

Long Term Planning

Subject: #WorldReady

Year: 7

	Week	1	2	3	4	5	6	7	8
Half Term 1	Understanding body changes and developing self-awareness - Puberty and managing change - Body confidence and self-awareness		Skills to support learning (Office 365) - Treasure Hunt - Understand the purpose of Office 365 in supporting your learning - Navigate your way around the key areas of Office 365 and EASI	Learning Skills for Key Stage 3 - To identify school rules and people who can help with transition - Describe ways to demonstrate respect in the school community - Explain how to create a respectful environment in our World Ready lessons	Puberty – Body Changes -To describe the physical and emotional changes during puberty and how to manage these. -To identify myths and facts about puberty. -To demonstrate how to begin conversations or ask questions about puberty with people who can help us.	Puberty – Physical and Emotional Changes - To describe the physical and emotional changes that happen during puberty. - Evaluate how emotional changes affect relationships. - Develop strategies for managing the emotional changes experienced during puberty.	Puberty – Periods - To identify myths relating to periods - To explain how and why period products are so absorbent and effective - To evaluate the role of hormones and the effects they can have	Ways to develop self-confidence and feelings of self-worth - Describe the concept of appearance ideals and where pressure to achieve them comes from - Explain how images and messages (from advertising, social media etc.) can be manipulated - Analyse strategies to resist appearance pressures and avoid comparing themselves to others	Bonfire night
	Developing empathy, compassion and communication: - Making and maintaining friendships - Identifying and challenging bullying - Communicating online	Skills to make and maintain new friendships - How friendships change and develop - Recognise the benefits of, and challenges to, making new friends - Positive ways to manage our changing and	Anti-Bullying Week	How to empathise with, and show compassion for peers - Understand what empathy is. - Be able to use empathy to change behaviour and build better relationships.	Sharing information safely online - Describe what information should be kept private and what is safe to share online - Explain the risks of sharing personal information online	How to deal with abuse, bullying or hate speech online - Explain the real-world harm caused by hate speech online - Recognise strategies to deal with and respond to hate speech and verbal abuse online	12 days of Christmas	12 days of Christmas -Form Christmas Quiz	

		developing friendships			- Analyse different strategies to ensure online safety	(Print guidelines for this lesson – WR > DL > CB > Censored teaching guide)		
Half Term 3	Week	16	17	18	19	20	21	22
	Developing agency, strategies to manage influence and decision making: - Regulating emotions - Diet and exercise - Hygiene and dental health - Sleep	Cyberbullying - Define cyberbullying and recognise examples of it - Identify which actions could be classed as cyberbullying - Give advice about how to prevent or stop cyberbullying	Ways of promoting positive mental health and emotional wellbeing - Identify a range of strategies to help promote positive health and emotional well-being - Evaluate a range of ways to promote mental health and emotional well-being	Importance of a healthy diet & exercise choices - Identify influences on decisions regarding diet and exercise - Analyse why some influences might be stronger than others - Evaluate which influences are more or less reliable	Personal Hygiene - Identify ways to maintain personal hygiene - Explain why maintaining good personal hygiene is important	Importance of dental health - Describe good oral hygiene practices - Explain the impact of diet and substance use on dental health - Describe the difference between dentistry for health and cosmetic purposes	Good sleep habits - Identify strategies to improve our sleep - Explain how sleep influences our brain and body	Balancing Time Online With Other Activities - Identify the advantages and disadvantages of using technology - Explain how to balance your time online in a healthy way
Half Term 4	Week	23	24	25	26	27		
	Developing goal setting, organisational skills and self-confidence - Personal identity and values - Building resilience - Body confidence and self awareness	Self-awareness: core values - Explore your own identity - Identify different groups that you belong to	Rights, responsibilities and how to advocate for them - Define the terms rights and responsibilities - Explain some of the legal rights Britain offers to its citizens	Coping with change, loss and grief- Identify feelings and behaviours that someone might experience due to grief - Explain strategies that can be used to help cope with change, loss or grief	Building resilience - Define resilience - Identify some strategies that can be used to build resilience	Body Image – Impact of social media - Identify possible reasons why people look at images of others on social media - Evaluate the positive and negative impact of social media on self-esteem		
	Week	28	29	30	31	32		

<p>Half Term 5</p>	<p>Developing assertive communication, risk management and support-seeking skills:</p> <ul style="list-style-type: none"> - Rights in the community - Communication and boundaries in relationships - Consent 	<p>Body Image – Building body confidence</p> <ul style="list-style-type: none"> - Explain why it is important to recognise and celebrate the things which make us different - Evaluate the impact low body confidence can have - Analyse different methods of building self-esteem 	<p>Communication in relationships</p> <ul style="list-style-type: none"> - Describe what a respectful relationship involves - Explain the importance of respect in relationships - Express your opinion on why abuse in teen relationships occurs, who it involves and why people stay in these relationships 	<p>Bank holiday</p>	<p>Healthy relationships</p> <ul style="list-style-type: none"> - Identify healthy and unhealthy relationship behaviours - Describe the consequences of different relationship communication styles - Demonstrate active listening and assertiveness skills 	<p>Introducing consent</p> <ul style="list-style-type: none"> - Explain what consent means, both legally and ethically, and explain why it is so important - Identify signs of when someone consenting and when they are not - Describe how consent is sought, given and not given in a healthy relationship 		
<p>Half Term 6</p>	<p>Week</p> <p>Developing agency and decision making skills:</p> <ul style="list-style-type: none"> - Cyberbullying and online safety - Drugs, alcohol, vaping and tobacco - Safety and first aid 	<p>33</p> <p>Sexting</p> <ul style="list-style-type: none"> - Explain the pressures on young people to send naked pictures (sexts) - Give advice to others to avoid sending a text - Identify the possible consequences of sending a sext, including the legal consequences 	<p>34</p> <p>Understanding drugs</p> <ul style="list-style-type: none"> - Assess and evaluate your prior knowledge, beliefs and attitudes regarding substance use. - Describe the effects of caffeine consumption - Explain the risks associated with caffeine consumption - Evaluate strategies to reduce caffeine consumption 	<p>35</p> <p>Tobacco – risks and influences</p> <ul style="list-style-type: none"> - Identify a range of risks related to tobacco and e-cigarette use - Analyse a range of potential influences that can lead young people to smoke - Perform strategies for managing peer influence in situations involving tobacco and e-cigarettes/vapes 	<p>36</p> <p>Alcohol - risks and influences</p> <ul style="list-style-type: none"> - Explain that most young people your age do not use alcohol and analyse the reasons why young people's alcohol use is declining - Describe the effects of alcohol misuse - Describe strategies to manage influences on alcohol use - Identify sources of support for alcohol misuse 	<p>36</p> <p>Vaping – risks and influences</p> <ul style="list-style-type: none"> - Understanding the impact of influences, influencers and marketing on vaping related choices and behaviours - Explain the consequences of vaping, including the environmental cost of e-cigarettes - Analyse ways to challenge influences and misconceptions about vaping 	<p>38</p> <p>First Aid - Allergies</p> <ul style="list-style-type: none"> - Recognise when someone is having an allergic reaction - Help someone who is having an allergic reaction - Know when to call an ambulance for someone who is having an allergic reaction 	<p>39</p> <p>Water safety</p> <ul style="list-style-type: none"> - Identify the causes of drowning. - Explain the dangers of cold water, and jumping in from cliffs, bridges, quarries and docks. - Explain the dangers of a rip current and what to do if you find yourself caught in one

Extra:

First Aid - Asthma

How identity and values can support goal setting for the future