THE HIGHCREST ACADEMY

Year 7 Life Lesson Overview

AUTUMN TERM 1 – MANAGING CHANGE				
DATE	**LESSON TITLE**	**WHAT WILL STUDENTS LEARN?**	**RESOURCE LINKS**	**TEACHER PLANNING**
7 September	What is Life Lesson	• To understand what the topic of "Life Skills & Wellbeing" is all about • To start thinking about the year ahead • To understand the key skills needed to be successful in school and beyond		
21 September	Getting to know people	• To understand the concept of trust • To explain what I have in common with others in my class • To evaluate what it would take for society to truly flourish		
5 October	What is a community?	• To understand the concept of community and what makes a cohesive community • To explore how British communities have changed over the past 60 years • To evaluate how welcoming your local community is		
19 October	Careers and your future	• To understand the meaning of the word career • To be aware of how careers education can help you plan for the future and recognise limitations of making career choices based on "dream" ideas • To be aware of what considerations are involved in making realistic choices		

AUTUMN TERM 2 – FRIENDS, RESPECT & RELATIONSHIP				
DATE	**LESSON TITLE**	**WHAT WILL STUDENTS LEARN?**	**RESOURCE LINKS**	**TEACHER PLANNING**
9 November	Consent & boundaries	• To understand what constitutes consent, and why consent		

		should always be respected • To evaluate why personal space and boundaries are important when growing up • To understand how to deal with situations in an assertive way		
23 November	Respect & relationships	• To understand the wide range of relationships young people have • To understand that different types of relationship will work in different ways • To consider the difference between people, and learn how to respect those differences		
7 December	What does it mean to be a man today?	• To understand what it means to be a man in modern society • To explore rigid gender stereotypes of masculine men • To evaluate the characteristics of a "good man" and a "real man"		

SPRING TERM 1 – PUBERTY & BODY DEVELOPMENT				
DATE	**LESSON TITLE**	**WHAT WILL STUDENTS LEARN?**	**RESOURCE LINKS**	**TEACHER PLANNING**
4 January	Introduction to puberty	• To describe the emotional, social, and physical changes that happen during puberty • To understand that girls and boys develop differently during puberty • To empathise with		

		those that are starting puberty and understand how to support them		
18 January	Puberty in boys & girls (taught in mixed groups)	• To describe the physical and emotional changes that happen to boys through puberty • To understand the challenges that boys face during puberty including erections, wet dreams and body image. • To know the basics of the menstrual cycle and a range of feminine protection products available • To describe the main things that happen to girls during their menstrual cycle		
1 February	Personal Hygiene	• To know the causes of body odour and how to prevent it • To understand the ways in which diet, exercise, hygiene and sleep contribute to being healthy • To understand how important personal hygiene is and how to achieve it		