



## Queen Ethelburga's Collegiate

### Personal Development Department Year 7 Overview 2023-24

This is an overview of the different topics in Personal Development which are subject to change in response to current issues. Personal Development encompasses SMSC, careers and works closely with all other school teams to provide a bespoke programme for all students in KS3 and 4. It is delivered by specialist subject teachers in dedicated lessons located in the Personal Development Department. All students receive 1 hour each week.

Term	Week	w/c	SMSC	Lesson themes/titles
Autumn (1)	1	4.09.2023	ALL	Reflections of summer/Learning contracts/ resilience/teamwork/ expectations
	2	11.09.2023	ALL	Expectations in PD- Targets, skills/teamwork/target setting School support networks/ SMSC
	3	18.09.2023	SMS	Mental Health and Emotional Wellbeing
	4	25.09.2023	MS	Digital Wellbeing Awareness Week
	5	2.10.2023	MS	Body Image and Media
	6	9.10.2023	MS	Stereotyping and prejudice
	7	16.10.2023	S	Restart a Heart Day and First Aid skills
Autumn (2)	8	06.11.2023	ALL	Resilience
	9	13.11.2023	MSC	Anti-bullying Awareness Week
	10	20.11.2023	MSC	Peer Pressure/ Child on Child abuse
	11	27.11.2023	MS	Preventing Serious Crime
	12	4.12.2023	MS	Grooming/Child Exploitation
	13	11.12.2023	ALL	Resilience
Spring (1)	14	8.01.2024	MSC	Personal Safety
	15	15.01.2024	SC	Diet/Wellbeing and healthy eating (menus) lifestyles
	16	22.01.2024	SC	Exercise/sleep etc/ Good balance
	17	29.01.2024	SC	Wellbeing Awareness week
	18	5.02.2024	SC	Puberty Recap – Self-respect and Consent
Spring (2)	19	19.02.2024	MS	Puberty – personal hygiene/ dental care
	20	26.02.2024	MS	Puberty – emotional changes and supporting each other
	21	04.03.2024	ALL	Equality Awareness Week
	22	11.03.2024	MSC	Equality – terminology/ Act
	23	18.03.2024	MSC	Equality -disability
Summer (1)	24	08.04.2024	MS	Drugs/alcohol
	25	15.04.2024	MS	Smoking/vaping

Level 1

	26	22.04.2024	MSC	Friendships/relationships(types) – kindness/trust
	27	29.04.2024	MS	Financial capabilities
	28	06.05.2024	S	Careers
	29	13.05.2024	ALL	Spirituality Awareness Week
	30	20.05.2024	MSC	PD Environmental Awareness
<b>Summer (2)</b>	31	03.06.2024	S	Cancer Awareness
	32	10.06.2024	ALL	Y7 overview/targets for year 8
	33	17.06.2024	ALL	Cultural Awareness Week

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

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

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