

# Year 7

**The year 7 Programme of study** is designed to support students' transition from primary to secondary school, looking particularly at positive relationships and emotional health. It also addresses issues that young people come across at this age, and prepares them for topics they may start to think about as they enter adolescence. The programme in year 7 is 'light-touch' and serves as an introduction to a variety of topics that will be studied in greater depth at a later stage. The language used has been carefully chosen not to shock, scare or sensationalise, and young people are not forced to participate verbally if they don't feel comfortable; we operate an 'it's okay to just listen' principle where class discussions are concerned. Lessons highlighted in yellow come under the Relationships and Sex Education (RSE) topic.

Half term	Lesson no.	Theme and detail
1	1	Transition and identity
	2	Identity, friendship and well-being
	3	Safe mobile phone and social media use (friendships)
	4	Safe mobile phone and social media use (life online)
	5	Mental health and relaxation
	6	Celebrating success
	7	Catch-up lesson
2	8	Physical health – personal hygiene and puberty
	9	Physical health – a healthy diet
	10	Physical health – a healthy diet – understanding ingredients and food labels, energy drinks and sugar
	11	Physical health – media - understanding the psychology of marketing strategies
	12	Physical health – body image
	13	Physical health – exercise
	14	Physical health – exercise and mental health
	15	Mental and physical health
3	16	Relationships – identifying positive relationships
	17	Relationships – gender and identity
	18	Relationships – different levels of intimacy and boundaries – choice and consent

	19	Relationships - safe internet/phone use
	20	Personal safety – keeping safe when out and about, keeping safe online
	21	Personal safety– road safety
4	22	Learning skills – understanding the brain
	23	Learning techniques – British geography
	24	European geography - politics
	25	World geography – climate across the globe
	26	Global issues - Beginning to understand climate change and its causes
	27	Global issues – Our role in climate change
5	28	RSE– the male and female reproductive system (revised from science) and ownership of our bodies
	29	RSE – Menstruation, personal hygiene and respect
	30	RSE - Puberty – understanding what changes young people go through physically and emotionally
	31	RSE - Pregnancy and child development
	32	Catch-up lesson
6	33	Habit, addiction and dependence
	34	Smoking – how it affects the body
	35	Alcohol – how it affects the body
	36	Catch-up lesson/consolidation
	37	Review of the year and student voice
	38	Free choice discussion