



Year 7			
Autumn 1			
	Lesson Topic	Learning Objective Student will be able to:	Theme and Right to Withdraw from Sex Education
1	Welcome to Kings	- Develop positive relationships with new peers. - Explain the purpose and importance of PSHE. - Demonstrate effective teamwork and communication skills.	Health & Wellbeing and Respectful Relationships
2	Building Positive Relationships and the Equality Act	- Describe the characteristics of a positive friendship. - Identify the protected characteristics within the Equality Act 2010. - Explain why equality and inclusion are important in school and society. - Distinguish between biological sex, gender identity and sexual orientation.	Relationship Education RR1, RR2, RR4
3	Emotions and Feelings	- Identify a range of emotions accurately. - Describe how emotions affect thoughts, behaviour and the body. - Explain why emotions can change in different situations.	Health & Wellbeing RR3, MW1
4	Respectful Relationships: Friendships	- Describe the features of healthy friendships. - Demonstrate strategies to maintain friendships, including online. - Identify signs of unhealthy friendships and how to seek support.	Relationship Education RR1, OSA9
5	Black History Month: Importance of Anti-Racism	- Explain the purpose of Black History Month. - Describe the impact of Black culture on British society. - Demonstrate safe ways to challenge racism and discrimination.	Health & Wellbeing RR2, RR9
6	Personal Safety: Road, Railway, Fire and Water Safety	- Identify risks relating to roads, railways, fire and water. - Apply strategies to stay safe in public spaces.	Living in the Wider World PS1, BS4 Citizenship Curriculum



7	Online Safety and healthy online relationships	- Identify risks associated with social media and online communication. - Explain the benefits and challenges of online platforms. - Apply strategies to protect personal information online.	Relationship Education F8, RR1, RR7, WO2, OSA3, OSA9
8	Puberty and Menstruation	- Explain the physical and emotional changes during puberty. - Describe menstruation and menstrual wellbeing. - Identify menstrual products and explain their safe use. - Apply strategies to manage changes confidently.	Health & Wellbeing DB1, DB2, DB3
Autumn 2			
	Lesson Topic	Learning Objective Students will be able to:	Theme
1	First Aid: Recovery Position and CPR	- Describe the primary survey process. - Demonstrate CPR and the recovery position safely. - Explain when and how to seek emergency assistance.	Health & Wellbeing H33 BFA1, BFA2
2	First Aid: Defibrillator and how to apply a bandage	- Explain the purpose of a defibrillator. - Demonstrate safe bandaging techniques. - Apply first aid responses to practical scenarios	Health & Wellbeing BFA 2, BFA 3
3	Diversity and Equality Act	- Define diversity and inclusion. - Explain the impact of prejudice and stereotyping. - Demonstrate ways to promote equality.	Relationship Education RR2, RR4, RR9
4	Antibullying week	- Identify different forms of bullying. - Explain the impact of bullying on individuals and communities. - Demonstrate strategies to report and challenge bullying.	Relationship Education RR2, RR6
5	Being an Upstander	- Define the term upstander. - Explain why upstander behaviour is important. - Demonstrate strategies to intervene safely.	Health & Wellbeing RR2
6	Sleep and Dental Health	- Explain the importance of sleep and oral hygiene. - Identify healthy routines.	Health & Wellbeing



		Reflect on personal health habits.	HP1, HP2, HP6, MW2
7	Physical Health	- Explain the benefits of physical activity. - Identify components of a balanced lifestyle. - Set realistic health goals.	Health & Wellbeing RR3, HE1, HE2, MW2, PHF1, PHF3
Spring 1 – Mental Health			
	Lesson Topic	Learning Objective	Theme
1	My Big Life: Understanding your feelings	- Identify and name a range of emotions. - Understand how feelings can affect thoughts and behaviour. - Explain why talking about feelings can support wellbeing.	Health & Wellbeing RR3, MW1, MW2, MW3, MW6
2	My Big Life: Calming techniques	- Identify physical feelings within the Five Areas Model that signal distress or stress. - Practise calming techniques that help manage physical feelings and emotions. - Explain how changing one area of the model can positively influence the others.	Health & Wellbeing RR3, MW1, MW2, MW4, MW6, PHF3
3	My Big Life: How to get a big life	- Explore how behaviours influence thoughts, emotions and wellbeing. - Identify positive activities that support a healthy Five Areas cycle. - Create a personal action plan using the Five Areas Model to improve wellbeing	Health & Wellbeing RR3, MW1, MW2,
4	My Big Life: Challenging Stigma	- Understand how stigma can affect thoughts, feelings and behaviours. - Recognise unhelpful beliefs about mental health and challenge them. - Use the Five Areas Model to explain the impact of stigma on wellbeing.	Health & Wellbeing RR3, MW1, MW2, MW4
5	My Big Life: Overcoming problems	- Use the Five Areas Model to break down a problem into manageable parts. - Identify how thoughts, feelings, behaviours and physical reactions interact during difficult situations. - Develop practical solutions by changing one or more areas of the model.	Health & Wellbeing RR3, MW1, MW2, PHF3



