

Subject:	Learning For Life	Year	7	Ability	All
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Term / Date(s)

	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Topic	Transition and Safety / Mental Health	Mental Wellbeing & Health	Developing Skills and Aspirations / Community and Careers	Democracy, Government & the Rights and Responsibilities of Citizens	Health & Personal Awareness	Financial Decision Making
Students will learn...	Students will learn about health and wellbeing. They will understand how to regulate their emotions in new and challenging circumstances, how to keep safe in risky situations and how to understand and protect their mental wellbeing during periods of transition or change.	Students will learn about Mental health and wellbeing. They will understand how to find support in a variety of areas if they or a peer require it. They will understand the importance of signposting and the importance of using reliable support services. They will engage in guided relaxation to enable them to manage their own emotional wellbeing. They will understand how to make healthier choices surrounding screentime.	Students will learn about a variety of careers, teamwork and enterprise skills with a focus on raising their aspirations. They will understand what Equality and opportunity in careers and life choices look like.	Students will learn about the importance of citizenship. They will be given the skills and knowledge to understand, challenge and engage with democratic society, including politics, monarchy, the media and the law.	Students will learn about their own personal awareness. They will understand the importance of personal hygiene and how this can impact both their physical and mental wellbeing. They will understand the importance of sleep and how this contributes to healthy wellbeing. They will learn the importance of self-awareness of their physical health including vaccinations, lumps, skincare and dental health.	Students will learn about saving, borrowing, budgeting and making smart financial choices and decisions.
Components	<ul style="list-style-type: none"> •Students will understand how to identify, manage and express their emotions when faced with challenging issues such as moving to a new school and establishing and managing friendships to support transition when moving to secondary school and taking control of their own personal safety. •Students will learn how to improve their study skills whilst identifying personal strengths and areas for development to take responsibility for their own learning at secondary school. •Students will learn how to administer basic first aid and respond to an emergency to help keeps themselves and others safe. •Students will understand how to manage challenges during adolescence and refrain from negative thinking to support and their mental and emotional wellbeing both inside and outside of school. •Students will learn strategies to promote mental health and emotional well-being, whilst identifying the signs of mental and emotional ill-health to access support and appropriate treatment where needed. •Students will learn about the portrayal of mental health in the 	<ul style="list-style-type: none"> •Students will learn about the role of a young carer and what this entails. Students will be signposted to support both inside and outside of school if this affects them or peers. •Students will learn about Childhood Adversity (ACE's) and how this can impact mental health and wellbeing of themselves and their peers. They will understand where to seek support if this affects them. •Students will understand how to access trustworthy and reliable support within their local community, in school and online to ensure students are supported in all areas of their lives. •Students will learn about how to cope with loss and how to support others who may be going through the grieving process. •Students will take part in guided medication and complete a holistic body scan to learn how to regulate their emotions and apply this to dealing with any mental health issues they may face such as stress and anxiety. •Students will understand the key terms surrounding mental health such as Emotional Wellbeing, Stress, Anxiety and learn key skills to deal with at a personal level. 	<ul style="list-style-type: none"> •Students will learn how to be enterprising, including communication, teamwork and leadership to work independently and problem solve effectively. •Students will learn about a broad range of careers, including the abilities and qualities required for different roles to broaden their future aspirations from a young age. •Students will understand different types of discrimination in relation to work and pay to understand equal opportunities within the workplace. •Students will learn how to challenge stereotypes and discrimination and understand equal opportunities to understand about equality and values in life and work. •Students will learn about different types of employment, self-employment and voluntary work and set aspirational goals, to challenge expectations that limit choices. •Students will understand how to set challenging goals to challenge and stretch their own and others aspirations. 	<ul style="list-style-type: none"> •Students will learn about British Values and the importance of this with regards to the Prevent Agenda. •Students will understand about the role of Citizenship within schools and how this will impact them in future life. •Students will understand the precious liberties of citizens, both inside and outside of the UK. •Students will understand some political systems for example The House of Commons and the Houses of Parliament. •Students will begin to explore the operations of Parliament, specifically Voting, Elections and the Rolls of Parties within the UK. •Students will begin to understand the role of the Monarchy and Patriotism within the UK and other countries. 	