



Class – 7E Curriculum – Personal Development /Lessons weekly

Year	 <p>2025 – 2026 Autumn 1 Unit 1 Relationships</p>	 <p>2025 – 2026 Autumn 2 Unit 2 Living in the Wider World</p>	 <p>2025 – 2026 Spring 1 Unit 3 Health and Wellbeing</p>	 <p>2025 – 2026 Spring 2 Unit 4 Living in the Wider World</p>	 <p>2025 – 2026 Summer 1 Unit 5 Relationships</p>	 <p>2025 – 2026 Summer 2 Unit 6 Health and Wellbeing</p>
7	<p>Topic: What is the same and different about us? <i>Ourselves and others; similarities and differences; individuality; our bodies</i></p> <p>Suggested Key Questions:</p> <ol style="list-style-type: none"> 1. What do you like/dislike and are good at? 2. What makes them special and how everyone has different strengths? 3. How are your personal features or qualities are unique to you? 4. How are you similar or different to others, and what have you got in common? 5. Can you use the correct names for the main parts of the body, including external genitalia? 	<p>Topic: How can we look after each other and the world? <i>Ourselves and others; the world around us; caring for others; growing and changing</i></p> <p>Suggested Key Questions:</p> <ol style="list-style-type: none"> 1. How can kind and unkind behaviour can affect others; how can I be polite and courteous; how can I play and work co-operatively? 2. What responsibilities do you have in and out of the classroom? 3. Why do people and animals need to be looked after and cared for? 4. What can harm the local and global environment; how can you and others help care for it? 	<p>Topic: What helps us stay healthy? <i>Being healthy; hygiene; medicines; people who help us with health</i></p> <p>Suggested Key Questions:</p> <ol style="list-style-type: none"> 1. What being healthy mean? 2. Who helps help you to stay healthy (e.g. parent, dentist, doctor)? 3. How do things people put into or onto their bodies can affect how they feel? 4. How medicines (including vaccinations and immunisations) can help people stay healthy and that some people need to take medicines every day to stay healthy? 5. Why hygiene is important and how 	<p>Topic: What can we do with money? <i>Money; making choices; needs and wants</i></p> <p>Suggested Key Questions:</p> <ol style="list-style-type: none"> 1. What money is - that money comes in different forms? 2. How money is obtained (e.g. earned, won, borrowed, presents)? 3. How do people make choices about what to do with money, including spending and saving? 4. What is the difference between needs and wants - that people may not always be able to have the things they want? 5. How can you keep money safe and what are the 	<p>Topic: Who is special to us? <i>Ourselves and others; people who care for us; groups we belong to; families</i></p> <p>Suggested Key Questions:</p> <ol style="list-style-type: none"> 1. How is family one of the groups they belong to, as well as, for example, school, friends, clubs? 2. Who are the different people in their family / those that love and care for them? 3. What do family members, or people that are special to them, do to make them feel loved and cared for? 4. How are families all different but share common features – what is the same and different about them? 	<p>Topic: Who helps to keep us safe? <i>Keeping safe; people who help us</i></p> <p>Suggested Key Questions:</p> <ol style="list-style-type: none"> 1. What people have different roles in the community to help them (and others) keep safe - the jobs they do and how they help people? 2. Who can help them in different places and situations; how to attract someone's attention or ask for help; what to say? 3. How do you respond safely to adults they don't know? 4. What can you do if you feel unsafe or worried for themselves or others; and the importance of keeping on asking for support until they are heard?

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<p>6. Do you know What parts of bodies covered with underwear and they are private?</p> <p><u>Key Skills and Knowledge:</u> Students should be able to...</p> <p>1. Know what makes them special -To know the ways they are the same as, and different to, other people</p> <p>2. Know the ways in which we are all unique-to know the ways in which they are the same and different to others</p> <p>3. Know what they are good at, what they like and dislike- that everyone has different strengths</p> <p>4. To name the main parts of the body including external genitalia (e.g. vulva, vagina, penis, testicles</p> <p>5. Know that some things are private and the importance of respecting privacy; that parts of their body covered by underwear are private</p> <p>6. Know that it is important to tell someone (such as their teacher) if</p>	<p>5. How do people grow and change and how do people's needs change as they grow from young to old?</p> <p>6. How can you manage change when moving to a new class/year group?</p> <p><u>Key Skills and Knowledge:</u> Students should be able to...</p> <p>1. Talk about growing and changing from young to old and how people's needs change</p> <p>2. Understand about preparing to move to a new class/year group</p> <p>3. Understand what is kind and unkind behaviour, and how this can affect others- know how people and other living things have different needs; about the responsibilities of caring for them</p> <p>4. To treat themselves and others with respect; how to be polite and courteous- Know things they can do to help look after their environment</p> <p>5. To listen to other people and</p>	<p>can simple hygiene routines stop germs from being passed on?</p> <p>6. What can you do to take care of yourselves on a daily basis, e.g. brushing teeth and hair, hand washing?</p> <p><u>Key Skills and Knowledge:</u> Students should be able to...</p> <p>1. Know what keeping healthy means; different ways to keep healthy</p> <p>2. Understand that simple hygiene routines that can stop germs from spreading</p> <p>3. know that medicines (including vaccinations and immunisations and those that support allergic reactions) can help people to stay healthy</p> <p>4. Know about dental care and visiting the dentist; how to brush teeth correctly; food and drink that support dental health</p> <p>5. know the people who help us to stay physically healthy</p> <p>6. know about the things that people can put into their</p>	<p>different ways of doing this?</p> <p>6. <u>Key Skills and Knowledge:</u> Students should be able to...</p> <p>1. know what money is; forms that money comes in; that money comes from different sources</p> <p>2. Know what people make different choices about how to save and spend money</p> <p>3. Know the difference between needs and wants; that sometimes people may not always be able to have the things they want</p> <p>4. Know that money needs to be looked after; different ways of doing this</p> <p>5.</p> <p>6.</p>	<p>5. What are the different features of family life, including what families do / enjoy together?</p> <p>6. Why it is important to tell someone (such as their teacher) if something about their family makes them feel unhappy or worried?</p> <p><u>Key Skills and Knowledge:</u> Students should be able to...</p> <p>1. Know about the different groups they belong to</p> <p>2. Know about the roles different people (e.g. acquaintances, friends and relatives) play in our lives</p> <p>3. Identify the people who love and care for them and what they do to help them feel cared for</p> <p>4. Know about different types of families including those that may be different to their own</p> <p>5. Identify common features of family life</p> <p>6. Know that it is important to tell someone (such as their teacher) if something about their family makes</p>	<p>5. How can you get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say?</p> <p>6. <u>Key Skills and Knowledge:</u> Students should be able to...</p> <p>1. Know about the people whose job it is to help keep us safe</p> <p>2. Know about what to do if there is an accident and someone is hurt</p> <p>3. Know how to get help in an emergency (how to dial 999 and what to say)</p> <p>4. Know how to respond safely to adults they don't know</p> <p>5. Know what to do if they feel unsafe or worried for themselves or others; who to ask for help and vocabulary to use when asking for help; importance of keeping trying until they are hear</p> <p>6. Know about the different roles and responsibilities people have in their community</p>
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	something about their family makes them unhappy or worried	play and work cooperatively 6. To talk about and share their opinions on things that matter to them	body or on their skin; how these can affect how people feel		them unhappy or worried	
Links to Gatsby Benchmarks:						