dental hygiene	HE	<p>To understand that our teeth are an important part of our bodies, are finite, and that teeth require daily maintenance in the form of oral care and hygienic practices.</p> <p>Complete a Kahoot on Dental Hygiene</p>
FGM	HE	<p>Training will be provided for all staff prior to the lesson.</p> <p>Identify what FGM is and groups that are affected by it</p> <p>Identify signs and symptoms</p> <p>Discuss what to do if you suspect FGM</p> <p>Answer quiz questions on FGM to demonstrate your understanding</p>
Mental Health and Wellbeing	HE	<p>Identify what mental health is</p> <p>Recognise what we are doing at Shireland to help</p> <p>Recognise the early signs of mental wellbeing issues</p> <p>Explain what to do if you or someone you know shows signs of mental wellbeing issues</p>
Positive friendships	RSE	<p>Identify the four levels of friendship.</p> <p>Describe the relationships you have with others.</p> <p>Explain the characteristics of positive and healthy friendships.</p>
Bullying and cyber bullying	RSE	<p>Define bullying and cyber bullying</p> <p>Identify examples of bullying and cyber bullying</p> <p>Explain how bullying can be prevented</p> <p>Explain what to do if you witness bullying</p>
How to talk about emotions	HE	<p>Identify positive and negative emotions</p> <p>Explain how we can develop emotional awareness</p> <p>Understand how to cope with your emotions</p> <p>Talk about our emotions accurately and sensitively, using appropriate vocabulary</p>

Intro to knife crime	SMSC	Understand the consequences of knife crime. Understand that choices have consequences.
Stress and physical activity	HE	Identify what stress is Recognise the signs of stress Explain what we can do to manage stress understand how physical activity can help reduce stress Select physical activities that can help you reduce stress
Happiness	HE	Identify what happiness is Recognise what makes you happy Recognise what makes others happy Explain the importance of friendship Apply what you have learnt to build your happy place
Exploring your own interests', traits and skills	Careers	Identify interests that are specific to you. Consider where you might be in 10 years' time. All of you will be able to discuss a personal interest of theirs with their partner. Most of you will be able to write a short passage explaining what you might like to have achieved in 10-15 years time.
Times of change	Careers	By the end of this session you will be able to identify how your life has changed from Primary to Secondary school. By the end of this session, you will have thought about where in school you learned specific skills. You will be able to map out how your skills have developed over time using a flow chart. You will be able to discuss the skills you have and how you use them.
Achievements	Careers	Recognise what an achievement is and why they are important to our success. Produce a table reflecting on your achievements. Discuss the value of achievements and how they help you progress through school.
		By the end of this lesson, you will be able to recognise how to support your peers. By the end of this lesson, you should be able to identify how to seek support.

A helping hand	Careers	<p>You will be able to offer advice to your peers on how to support each other through looking at examples.</p> <p>You will have created a support network of people who you can talk with.</p>
What are successful careers?	Careers	<p>During this lesson we will investigate different careers and what constitutes a successful career.</p> <p>You will complete a short investigation into what you think are good careers.</p> <p>You will explain what you think a successful career would look like in each area you have identified.</p>
Lifelong skills	Careers	<p>During this lesson we will be looking at life long skills individuals have.</p> <p>You will also be identifying employability skills and how these affect your future.</p> <p>You will identify the life long skills you already have and skills you want to develop further.</p> <p>You will be able to explain what employability skills are.</p>
This is me	Careers	<p>You will be able to identify what it is that could make someone unique.</p> <p>You will be considering what makes you unique.</p> <p>You will identify the types of things that can make an individual unique.</p> <p>You will present yourself as an image alongside all the things that make you unique.</p>
The world in 2030	Careers	<p>You will recognise how the world of work is changing.</p> <p>You will be able to explain what skills and knowledge you are likely to need to be well prepared for this change.</p> <p>You will research into future career options.</p> <p>You will present how you could be successful in a future world.</p>
Creative skills	Careers	<p>You can identify creative skills.</p> <p>You can explain the importance of creativity in school and the workplace.</p> <p>You will suggest ways a product can be used creatively to solve a problem.</p> <p>You will be able to discuss why employers want to employ people with creative skills.</p>
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Setting personal targets	Careers	<p>workplace.</p> <p>You will suggest ways a product can be used creatively to solve a problem.</p> <p>You will be able to discuss why employers want to employ people with creative skills.</p>
Distractions	HE	<p>Identify distractions at school.</p> <p>Recognise the impact that distractions have on learning.</p> <p>Discuss strategies that can be used to avoid distractions.</p> <p>Create a Top Tips document on how to avoid distractions.</p>
Puberty	HE	<p>Explain the key changes that will occur during puberty.</p> <p>Understand the importance of hygiene in puberty.</p> <p>Identify what we can do to keep ourselves clean and free from body odour.</p> <p>Show an understanding of how to prevent body odour.</p> <p>Design a poster to advise younger pupils how to keep themselves clean during puberty.</p>
Relationships – body boundaries	RSE	<p>Identify private body parts.</p> <p>Understand body boundaries.</p> <p>Explain where to get help and support.</p> <p>Create an acrostic poem about body boundaries</p>
Peer pressure	RSE	<p>Define the term peer pressure.</p> <p>Identify the negative effects of peer pressure.</p> <p>Explore a variety of options for handling these situations.</p> <p>Create a resource that will help your peers to manage peer pressure.</p>
Loss of friends	HE	<p>Explain how we can manage friendship issues/ disagreements</p> <p>Identify where to get support and advice</p> <p>Respond appropriately to friendship scenarios</p> <p>Identify changes you can make to manage your friendships</p>
Screen time	HE	<p>Identify what screen time is</p> <p>Describe the impact of screen time on health and wellbeing</p> <p>Discuss strategies that can be used to reduce screen time</p> <p>Create a podcast for Year 7 students about screen time</p>
Keeping safe online	HE	<p>Explain the term grooming.</p> <p>Explain where you can get help and support</p> <p>Design a poster highlighting how to stay safe online</p>

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Fake news	HE	<p>You can identify creative skills. You can explain the importance of creativity in school and the workplace.</p> <p>You will suggest ways a product can be used creatively to solve a problem. You will be able to discuss why employers want to employ people with creative skills.</p>
Digital footprints	HE	<p>Understand what a digital footprint is. Explain the impact of your digital footprint on your future</p> <p>To present ideas on how to highlight the importance of a digital footprint</p>
Positive mindset	HE	<p>Become more informed about positive mindsets. Recognise how they can alter their mindset.</p> <p>Discuss strategies to aid a positive mindset.</p>
First aid	HE	<p>Understand what an emergency is and how to deal with a situation effectively</p> <p>Answers to: What is an emergency? How to respond to an emergency? Who to contact in an emergency?</p>
Dealing with change – anxiety	HE	<p>Become more informed about the issues related to anxiety management</p> <p>Completed 'Agony Aunt' task. Develop strategies for managing anxiety.</p>
The Importance of Sleep	HE	<p>Identify the importance of sufficient good quality sleep Explain how sleep impacts health</p> <p>Produce a document to show how lack of sleep affects weight, mood and ability to learn.</p>
Protected Characteristics	RSE	<p>Identify what protected characteristics are Explain why they are 'protected'</p> <p>Create a poster to show what protected characteristics are</p>