<ul style="list-style-type: none"> •Students will learn about personal hygiene, understanding the basics surrounding the frequency of tasks such as changing bedding, showering, washing hair. •Students will understand how to make decisions about their own physical wellbeing and how to access appropriate medical care and where to find this. •Students will understand the importance of forming healthy sleep habits and limiting screen time before bed. •Students will understand the importance of checking their own physical health, understanding what changes could take place in their body and what this could mean and where best to seek medical advice. •Students will understand how to complete self-awareness checks to check for lumps and understand the importance of wearing SPF. •Students will understand the positive and negative impacts of cosmetic and aesthetic procedures and the impacts this can have on mental health. •Students will understand the importance of dental health, ensuring they have a dentist, how often they should visit and how to have good oral health at home. They will understand the detrimental impacts of poor dental hygiene. •Students will understand the importance of vaccinations, they will understand the 	<ul style="list-style-type: none"> •Students will understand how to read financial documents such as a wage slip to teach basic life skills and ensure students understand about basic financial terms such as; salary, national insurance, tax, student loan. •Students will learn how to make safe financial choices relating to saving and spending to understand the importance of financial education from an early age. •Students will learn about ethical and unethical business practices and consumerism to make smart and considered financial / business decisions in the future. •Students will learn about the importance of saving, spending and budgeting to give them basic life skills that can be utilised in the future, such as understanding the financial risks of credit cards and loans. •Students will learn how to manage financial risk-taking behaviours such as gambling, debt, loans and loan sharks to make responsible financial decisions in the future.

	media and the stigma attached to mental health to challenge stereotypes and misinformation.	•Students will understand the negative impacts of screentime and learn how to make sensible decisions surrounding limiting screentime, with a focus surrounding sleep.			concept of herd immunity and the negative impacts on those with weak immune systems with regards to those who are unvaccinated.	
What Students should already know (prior learning components)	In KS2, students should have covered the following components to support the current topics:-Relationships -Emotions / Mental Health -Personal Safety - Drugs & Alcohol - Media & Digital Literacy	In KS2, students should have covered the following components to support the current topics: -Relationships -Emotions / Mental Health -Personal Safety -Drugs & Alcohol -Media & Digital Literacy	In KS2, students should have covered the following components to support the current topics: -Relationships -Emotions / Mental Health -Personal Safety -Drugs & Alcohol -Media & Digital Literacy	In KS2, students should have covered the following components to support the current topics: -Relationships -Emotions / Mental Health -Personal Safety -Drugs & Alcohol -Media & Digital Literacy	In KS2, students should have covered the following components to support the current topics: -Relationships -Emotions / Mental Health -Personal Safety -Drugs & Alcohol -Media & Digital Literacy	In KS2, students should have covered the following components to support the current topics: -Relationships -Emotions / Mental Health -Personal Safety -Drugs & Alcohol -Media & Digital Literacy
Golden Knowledge	<ul style="list-style-type: none"> Understand that transition to high school can be a challenging time. Understand that there is lots of support in school for students struggling with transition. Understand that there are lots of hormonal changes happening with transitioning to school. Understand that there are many different mental health symptoms. Understand that emotions are complex. Understand that stereotypes and misconceptions surrounding mental health should be challenged. 	<ul style="list-style-type: none"> Understand that some students take on the role of a young carer. Understand that we can't know everyone's background and it's important to be kind. Understand that there is support available both internally and externally. Understand how to cope with loss and bereavement. Understand that there are negative aspects to screentime. 	<ul style="list-style-type: none"> Understand that there are different types of discrimination in a workplace environment. Understand that it is important to professionally challenge workplace discrimination. Understand that there are different forms of employment. Understand that it is important to set goals and have future aspirations to succeed. 	<ul style="list-style-type: none"> Understand that British Values are vital to the Prevent Agenda. Understand that citizenship is an integral part of the PSHE curriculum. Understand that UK citizens have precious liberties. Understand that the UK has a monarchy. 	<ul style="list-style-type: none"> Understand that basic hygiene is a human right. Understand that sleep has an impact on both mental and physical health. Understand that it is important to take responsibility for one's own physical health. Understand that everyone should carry out physical and mental health checks on themselves regularly. Understand that Dental Health is vital. Understand that everyone has access to free healthcare with the NHS. Understand that Vaccinations are vitally important to protecting our community and ourselves. 	<ul style="list-style-type: none"> Understand that wage slips are a key piece of information. Understand that people pay Tax and what this is used for. Understand what National Insurance is used for. Understand that there are risks surrounding credit cards. Understand that it is important to make safe financial choices. Understand that saving money is important for the future.
