

Year 7 SOW breakdown			
Half term	Topic	In this unit of work, students learn...	Statutory guidance/personal development
Autumn 1 Relationships	Building relationships Self-identity Changing relationships	<ul style="list-style-type: none"> <li>• What is unique about themselves</li> <li>• Factors that make up our identities</li> <li>• How to establish and maintain friendships</li> <li>• What responsibilities they have in the various relationships they have</li> <li>• Strategies to spot real and fake relationships</li> <li>• The difference between being assertive, passive and aggressive</li> <li>• Strategies for being assertive in relationships</li> <li>• How your role in your relationships may change over time and as circumstances change</li> </ul>	<b>Respectful Relationships including Friendships</b> <ul style="list-style-type: none"> <li>• Positive and healthy relationships</li> <li>• Improving and supporting respectful relationships</li> </ul> <b>St. Joseph's pupil profile</b> <ul style="list-style-type: none"> <li>• Loving</li> <li>• Compassionate</li> <li>• Generous</li> <li>• Truthful</li> <li>• Grateful</li> </ul>
Autumn 2 Health & Wellbeing	Transition and safety Personal safety Basic First Aid	<ul style="list-style-type: none"> <li>• How to manage the challenges of moving to a new school</li> <li>• How to improve study skills</li> <li>• How to identify personal strengths and areas for development</li> <li>• Personal safety strategies and travel safety including road safety and rail safety</li> <li>• How to respond in an emergency situation</li> <li>• Basic first aid</li> </ul>	<b>Being safe/Basic first aid</b> <ul style="list-style-type: none"> <li>• Road and rail safety</li> <li>• Responding to an emergency</li> <li>• Basic first aid</li> </ul> <b>St. Joseph's pupil profile</b> <ul style="list-style-type: none"> <li>• Wise</li> <li>• Learned</li> <li>• Discerning</li> <li>• Attentive</li> </ul>
Spring 1 Living in the wider world	Developing skills and aspirations Careers and Aspirations Enterprise skills	<ul style="list-style-type: none"> <li>• How to be enterprising, including skills of problem solving, communication, teamwork, leadership, risk-management and creativity</li> <li>• Different careers and qualities required for different careers</li> <li>• How to challenge stereotypes and identify future career aspirations</li> <li>• The link between values and careers</li> </ul>	<b>Careers</b> <ul style="list-style-type: none"> <li>• Transferable skills</li> <li>• Identifying aspirations</li> </ul> <b>St. Joseph's pupil profile</b> <ul style="list-style-type: none"> <li>• Hopeful</li> <li>• Learned</li> <li>• Curious</li> </ul>
Spring 2 Relationships	Marriage and Family Legal status of marriage Forced/arranged marriage Parenting	<ul style="list-style-type: none"> <li>• Options available to people who want to commit to each other long term</li> <li>• How long term relationships can become legally binding</li> <li>• To recognise the difference between forced and arranged marriage and the legal status of each</li> </ul>	<b>Families</b> <ul style="list-style-type: none"> <li>• Different type of committed relationships</li> <li>• Legal status of long term relationships</li> <li>• Parenting and responsibilities</li> </ul>

		<ul style="list-style-type: none"> <li>• The responsibilities of a parent</li> <li>• The difference between adoption and fostering and the legal rights and responsibilities of both</li> <li>• How the media can influence our ideas of family life</li> <li>• The changing roles of men and women in family life</li> <li>• Strategies for coping with family breakdown</li> </ul>	<b>St. Joseph's pupil profile</b> <ul style="list-style-type: none"> <li>• Compassionate</li> <li>• Discerning</li> <li>• Loving</li> <li>• Grateful</li> </ul>
<b>Summer 1</b> Living in the wider world	<b>Citizenship</b> Understanding what citizenship is National identity International identity	<ul style="list-style-type: none"> <li>• What it means to be a citizen</li> <li>• What national identity is and what it means to be British</li> <li>• What international identity is and how the role the UK plays in international organisations such as NATO and WTO</li> <li>• How the media can influence our ideas of what it means to be a citizen</li> <li>• How we can exercise our rights as citizens of the UK</li> </ul>	<b>Citizenship</b> <ul style="list-style-type: none"> <li>• Defining citizenship</li> <li>• British values</li> <li>• National/International identity</li> </ul> <b>St. Joseph's pupil profile</b> <ul style="list-style-type: none"> <li>• Intentional</li> <li>• Curious</li> <li>• Eloquent</li> </ul>
<b>Summer 2</b> Health and wellbeing	<b>Health and puberty</b> Changing bodies Personal hygiene Dental hygiene	<ul style="list-style-type: none"> <li>• Factors that make up a healthy lifestyle</li> <li>• How to make healthy lifestyle choices including diet, physical activity and sleep</li> <li>• The importance of good dental hygiene</li> <li>• The importance of good personal hygiene</li> <li>• How to manage physical and emotional changes during puberty</li> <li>• Managing periods and the different period products available</li> </ul>	<b>Health and prevention/Changing adolescent body</b> <ul style="list-style-type: none"> <li>• Personal hygiene</li> <li>• Dental health</li> <li>• Immunisation and vaccines</li> <li>• Puberty and menstrual wellbeing</li> </ul> <b>St. Joseph's pupil profile</b> <ul style="list-style-type: none"> <li>• Wise</li> <li>• Learned</li> <li>• Discerning</li> </ul>