

YEAR 7		Description	Levels covered	Skills & content covered	Skills & content revisited
<b>LIFE SKILLS</b>					
<b>AUTUMN 1</b>	Friendship and Conflict	To enable smooth transition into Year 7s, students will address their hopes and fears and will be informed of where they can get help from in school if bullying issues arise.	N/A	Real friends and bullies. Where to get help. SEAL skills, communication skills, teamwork, providing advice, finding solutions and problem-solving.	Skill will be revisited in Sex and Relationships topic (7.3) where teamwork and communication is key to the topic. Where to get support and help in school will also be addressed in SRE.
<b>AUTUMN 2</b>	Citizenship: Power in the UK	Democracy and what it means to be a citizen in a diverse community and will discuss the role of Student Voice.	N/A	Citizenship in the UK. Diversity and community. Problem-solving, active participation, teamwork, decision-making, communication and analytical skills.	Content and skills will be revisited in Diversity and Equality topic (7.6) where diversity and discrimination is addressed in detail. Also, in 9.3 Active citizenship.
<b>SPRING 1</b>	Sex and Relationships Education	Students will learn to manage emotions appropriately and taught about how to deal with the breakdown of family relationships (separation and divorce).	N/A	Feelings, emotions and responses to difficult experiences. Reflecting on behaviour, SEAL skills, communication skills, teamwork, finding solutions and problem-solving.	Content and skills in SRE are re-visited every year and content is built upon in accordance with statutory guidelines.
<b>SPRING 2</b>	Personal Health	Students will learn about personal hygiene, healthy eating and exercise.	N/A	Living a healthier lifestyle. Communication skills, evaluation skills, SEAL skills, informing opinions.	Content and skills in Personal Health topics are re-visited every year and content is built upon in accordance with statutory guidelines.
<b>SUMMER 1</b>	Careers	To prepare students with their GCSE Options next year whilst also informing students of where to get help in careers choices.	N/A	Explore strengths, skills and enjoyment of subjects they study. The importance of teamwork. Communication skills, teamwork, reflection and critical thinking.	Topic will be revisited when students are due to pick their GCSE Options in Year 8.
<b>SUMMER 2</b>	Citizenship: Diversity and Equality	Students will develop their understanding of prejudice, stereotypes and discrimination.	N/A	Racism, gender discrimination, Homophobia and disability discrimination. Communication skills, teamwork, informing opinions.	Gender debates are discussed further in SRE topics. In Year 9 (9.4), students challenge gender stereotypes.