6	My Big Life: Building inner confidence	- Identify thoughts that support or reduce confidence. - Understand how confident behaviours can influence thoughts and feelings. - Apply the Five Areas Model to develop greater self-confidence.	Health & Wellbeing RR3, MW1, MW2, PHF3
7	My Big Life: Dealing with Anger	- Identify anger triggers and responses using the Five Areas Model. - Recognise the links between angry thoughts, physical feelings, emotions and behaviours. - Use strategies to change unhelpful thoughts and behaviours when feeling angry.	Health & Wellbeing RR3, MW1, MW2, MW4, MW5
Spring 2			
	Lesson Topic	Learning Objective	Theme
1	Social Media Awareness: TikTok Debate	- Explain how media and social media can shape the way people view themselves and others, including impacts on body image, self-expression, physical health, and mental wellbeing. - Develop communication and relationship skills online - Identify the benefits of social media, including opportunities to learn from diverse perspectives, share ideas, and engage with a wide range of issues in safe and constructive ways.	Health & Wellbeing WO1, WO2, OSA9
2	Healthy and Unhealthy Relationships	- Know the qualities and behaviours they should expect and exhibit in a wide variety of positive relationships (including in school and wider society, family and friendships, including online) - Understand the indicators of positive, healthy relationships and unhealthy relationships, including online. - Introduce the term consent and understand what this may look like in friendships.	Relationship Education F8, RR1, RR7, WO2
3	British Values	- Define and explain the five key British Values: democracy, rule of law, individual liberty, mutual respect, and tolerance of different faiths and beliefs. - Recognise how British Values are reflected in school, community, and wider society, and why they are important for living in a diverse country.	Living in the wider world Citizenship Curriculum British Values



		Apply values to real-life scenarios – Students will be able to analyse situations (e.g., disagreements, community decisions, respecting differences) and suggest how British Values can guide positive choices and actions.	RR2, RR4, RR9
4	Misinformation and Fake News	- Recognise the importance of seeking a variety of perspectives on issues and ways of assessing the evidence which supports those views - Understand what misinformation and fake news and explain how they spread, especially online and through social media. - Develop critical thinking skills and identify strategies for checking the reliability of information, such as cross-checking sources, spotting bias, and recognising clickbait. - Reflect the potential consequences of sharing false information and consider how to make responsible choices when consuming and sharing content.	Citizenship Curriculum WO5 British Values
5	UK Politics – How does it work?	- Learn some of the key terms that surround politics in the UK. - Understand why politics is important. - Make judgements on important political decisions that are being discuss at that period.	Citizenship Curriculum British Values RR4
6	UK Courtrooms: The basics	- Develop an understanding of the different types of court with the UK Justice system. - Roleplay a court scene to understand the different roles in a court room. - Understand the thought process between guilty and not guilty, and the term ‘beyond reasonable doubt’.	Living in the wider world Citizenship Curriculum British Values
Summer 1			
	Lesson Topic	Learning Objective	Theme
1	Who am I	- Review their strengths, interests, skills, qualities and values and how to develop them - Explore self-identity and self-awareness and recognise personal qualities, skills, and characteristics that make up their individual identity. - Identify personal strengths and talents and reflect on their own abilities, achievements, and interests, and consider how these might relate to future career pathways.	Living in the wider world L.2 Careers Education Gatsby 2,3,8



