

## Level 1:



### Queen Ethelburga's Collegiate

#### Personal Development Department Year 7 Overview 2021-22

This is an overview of the different topics in Personal Development which are subject to change in response to current issues. Personal Development includes Relationships and Sex Education (RSE) and encompasses, Social, Moral, Spiritual and Cultural (SMSC) education, 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	Unit title	SMSC	Lesson themes
Autumn (1)	1	06/09/21	Values and culture at QEC	SMC	Ground rules / teamwork
	2	13/09/21		SMC	Expectations in PD - skills/teamwork/target setting school support networks/What is SMSC?
	3	20/09/21		SMC	Friendships
	4	27/09/21		SMC	<b>E-safety-Digital Wellbeing Week</b>
	5	04/10/21		SMC	Personal safety/puberty
	6	11/10/21		All	Restart a heart/first aid
	7	18/10/21		SMC	consent
Autumn (2)	8	01/11/21	RE/values	SM	Mindfulness/stress relief mental health tool kit-resilience
	9	08/11/21		SMC	Revision techniques
	10	15/11/21		SM	Stereotyping and prejudice
	11	22/11/21		SM	<b>Anti-Bullying Week – anti bullying role play workshop</b>
	12	29/11/21		SM	Smoking/vaping and alcohol - peer pressure
	13	06/12/21		All	Religion-6 world religions - research task
	14	13/12/21		All	Religion-6 world religions - research task
Spring (1)	15	10/01/22	Healthy Living and well being	All	Exercise and diet - getting the right balance: balance of good health
	16	17/01/22		All	<b>Wellbeing/healthy lifestyles Week - menu creation competition</b>
	17	24/01/22		All	Healthy snacks
	18	31/01/22		SM	<b>Cultural Awareness Week</b>
	19	07/02/22		SMS	Puberty - personal hygiene/immunisation
	20	14/02/22		SMC	Puberty - emotional changes/feelings
Spring (2)	21	28/02/22	Keeping safe/careers	SMC	Puberty giving advice/helping others
	22	07/03/22		S	Therapeutic activities/stay healthy
	23	14/03/22		S	Grooming and child exploitation
	24	21/03/22		SMC	Careers Workshop
	25	28/03/22		SMC	<b>Spiritual Awareness Week</b>
	26	04/04/22		SM	Body image and the media

<b>Summer (1)</b>	27	25/04/22	<b>Self-preservation/Equality and Diversity</b>	SM	Preventing involvement in serious crime/Knife crime lesson
	28	02/05/22		SMC	<b>Equality week</b>
	29	09/05/22		SMC	Equality BSL workshop
	30	16/05/22		SMC	Cancer awareness
	31	23/05/22		All	Environmental project
<b>Summer (2)</b>	32	06/06/22	<b>Self-preservation and reflections</b>	SMC	Environmental awareness week
	33	13/06/22		SC	Financial capabilities
	34	20/06/22		ALL	Y7 overview/targets for year 8

### Whole school awareness weeks

## SMSC meanings

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

**This is embedded into the topics we deliver as indicated on the overview.**