



P.D. Curriculum Year 7

What will I learn?

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| <p>Autumn 1 Health and well-being - keeping safe & organised Moving to secondary school Establishing healthy routines e.g. through food choice, homework routine Safe ways to travel to school Online safety Identifying who can support me in secondary school First aid CPR</p> | <p>Autumn 2 Living in the wider world Careers Careers provision at Keswick School. Research some examples of jobs and careers. Signposting for further support Personal Finance Money personality Basic income and expenditure works. Personal spending Managing personal finance.</p> |
| <p>Spring 1 Building relationships Different types of family structure Friendship & peer pressure and influence Managing online relationships including cyberbullying Romantic relationships, boundaries within relationships Definition of consent Romance (RSE) Signposting for further support</p> | <p>Spring 2 Health and puberty Emotional and social changes in puberty Physical changes in puberty and Impact of puberty Keeping safe: - consequence of vaping, tobacco and cannabis and alcohol Signposting for further support</p> |
| <p>Summer 1 Emotional health and well-being based on Anna Freud research project It's safe to talk about mental health What is safety? (e.g. discuss signs of grooming) Early warning signs - body, thoughts and feelings Developing safety networks Signposting for further support</p> | <p>Summer 2 British values: Valuing self and my place within the Community. Diversity, including prejudice and bullying British values Keswick School values -welcoming and inclusive Different stereotypes, prejudice and discrimination. How these are challenged Difference and diversity within the community Impact of prejudice and discrimination Signposting for further support</p> |

How will I receive feedback?

In PD you will measure your starting point through the knowledge, skills and attributes checklist that is found in your PD exercise book. Then at the end of a unit of work, you will record your progress on the student knowledge, skills and attributes check-list in your PD book.

In the PD lessons listening to feedback and making improvements and corrections to your work is really important. In most of your PD lessons your teacher will go through **correct answers** with the class or support you to develop your knowledge, skills and attributes. Your classmates might also **share ideas** with you about how your work could be improved. When this happens you should always make the suggested improvements to your work in **green pen**.

