

The Cowplain School – Personal Development Scheme of Work (Relationships, Sex and Health Education and Careers) Year 7

By the end of this year's work, I will have gained the knowledge and understanding to enable me to make discerning decisions about my health and relationships, and to give me the ability to reflect on my sense of identity and my place in the world.

Area of study – as a result I will:	Lesson	Big Question:	Knowledge, understanding and ability to:	RSE and HE statutory guidance
1. Understand how I manage influences on my relationships	1	What has made me the person I am today?	1.1 Identify internal and external influences in my life	Respectful relationships a, b & d Online and media a Being safe a Intimate relationships d Mental wellbeing b & e Internet safety a & b
	2	How can I keep positive relationships online and through social media?	1.2 Give examples of things that might influence my behaviour online	
			1.3 Explain how to maintain positive relationships with others both online and offline	
			1.4 State how to report online risks	
2. Understand how respect impacts on relationships	3	What are protected characteristics?	2.1 Describe what the Equality Act says about 'protected characteristics'	Families g Respectful relationships a, b, c, d, e, f & h Being safe a
			2.2 Describe how bullying might involve prejudice and/or discrimination	
	4	Why is stereotyping people dangerous?	2.3 Explain why stereotyping isn't helpful	
			2.4 Give examples of prejudice and/or discrimination that have affected different groups of people	
3. Understand that the choices I make affect my relationships, health and future	5	Why is it important to have dreams and goals?	3.1 Identify some of my dreams and goals	Families g Respectful relationships a & f Being safe a Intimate relationships b & d Mental wellbeing e Drugs, alcohol and tobacco a & c Basic first aid a, b & c
			3.2 Explain how responsible choices enable me to move towards my dreams and goals	
	6	What options exist when I finish school at 16?	Careers: Understand further and higher education, apprenticeships, GCSE and A level requirements.	
	7	Is it good to take risks?	3.3 Give an example of when a risky or unsafe choice could affect a person's dreams and goals	
3.4 Demonstrate how to respond in a situation requiring first aid				
4. Understand how to be healthy	8	How can we remain physically and emotionally healthy?	4.1 Explain why people need to take responsibility for their health	Mental wellbeing a, c, e & f Physical health a & b Healthy eating a Drugs, alcohol and tobacco a, c, e & f
			4.2 Describe techniques some people could use to manage their emotions	

	9	What is stress and how can we manage it?	4.3 State some of the changes that happen in the body when it experiences stress 4.4 Explain some ways to manage stress	Health and prevention d & e
	10	How might peer group pressure influence my lifestyle choices?	4.5 Give examples of healthy and less healthy lifestyle choices	
5. Understand what can make a relationship healthy or unhealthy	11	What is the difference between a “healthy” and an “unhealthy” relationship?	5.1 Describe behaviours that help make relationships healthy	Families a & g Respectful relationships a, b & d Online and media a, b, c & d Being safe a & b Intimate relationships a, b & d Mental wellbeing e Internet safety a & b
			5.2 Describe attitudes that help make relationships healthy	
			5.3 Describe behaviours that could make relationships unhealthy	
			5.4 Describe attitudes that could make relationships unhealthy	
12	What do we mean by being discerning?	5.5 Explain why being discerning is important to people’s wellbeing		
		5.6 Give examples of skills people can use to stay happy and healthy in their relationships		
6. Understand the range of changes which are preparing me for adulthood	13-14	What is puberty and how will it affect me?	6.1 Describe the range of changes people may experience during puberty	Families a, b, d, e & f Respectful relationships a, c & d Online and media a, b & c Intimate relationships a, c, g & h Mental wellbeing b Internet safety a Changing adolescent body a & b
	15	What is body image and why does it matter?	6.2 Explain why developing a positive body image is important	
	16	What is conception?	6.3 Describe how a baby can be conceived and born	
	17	Is having a baby the most important decision we will ever make?	6.4 Outline the most important things I would need to consider when thinking about having my own children	
	18	What decisions will I be making in the next four years in school that will affect my future?	Careers: Subject choices in Year 8, GCSE courses in Year 9-11, Looking outside school: Work Experience in Year 10, Colleges and Apprenticeships after Year 11. An introduction to Fast Tomato.	
7. Review what I have learnt this year in Personal Development	19	What have I learnt in Personal Development this year?		