

PD Curriculum Summary as of September 2019

Year 7

TERM 1	
1	New beginnings Transition – New beginnings
2	New beginnings Let's get going
3	New beginnings Celebrity
4	New beginnings Build friendships
5	New beginnings I'll be there for you
6	New beginnings Friends Listen
7	Resilience Thoughts and feelings, self-talk
8	Resilience Thinking Brain – Mindsets
9	Resilience Accuracy of beliefs - Pessimistic Vs Optimistic
10	Resilience Putting it in perspective – Catastrophic thinking
11	Resilience Challenge unhelpful thinking – Use Evidence
12	Resilience Evidence thinking
13	Resilience Overcoming Emotions - Strategies to use in conflict
14	Resilience Coping strategies and visualised relaxation techniques

TERM 2	
1	Under Pressure Bullying - Getting it
2	Under Pressure Bullying - Watching it
3	Under Pressure Bullying - Doing it
4	Under Pressure Self-assertion
5	Under Pressure Peer pressure
6	Under Pressure Peer pressure and groupthink
7	Under Pressure Attitudes towards smoking & E- cigarettes
8	Under Pressure Volatile substances, Psychoactive Substances
9	Under Pressure Alcohol
10	Who am I? Am I normal? Puberty & hygiene
11	Who am I? ? Am I normal? FGM (Female Genital Mutilation)
12	Who am I? Am I normal? My Feelings – Tame them

TERM 3	
1	Who am I? Am I normal? What's in a face
2	Who am I? Am I normal? Media effects
3	Who am I? Am I normal? Romance
4	Who am I? Am I normal? Unhealthy relationships
5	Who am I? Am I normal? Friendships changing , breaking up
6	Who am I? Am I normal? Family life
7	Health First aid
8	Health First aid CPR
9	Health Burns bleeds and choking
10	ACE WEEK
11	Living in wider world Diversity
12	Living in wider world British values - Does it matter? Beliefs and Values
13	Living in wider world –Managing budgets