

Long Term Planning

Subject: #WorldReady

Year: 7

Half Term 1

Week	1	2	3	4	5	6	7	8
Growing up, health and body changes		Skills to support learning in Key Stage 3	International Day of Democracy	Puberty – body changes	Puberty – physical and emotional changes	Puberty – menstrual health	Health conditions	Bonfire Night

Half Term 2

Week	9	10	11	12	13	14	15
Families and healthy relationships		Your impact on others	Anti Bullying Week	UK Parliament Week	Communication in relationships	Christmas Door Competition	Christmas Quiz

Half Term 3

Week	16	17	18	19	20	21
Growing up, health and body changes	Healthy eating	Physical health and fitness	Personal hygiene	Dental health	Good sleep habits	First Aid

Half Term 4

Week	22	23	24	25	26
Personal identity and wellbeing	Self awareness and your core values	Happiness and your connection to others	Developing self-esteem	Welcome to Your Vote Week	Building resilience

Half Term 5

Week	27	28	29	30	31	32	33
Respect, equality and online behaviour	Rights, responsibilities and opportunities online	Sexting	Online bullying		Online risks	Body image – the impact of social media	Balancing time online with other activities

Half Term 6

Week	34	35	36	37	38	39
Personal safety and safe relationships	Alcohol – the risks and influences	My Money Week	Tobacco & Vaping – the risks and influences	Rail safety	NHS Day	Water safety