

Level 1:



Queen Ethelburga's Collegiate

Personal Development Department Year 7 Overview 2024-25

This is an overview of the different topics taught in Personal Development. Personal Development encompasses Social, Moral, Spiritual and Cultural (SMSC) and careers. The Department works closely with all other school teams to provide a bespoke programme for all students in KS3 and 4. All students receive 1 hour each week.

Term	Week	w/c	SMSC	Lesson themes/titles
Autumn (1)	1	02 Sep 24	ALL	Induction Reflections of summer/Learning contracts resilience/teamwork/ expectations in PD Mental Health/Stress Relief, Self Help, Emotional Wellbeing
	2	09 Sep 24	ALL	Induction Expectations in PD- Targets, skills/teamwork/target setting School support networks/ SMSC Mental Health/Stress Relief, Self Help, Emotional Wellbeing
	3	16 Sep 24	MS	Body Image and Media
	4	23 Sep 24	MS	Digital Wellbeing Awareness Week - screen time focus
	5	30 Sep 24	MS	Stereotyping and prejudice
	6	07 Oct 24	All	Resilience/Self esteem
	7	14 Oct 24	S	Restart a Heart Day-First Aid Week
				2 week half term

Autumn (2)	8	04 Nov 24	SC	Allergens and EpiPen/eczema/asthma/rashes/sepsis
	9	11 Nov 24	All	Anti-bullying Awareness Week - inclusion
	10	18 Nov 24	MSC	Positive relationships/ Peer pressure
	11	25 Nov 24	MS	Preventing serious crime
	12	02 Dec 24	MS	Grooming and Child Exploitation
	13	09 Dec 24	All	Religious Festivals
		16/23/30 Dec		Christmas Holidays
Spring (1)	14	06 Jan 25	MSC	Personal Safety/One punch lesson
	15	13 Jan 25	SC	Diet/healthy eating
	16	20 Jan 25	SC	Exercise and sleep
	17	27 Jan 25	SC	Well-being Awareness week – Healthy Habits focus
	18	03 Feb 25	SC	Puberty recap/self-respect/consent
	19	10 Feb 25	MS	Puberty personal hygiene and dental care/ Puberty emotional changes and supporting each other
		17 Feb 25		Half Term
Spring (2)	20	24 Feb 25	SMC	Careers -Introduction to employability skills
	21	03 March 25	MSC	Drugs
	22	10 March 25	MS	Alcohol
	23	17 March 25	MS	Smoking and vaping
Summer (1)	24	24 March 25	S	Careers- collaboration and communication
	25	31 March 25	All	Equality Awareness Week- Gender roles focus. Equality Act and Terminology
	26	7 April 25	ALL	Equality-disability/senses/anti-social language
		14/21 April		Easter holidays
	27	28 April 25	MSC	Friendships/relationships/kindness /trust

	28	05 May 25	MS	Financial Capabilities
	29	12 May 25	C	Cultural Awareness Week
	30	19 May 25	MSC	Environmental Awareness
		26 May 25		Half term
Summer (2)	31	2 June 25	S	Cancer awareness
	32	9 June 25	All	Spirituality awareness week
	33	16 June 25	All	Year 7 overview and targets for next year

Please note that lesson themes and dates are subject to change.

Social, Moral, Spiritual and Cultural (SMSC)

This is embedded into the topics we deliver as indicated on the overview.

<p>Social</p> <p>Use social skills in different contexts; work well with others; resolve conflicts; understand how communities work.</p>	<p>Moral</p> <p>Recognise right and wrong; understand consequences; investigate moral and ethical issues; offer reasoned views.</p>
<p>Spiritual</p> <p>Explore beliefs and experience; respect values; discover oneself and the surrounding world; use imagination and creativity; reflect.</p>	<p>Cultural</p> <p>Appreciate cultural influences; participate in cultural opportunities; understand, accept, respect and celebrate diversity.</p>