

## YEAR 7 ASPIRING FUTURES 2020/2021 TUESDAY WEEK A LESSON 3

Term 1 Autumn	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Date/school week	15/9/20 Week 3	29/9/20 Week 5	13/10/20 Week 7	3/11/20 Week 9	17/11/20 Week 11	1/12/20 Week 13	15/12/20 Week 15
Topic/Theme	Transition	World's largest lesson and the SDG's	RSE – Love and relationships	RSE – Love and relationships	Anti bullying month RSE	Anti bullying month RSE	Wellbeing RSE
Lesson	Intro to secondary school/What is AF etc	World's largest lesson – what are the SDG's and why are they important?	Developing Relationship Puberty and Changing Bodies <b>GIRLS IN MAIN HALL WITH SHANNON</b>	Developing Relationships Puberty and Changing Bodies <b>BOYS IN MAIN HALL WITH SHANNON</b>	Family relationships – the diff types and why we don't always get along	Bullying or banter? Why do people bully others and how can we stop this?	How do we keep safe and positive relationships (on and offline)

### Year 7 – Statutory Content

Healthy relationships and friendships – Lesson 4 and 5

Introduction to outside experts- Lessons 7 and 9

Bullying and relationships – Lesson 6

How to stay safe online – Lesson 7

Puberty and Periods – Lesson 3

## YEAR 7 ASPIRING FUTURES 2020/2021 TUESDAY WEEK A LESSON 3

Term 2 Autumn	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Date/school week	12/1/21 Week 17	26/1/21 Week 19	9/2/21 Week 21	2/3/21 Week 23	16/3/21 Week 25	30/3/21 Week 27
Topic/Theme	RSE - Identity	RSE – Cyberbullying	RSE - Identity & Belonging	RSE - Identity & Belonging	RSE – Challenging Stereotypes	Healthy Living
Lesson	Citizenship and belonging	Staying Safe online	The importance of self esteem	Keeping good friends and avoiding toxic ones / How can we be resilient and face challenges?	What do stereotypes mean and how do we challenge them?	How do we look after ourselves through what we eat.

### Year 7 – Statutory Content

Healthy relationships and friendships – Lesson 4

Bullying and relationships – Lesson 2

How to stay safe online – Lesson 2

Self-esteem – Lesson 3

Stereotyping – Lesson 5

## YEAR 7 ASPIRING FUTURES 2020/2021 TUESDAY WEEK A LESSON 3

<b>Term 3 Summer</b>	<b>Lesson 1</b>	<b>Lesson 2</b>	<b>Lesson 3</b>	<b>Lesson 4</b>	<b>Lesson 5</b>	<b>Lesson 6</b>
Date/school week	27/4/20 Week 29	11/5/20 Week 31	25/5/20 Week 33	15/6/20 Week 35	29/6/20 Week 37	13/6/20 Week 39
Topic/Theme	How can I keep healthy?	Health and diet	Health and diet	Health and diet	Looking forwards	Keeping safe
Lesson	Looking at healthy lifestyle choices	Healthy living – exercise and keeping active/ Not eating healthily – what are the consequences?	The dangers of cigarettes and alcohol	What are drugs? Why are they dangerous?	Raising aspiration for the year ahead	How to stay safe in the holidays