		Articulate their strengths and positive qualities, and practise presenting themselves positively in different contexts (e.g., school, friendships, future careers)	
2	Values and Qualities	- Understand the difference between values and qualities and explain what values (e.g., honesty, respect) and personal qualities (e.g., teamwork, resilience) are, and why they are important in life and work. - Identify their own values and qualities. - Explain how their personal values and qualities can support them in education, careers, and contributing positively to their community.	Living in the wider world Careers Education
3	What is a career and exploring possibilities?	- Define ‘what is a career?’. - Identify a range of career sectors and jobs that they might be interested in. - Understand the skills required for different jobs, and the rewards and challenges they may bring in the future.	Living in the wider world Careers Education Gatsby 2,7,8
4	What is an entrepreneur?	- Recognise the skills and qualities required to engage in enterprise. - Identify personal skills, strengths and creative and enterprising skills they already use in school, hobbies, or daily life, and give examples of how these can be developed further. - Apply skills and demonstrate how creative thinking and enterprising approaches (e.g., innovation, initiative, resilience) can help them in careers, teamwork, and real-world challenges.	Living in the wider world L.5 Careers Education Gatsby 2,6,7
5	What is a work-life balance?	- Explain what work-life balance means to them - Suggest ways to improve work-life balance and manage situations of work-life imbalance - Describe an example of when they’ve demonstrated the skill of balance	Living in the wider world L.3 Careers Education Gatsby Benchmarks 2,3,6,7
6	Meet the Employers	Understand the world of work and describe different roles, responsibilities, and pathways within a range of industries and sectors represented by visiting employers.	Living in the wider world L.12 L.4



		- Identify the skills, attitudes, and behaviours that employers look for, linking them to their own strengths and areas for development, including the skills and attributes that employers value. - Engage positively with employers by prepare and ask relevant questions, listen actively, and reflect on how employer insights can influence their own career thinking and future choices.	Careers Education PAL Encounters
Summer 2			
	Lesson Topic	Learning Objective	Theme
1	Budgeting – End of Year Party Planning	- Explain what a budget is, why it is important, and how to manage money effectively when planning an event. - Apply budgeting skills and work within a set budget to make decisions about costs (e.g., food, venue, entertainment, decorations) when organising a party. - Develop teamwork and decision-making skills by collaborating with others, negotiate priorities, and justify their spending choices while planning the event.	Living in the wider world Financial Literacy
2	Household Spending	- Know common types of household spending, including mortgages or rent, taxes, utility bills, food, and transport. - Explain why adults must manage regular costs and how these affect budgeting and lifestyle choices. - Apply budgeting to household scenarios by creating a simple household budget, making decisions about prioritising essential and non-essential spending.	Living in the wider world Financial Literacy
3	Needs vs. Wants	- Understand the difference between what a “need” is (essential for living) and what a “want” is (something nice to have but not essential). - Identify needs and wants in everyday life using sort common examples of spending (e.g., food, clothing, holidays, gadgets) into needs and wants, explaining their reasoning. - Recognise and explain why people must prioritise needs over wants when managing money and how this links to budgeting in real life.	Living in the wider world Financial Literacy
4	Neurodiversity	Explain what neurodiversity means and recognise that people’s brains work in different ways, including conditions such as autism, ADHD, dyslexia, and dyspraxia.	Living in the wider world



		- Describe how neurodiverse individuals may experience learning, social situations, and communication differently, and how to show respect and understanding. - Apply inclusive behaviours and suggest practical ways to support peers who are neurodiverse, promoting an inclusive and supportive classroom environment.	Citizenship Curriculum British Values RR2, RR4, RR9
5	Disabilities Awareness	- Understand what disability means and describe different types of disabilities (visible and invisible) and challenge stereotypes or misconceptions. - Recognise the importance of inclusion and respect and explain why accessibility, empathy, and respectful attitudes are important, and how the Equality Act 2010 protects the rights of people with disabilities. - Identify ways they can promote disability awareness and inclusion in everyday life, linking their behaviour to the values of equality and fairness.	Living in the wider world Citizenship Curriculum British Values RR2, RR4, RR9
6	Project Week		
7	End of year reflections	- Reflect on personal growth, recognise and describe the skills, strengths, and achievements they have developed over the school year. - Identify challenges and learning points and reflect on difficulties they faced, how they overcame them, and what they learned from these experiences. - Set intentions for the future with goals and positive actions they want to take forward into the next school year, both academically and personally.	Health and Wellbeing