Transferrable knowledge (skills)	<ul style="list-style-type: none"> Tolerance and understanding of others emotions and mental health. How to consider a wide range of views and be respectful of those with differing opinions to their own. An ability to apply an understanding of fundamental British values to daily issues (Tolerance, Mutual Respect and Tolerance of different faiths and beliefs, Individual Liberty). The ability to consider one's own beliefs and opinions, reflect on what has influenced these and compare it to the beliefs and opinions of others. Life skills of risk management and awareness. 	<ul style="list-style-type: none"> British Values including: Tolerance and Mutual How to consider a wide range of views and be respectful of those with differing opinions to their own. The ability to consider one's own beliefs and opinions, reflect on what has influenced these and compare it to the beliefs and opinions of others. How to offer support and signpost to services available both inside and outside of school. 	<ul style="list-style-type: none"> Communication Skills, including Teamwork, Leadership and Problem Solving. Setting Aspirational goals Applying independence to everyday problems Abilities and qualities required for differing roles How to challenge stereotypes and discrimination Understand equality and equal opportunities How to consider a wide range of views and be respectful of those with differing opinions to their own. Life Skills of Teamwork, Independence and Problem Solving and Research. The ability to apply Study Skills to a range of different subjects across school 	<ul style="list-style-type: none"> An ability to apply an understanding of fundamental British values to daily issues (Tolerance, Mutual Respect and Tolerance of different faiths and beliefs, Individual Liberty and Rule of Law) How to consider a wide range of views and be respectful of those with differing opinions to their own. The ability to consider one's own beliefs and opinions, reflect on what has influenced these and compare it to the beliefs and opinions of others. How monarchy impacts society within the UK. How political parties impact society within the UK. How to be an active citizen. 	<ul style="list-style-type: none"> How to consider a wide range of views and be respectful of those with differing opinions to their own. How to consider own personal safety How to seek medical appropriate medical attention - NHS Website / Pharmacy / I I I / GP / A&E / 999 How to notice physical changes in their body Understanding the importance of vaccinations Understanding the impacts on mental health 	<ul style="list-style-type: none"> An ability to understand basic financial documentation (wage slip) in order to inform basic life skills. Understanding of basic financial terms (Salary, National Insurance, Tax, Income, Pension, Student Loan). How to make smart financial decisions in the future and where to go for impartial financial advice where required. Importance of saving and budgeting The risks associated with debt and loans.
