

# Year 7 Personal Development

## Overview

### Autumn term 1

Introduction to PSHE

Online safety / Social media

Friendships

How well do i know my form

Change of context lesson

Resilience

Recap & Assessment



### Autumn term 2

Introduction to Unifrog

Remembrance day

What is First aid

Basic life support

Change of context lesson

How can we manage anger

Recap & Assessment



### Spring term 1

What is mental Health?

What is self esteem

What is mindful colouring ?

The Dangers of Smoking

What are drugs

Recap & Assessment



### Spring term 2

Budget

Creating a personal budget plan ?

Savings and loans / interest rates

Change of context lesson

Financial products / transactions

Recap & Assessment



### Summer term 1

Periods / puberty

What is FGM ?

What is a healthy lifestyle?

Change of context lesson

How Can I Keep Healthy ?

Recap & Assessment



### Summer term 2

What is problem Solving ?

Can I show creativity through making my own activity?

Change of context lesson

Social Media

Recap & Assessment

Recap of the year

