

AUTUMN TERM YEAR 7	
Core Theme 1 Health and Wellbeing	
LOOL LESSONS	How to cope with managing transition Understand the importance of personal hygiene Recognise bullying behaviours and how to deal with them Reflection on first term – how well have I coped with transition? What can I do to improve my personal health and well being?
DEEP LEARNING DAYS	Understand the importance of Road Safety awareness Understand what is meant by sexual health, including puberty and adolescence
DISCIMUS/ASSEMBLY	Recognise the importance of Internet Safety Understand the dangers Halloween and Bonfire Night and how to keep safe Bullying – how do we deal with this in our colleges
EXTRA-CURRICULAR	Keeping safe/minimising harm – Theatre company
COMMUNITY	School nurse drop in sessions – healthy diet, sugar and salt activities
Core Theme 2 Relationships	
LOOL LESSONS	Developing and maintaining healthy relationships Recognising positive qualities in relationships Who do I trust?
DEEP LEARNING DAYS	Developing and maintaining healthy relationships
DISCIMUS/ASSEMBLY	Playing your part in a team
COMMUNITY	Team work – various sports activities
Core Theme 3 Living in the wider world; economic wellbeing, careers and the world of work	
DISCIMUS/ASSEMBLY	Past/present/future – recognising what our families do for us and what impact we can have on the future Human Rights – what does this mean to us? How do our rights affect us as we grow up? Whole school Armistice day memorial service – understand why we need to remember
LOOL LESSONS	Recognising personal strengths Exploring cultural diversity
DEEP LEARNING DAYS	'The Real Game' – careers based programme of study to assist in recognising possible future career paths Consider dreams and aspirations and how to reach them
EXTRA-CURRICULAR	Observation of Armistice Day – deep reflection and personal extended writing about first hand experiences of war. Followed by whole school parade including students who are involved in local associations such as cadets, St.Johns, guides
COMMUNITY	Representation at Remembrance services in local communitiy

SPRING TERM YEAR 7	
Core Theme 1 Health and Wellbeing	
LOOL LESSONS	Coping with bullies – how to deal with them How to access advice Reflection on the term – how healthy am I?
DEEP LEARNING DAYS	Coping with puberty
DISCIMUS/ASSEMBLY	Practising safe use of IT Understanding the dangers of excessive or secret use of mobile devices Courage and innocence – explore what is meant by this
EXTRA-CURRICULAR	Safe use of IT/the dangers of social media – is it an addiction?
COMMUNITY	Safe use of IT
Core Theme 2 Relationships	
LOOL LESSONS	Maintaining positive relationships Developing skills of team work Dealing with sexual attraction Coping with friendship issues
DISCIMUS/ASSEMBLY	Anti-bullying – real life stories
Core Theme 3 Living in the wider world; economic wellbeing, careers and the world of work	
LOOL LESSONS	The importance of taking responsibility for your actions Exploring links between school and the wider world
DEEP LEARNING DAYS	Developing skills to set realistic targets Financial awareness, learning to budget – Party Planner, Workskills programme Recognise and explore traditional British values Recognising diversity and the impact of stereotyping The Real Game – expanding on last term’s work to secure careers understanding
DISCIMUS/ASSEMBLY	Understanding women’s rights Rags to riches/ riches to rags – understanding that appearances are not the sole method of judging others Understand the difference between Nationalism and Patriotism British Science week – understand that science doesn’t just happen in our lessons Understand the meaning of ‘radicalisation’ – what does this mean to Norfolk students?
EXTRA-CURRICULAR	Keeping safe / minimising harm – Safer schools presentation

SUMMER TERM YEAR 7	
Core Theme 1 Health and Wellbeing	
LOOL LESSONS	Managing risk Looking at what makes a Healthy diet Responding to incidents of bullying for yourself and others How to access help and support – reflection on the first year of high school Looking at 'dishonour based violence', forced marriage
DEEP LEARNING DAYS	Understanding what we mean by mental health
DISCIMUS/ASSEMBLY	Recognising the importance of positive thought and how this affects self-esteem and confidence Exploring healthy lifestyles Knife and drug crime – why not to do it.
EXTRA-CURRICULAR	PE sessions School nurse – drop in sessions / activities
COMMUNITY	School nurse – drop in sessions
Core Theme 2 Relationships	
LOOL LESSONS	Managing peer pressure Coping with changing relationships Understanding the different roles and responsibilities of families
DEEP LEARNING DAYS	Developing positive relationships
DISCIMUS/ASSEMBLY	Recognise the importance of positive relationships in colleges and the wider community Understand the difference between healthy and unhealthy relationships for my age group
EXTRA-CURRICULAR	Team work – various sports activities
Core Theme 3 Living in the wider world; economic wellbeing, careers and the world of work	
LOOL LESSONS	British Law – laws relating to young people, when can you do what? Consequences of breaking the law
DEEP LEARNING DAYS	The real game – looking to the future, continued Recognising the existence of sexual diversity - LBGT
DISCIMUS/ASSEMBLY	Drugs – understand the difference between legal and illegal drugs Governments and the right to vote Olympics – the value of team work British Values – What makes us British? Maths in the real world – social and moral dilemmas about the use of money