Key vocabulary pupil will know and learn	Mental Health Wellbeing Emotions Transition Stigma Stereotypes Resilience Coping Strategies Safeguarding Misinformation Tolerance Respect British Values Individual Liberty Study Skills	Mental Health Wellbeing Emotions Tolerance Respect Mutual Respect Stress Signposting Young Carer Childhood Adversity Loss Grief Reliable Support Services	Enterprise/Enterprising Aspirations Equality Equal Opportunity Communication Teamwork Independence Leadership Careers Stereotypes Discrimination Team work Research Study Skills	British Values Citizenship Precious Liberties House of commons House of Parliament Operations Elections Patriotism Voting Monarchy	Personal Hygiene Medical Services Appropriate Sleep hygiene Screen Time Self Awareness Lumps SPF Aesthetics Dental / Dentist Vaccinations Immunisations Herd Immunity Moles Cosmetics	Wage Slip National Insurance Pension Tax Student Loan Income Outgoings Budgeting Saving Ethical Un-ethical Consumerism Credit Card Gambling Loan Loan Shark Debt

Assessment activities	Recall and retention activities at the start of each lesson to deepen knowledge and understanding overtime and to address misconceptions. End of unit assessment activity to access learning over time and address misconceptions. Misconceptions re-taught to close learning loop ahead of next topic. Student Voice / Work Scrutiny	Recall and retention activities at the start of each lesson to deepen knowledge and understanding overtime and to address misconceptions. End of unit assessment activity to access learning over time and address misconceptions. Misconceptions re-taught to close learning loop ahead of next topic. Student Voice / Work Scrutiny	Recall and retention activities at the start of each lesson to deepen knowledge and understanding overtime and to address misconceptions. End of unit assessment activity to access learning over time and address misconceptions. Misconceptions re-taught to close learning loop ahead of next topic. Student Voice / Work Scrutiny	Recall and retention activities at the start of each lesson to deepen knowledge and understanding overtime and to address misconceptions. End of unit assessment activity to access learning over time and address misconceptions. Misconceptions re-taught to close learning loop ahead of next topic. Student Voice / Work Scrutiny	Recall and retention activities at the start of each lesson to deepen knowledge and understanding overtime and to address misconceptions. End of unit assessment activity to access learning over time and address misconceptions. Misconceptions re-taught to close learning loop ahead of next topic. Student Voice / Work Scrutiny	Recall and retention activities at the start of each lesson to deepen knowledge and understanding overtime and to address misconceptions. End of unit assessment activity to access learning over time and address misconceptions. Misconceptions re-taught to close learning loop ahead of next topic. Student Voice / Work Scrutiny
Notes Why this topic is important Why this topic is important...	This topic is important because it supports students with the transition to secondary school, teaching those fundamental study skills and British Values. It develops understanding of risk management and personal safety, which will also support them through the school transition and teach independence. It will allow students to understand mental and emotional health, whilst offering support to those students who require it.	This topic is important as students will understand the importance of looking after their own mental wellbeing as well as supporting others with theirs. Students will be introduced to key safeguarding initiatives and support offered within school. Students will understand the importance of referring themselves and others for support where they deem necessary. Students will understand how to access support in a variety of methods to ensure students are kept safe both inside and outside of school.	This topic is important as students will learn basic and important life skills early within their secondary school education which can be applied throughout their education. Students will understand a wide range of career opportunities which will give them an insight into the real world and will broaden their future aspirations upon leaving education.	This topic is important as students will begin to understand how citizenship education will give them the knowledge and skills to understand, challenge and engage with democratic society. Student will begin to understand the different political parties and their beliefs. Students will understand the concept of the Monarchy within the UK and how this impacts various elements of the UK as well as other countries. Students will understand the importance of voting how this contributes to a fair society.	This topic is important as it gives students a sense of self awareness. It encourages students to take an active role in ensuring they are healthy and to notice any changes within their own body and wellbeing. This unit will encourage students to understand the importance of using the NHS accurately and appropriately. Students will understand the importance of Dental health and will be encouraged to received dental healthcare. Students will understand the importance of vaccinations and immunisations and why people are encouraged to have these.	This topic is important because it teaches students about making independent financial decisions for the future. It teaches students the importance of saving and budgeting their finances so that they do not find them selves in debt and having to make risky financial decisions.
Safeguarding signposts	Mental Health Personal Safety Transition	Childhood Adversity Young Carers Mental Health Personal Safety Loss / Grief	Discrimination Stereotyping		Personal Hygiene Physical Changes	Debt Abuse Mental Health Financial
Links to Statutory Guidance	DFE Guidance PSHE Association OFSTED Guidance	DFE Guidance PSHE Association OFSTED Guidance	DFE Guidance PSHE Association OFSTED Guidance		DFE Guidance PSHE Association OFSTED Guidance	DFE Guidance PSHE Association OFSTED Guidance
Links to Faith and Cultures	Support within the local community including faith leaders.					