



Year 7 Learning for Life - Curriculum Overview and KS3 Progress Descriptors

Curriculum Content: Core Themes

5 Themes are covered each academic year, ensuring that they cover the content students require in relation to their developmental and social stage. The themes are:

Careers and Finance

Healthy Body

Healthy Mind

Politics, Law and Order

Relationships, Sex and Identity

Curriculum Overview / Topics

Citizenship, E-Safety, Friendships, Bullying, Safe Online Relationships, Puberty, FGM, Study Skills, Growth Mindset Theory, Resilience, Careers, Budgeting, Healthy Eating and Food Labels.

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	<i>Developing</i>	<i>Secure</i>
Term 1:	<ul style="list-style-type: none"> • I have a limited understanding of what a good citizen is and can sometimes identify ways of contributing positively to the community. • I have a basic understanding of how to study effectively but need to further develop my understanding of the importance of time management and organisation. • I have a simple understanding of what makes somebody a good friend, but I may struggle to clearly define what makes a friendship healthy or unhealthy. I have a basic understanding that kind words impact others positively, but I might not fully appreciate the long-lasting impact negative language could have on another person. • I know there are several kinds of bullying, but I have a limited understanding of each type. I have a basic understanding that I must speak with a teacher if I ever see anything unkind happening at school. • I have a limited understanding of the dangers and pressures of social media, including the age restrictions for various social media platforms. I have some awareness of the dangers of online friendships, but I need to develop my understanding further in order to ensure I can keep myself safe online. 	<ul style="list-style-type: none"> • I have a clear understanding of what makes somebody a good citizen, including how to contribute positively to the local community. • I can identify what helps somebody study effectively, and understand the importance of time management and organisation. I can confidently reflect on my own strengths and weaknesses in these areas. • I can explain key qualities of a good friend and healthy friendship. I can communicate positively with friends and understand that words have the power to hurt others and can have damaging long-term consequences. • I am aware of the various kinds of bullying (verbal, physical and cyberbullying) and why / how they might happen. I understand that it is everybody's responsibility to prevent bullying and that I must report any form of bullying to a teacher immediately. • I understand the pressures young people are under to use social media, including to 'get likes' and avoid 'FOMO'. I am aware of the age restrictions for various social media platforms and can identify ways of using social media safely. I know how to maintain safe online friendships and not communicate unsafely with strangers online.

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Term 2:	<ul style="list-style-type: none"> • I have a basic understanding of what puberty is including some, but not all, of the physical changes it causes to the body. • I am aware of some of the emotional changes of puberty, but do not fully understand what happens during the menstruation cycle. • I may struggle to explain all the products a person can use when menstruating. • I have a simple understanding of FGM and know that it is illegal. I may struggle to distinguish some of the myths from facts about FGM. I have a basic understanding that my body should not be harmed by others. 	<ul style="list-style-type: none"> • I fully understand what puberty is and the biological changes it causes to the body, including the hormones impacting males and females. • I can confidently describe the physical and emotional changes of puberty and understand how menstruation works. • I could confidently explain the various products a person might wish to use when menstruating. • I can explain what FGM is, including why it is illegal and against human rights. I could confidently speak to a trusted adult if I were worried about myself or others, as I know this is important, even if it is difficult.
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Term 3:	<ul style="list-style-type: none"> • I have a limited understanding of how neuroplasticity works in the brain, but I understand that I can improve at something if I work harder at it. • I know that believing in myself is a good thing, but I might struggle to identify when someone is displaying a fixed mindset. • I attempt to see mistakes and failures as a learning curve and try to persist in the face of setbacks. • I have a basic understanding of jobs people might want to do, and, with support, I can use the Job Explorer Database to learn more about them. • I might struggle to identify my own skills and talents, but understand that employers look for hardworking, honest and friendly workers. • I know technology is improving, but might not fully appreciate the implications this might have for my future job prospects. • When dealing with money, I might not always be able to correctly identify the difference between a want and need, but I know it is important not to spend more money than I have. With support, I can plan how to budget effectively. • I have a basic understanding of nutrition, but might not fully understand the meaning of food labels. I understand it is important to eat lots of fruit and vegetables in order to stay healthy. 	<ul style="list-style-type: none"> • I recognise that intelligence is like a muscle and can be developed. I understand how neuroplasticity works within the brain. • I can describe the difference between a growth and fixed mindset, and understand that a growth mindset is more conducive to success. • I am able to see mistakes and failures as a learning curve and embrace challenges as a way to improve and develop grit. • I am aware of various possible careers and can use the Job Database Explorer to find out what is required for different jobs. • I can reflect on my own abilities and skills in order to reflect on areas I might wish to focus on in the future. • I understand that improvements in technology and artificial intelligence are changing the world in which we live, including the working world. • When budgeting, I understand the difference between financial wants and needs. I can balance a budget and plan my spending effectively. • I can identify whether food is healthy by reading the food labels and following nutritional guidelines. I understand what the eatwell plate is and how it can help people lead a healthy, balanced lifestyle.
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