# Curriculum Overview

## Curriculum Area: Learning for Life  Year: 7

**Year 7 Curriculum:**

**Autumn Term: In the first half term pupils will be exploring some of the changes they are likely to experience in puberty. This will cover both physical and mental changes as well as an understanding of menstruation.**

**Autumn Term: Pupils will be looking at both physical and mental wellbeing in this half term. Pupils will explore what mental health is and the role of social media in mental health. Pupils will also explore how smoking, vaping and diet impact both physical and mental wellbeing.**

**Spring term: During the first spring half term pupils will learn Female Genital Mutilation (FGM) from a safeguarding perspective. Pupils will also be looking in to recognizing and preventing bullying, as well as managing risks associated with travelling.**

**Spring: In the second spring half term pupils will be focusing on careers. Please see the careers page for more details.**

**Summer Term: In the first summer half term pupils will look in to developing leadership skills, Factors that make a healthy relationship and core British Citizenship values. Within citizenship pupils will explore the ideas of liberties, rule of law, public institutions and democracy.**

**Summer term – In the final summer half term pupils will explore staying safe online. This will include media literacy and being a responsible global digital citizen.**

**Links to National Curriculum**

- Puberty and adolescent development
- Menstrual and reproductive health
- Mental wellbeing and emotional health
- Healthy lifestyles, diet and exercise
- Smoking and vaping awareness
- Respectful relationships
- Bullying prevention
- Safeguarding and FGM awareness
- Personal safety and risk management
- Citizenship and British values
- Leadership and responsibility
- Careers and preparation for adult life
- Online safety and digital citizenship
- Media literacy and critical thinking
- Responsible use of social media

**Knowledge and understanding of this curriculum will be assessed by:**

Pupils will be assessed via formative assessment during the lesson through discussions and question and answering.

Pupils will also take part in summative assessment each half term via knowledge quizzes to check their understanding.

**Powerful Knowledge/Cultural Capital Opportunities**

The content delivered to year 7 through learning for life is specifically relevant to their age and environment and reflects the lives they will be living in the real world.