

Year 7
Health and Wellbeing, Relationships and Living in the Wider World

Term 1	Mental Wellbeing Physical Health and Fitness and Healthy Eating (Links to PE and FFT)	
	<ul style="list-style-type: none"> To talk about emotions using appropriate vocabulary. To understand that happiness is linked to being connected to others. To recognise early signs of mental wellbeing. To look at common types of mental ill health. To look at a range of healthy, coping strategies. 	<ul style="list-style-type: none"> To look at benefits and importance of physical exercise. To understand how to maintain a healthy lifestyle and what constitutes a balanced diet. To understand the health risks and links between diet and health in general.
Term 1	Internet Safety and Harms, Online and Media (Links to Computing)	
	<ul style="list-style-type: none"> To look at similarities and differences between online world and physical world. To understand the impact of unhealthy or obsessive comparison with others. To understand unrealistic expectations of body image. To identify harmful behaviours. 	<ul style="list-style-type: none"> To recognise bullying and abuse. To understand the appropriate use of mobile phones and manage use of social media. To know how to seek advice and support. To know how to report any concerns.
Term 2	Drugs, alcohol and tobacco (Links to Science)	
	<ul style="list-style-type: none"> To understand facts on legal and illegal substances. To look at supply and possession of illegal substances. To understand the law relating to supply, use and misuse of legal and illegal drugs. To look at physical and psychological consequences of addiction and dependence. 	<ul style="list-style-type: none"> To understand the dangers of drugs and health risks. To look at the harms of tobacco and alcohol. To understand the personal and social risks and consequences of substance use and misuse. To understand how to access support from local health services and other sources of support.
	Personal Safety (Risk) Basic First Aid	
Term 3	<ul style="list-style-type: none"> To consider the concept of risk To look at managed and unmanaged situations To consider response to emergency situations To look at basic treatment for common injuries 	
	<ul style="list-style-type: none"> To look at life-saving skills including CPR To look at purpose of defibrillators To look at how to ask for help To know how to find sources of emergency help 	
	Changing adolescent body and RSE	
Term 3	<ul style="list-style-type: none"> To know key facts about puberty, changing adolescent body and menstrual wellbeing To look at main changes in male/female and implications on emotional and physical health 	
	Careers and Enterprise Education, Politics and Democracy	
	<ul style="list-style-type: none"> To look at rights and responsibilities as members of local and national economy To look at being enterprising and ambitious To understand developing employability, team building and leadership skills 	<ul style="list-style-type: none"> To look at developing flexibility and resilience To understand how personal financial choices can affect oneself and others To look at rights and responsibilities of consumers