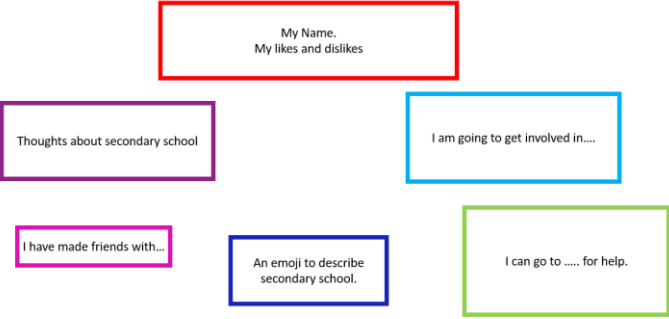
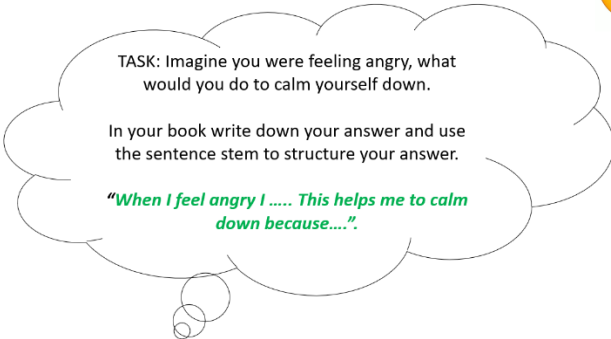


Year 7 – Life skills POS 2023

| Half term/Key questions. | Topic | In this unit of work, students learn..... | Lesson title and Collins book reference | Learning check |
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| Autumn 1 – Independence and aspirations. | Personal identity and values. Learning skills and working in groups. (teamwork.) Transition to secondary school. | Self-awareness through exploring their personal identity and identifying core values. About secondary school and people who can help with transition. Learning how to be a good listener and handle different opinions. | <p>L1 – intro to LS.RCH PPT</p> <p>L2 –Transition to secondary school. RCH PPT.</p> <p>L3 – Your identity and personality– Bk 1 1 and 1.2 6-9</p> <p>L4– Who am I? Bk 1 1.3 P10 -11 You and your values Bk 1 4.1 P22</p> <p>L5 - You and your opinions Bk 1 18.1/18.2 P90-94</p> | <p><u>Baseline and revisit.</u> Life Skills is the subject that teaches young people about..... Life skills is the school subject that teaches young people how to..... <u>Completed mind map. – possible HWK</u></p>  <p><u>Baseline and revisit.</u> Factors that I think shape my identity are.....</p> <p><u>Baseline and revisit.</u> A value is My top 5 rules based on my vales are.....</p> <p><u>Baseline and revisit</u> - Qualities of a good listener are..... I think I am/am not a good listener.....to improve I will.....</p> <p><u>Mind Map</u> on individual worries. List of 5 things you can do if anxious or worried.</p> |

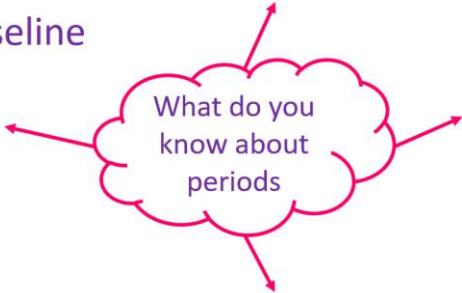
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| | | | <p>L10 – Cyberbullying – Bk 1 9. P52</p> <p>L11 – L12 Protecting your identity online – Bk 1 9.3 P54</p> | <p>What does assertive mean? Name one thing that makes you a good listener. <u>Dear Erica written task</u></p> <p><u>Venn diagram comparing bullying/antibullying.</u> <u>Ask Erica written task on Trolling.</u> <u>Retrieval questions.</u> How can friendships change from Year 6 to Year 7? What makes a good friend? Who can you go to about an online concern?</p> <p><u>Retrieval questions. Last lesson, last week.</u> <u>Poster on protecting yourself online.</u></p> | | | | | | | | | | | | |
| Autumn 2 Choices and Influence | Regulating emotions. Diet. | How to recognise, express and manage emotions. About influences on diet. | L12 – Managing your emotions Bk 1 15.1 P76 | <p><u>Forms quiz Autumn term 2</u></p> <div><p>Task 1: Look at the following list of emotions. Which do you find the easiest and hardest to deal with? Rank them in order from the one you find easiest to manage (1) to the one you find hardest to manage (12).</p><table><tr><td><input type="checkbox"/> Happiness</td><td><input type="checkbox"/> Anger</td></tr><tr><td><input type="checkbox"/> Enthusiasm</td><td><input type="checkbox"/> Rage</td></tr><tr><td><input type="checkbox"/> Jealousy</td><td><input type="checkbox"/> Excitement</td></tr><tr><td><input type="checkbox"/> Grief</td><td><input type="checkbox"/> Boredom</td></tr><tr><td><input type="checkbox"/> Tiredness</td><td><input type="checkbox"/> Sadness</td></tr><tr><td><input type="checkbox"/> Confusion</td><td><input type="checkbox"/> Exhaustion</td></tr></table></div> <div><p>Task 2: Explain your easiest and hardest emotions to manage. Use the following sentence stems...</p><p><i>"I picked ____ as the easiest emotion to manage because....".</i></p><p><i>"I pick ____ as the hardest emotion to manage because....".</i></p></div> | <input type="checkbox"/> Happiness | <input type="checkbox"/> Anger | <input type="checkbox"/> Enthusiasm | <input type="checkbox"/> Rage | <input type="checkbox"/> Jealousy | <input type="checkbox"/> Excitement | <input type="checkbox"/> Grief | <input type="checkbox"/> Boredom | <input type="checkbox"/> Tiredness | <input type="checkbox"/> Sadness | <input type="checkbox"/> Confusion | <input type="checkbox"/> Exhaustion |
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| <input type="checkbox"/> Tiredness | <input type="checkbox"/> Sadness | | | | | | | | | | | | | | | |
| <input type="checkbox"/> Confusion | <input type="checkbox"/> Exhaustion | | | | | | | | | | | | | | | |

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| | | | | <p>Plenary: Managing your emotions.</p>  <p>TASK: Imagine you were feeling angry, what would you do to calm yourself down.</p> <p>In your book write down your answer and use the sentence stem to structure your answer.</p> <p><i>"When I feel angry I This helps me to calm down because....".</i></p> <p><u>Baseline and revisit – A balanced diet is</u></p> |
| Spring 1 Choices and Influence | Exercise. | Importance of exercise and influences. How to make healthy informed | <p>L13 – You, diet and weight. Bk 1 13.1/13.2 P68-71</p> <p>L14 – Exercise and mental health 1 14.1/14.2 P72-75</p> <p><u>Baseline and revisit</u></p> | |

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| | | <p>decisions on good hygiene and dental health.</p> <p>About the importance of sleep and maintaining healthy sleep habits.</p> | <p>L15 – Looking after your body Bk 2 10.1/10.2/10.3/10.4 P58-66</p> | <div style="border: 1px solid black; border-radius: 15px; padding: 10px; margin-bottom: 10px;"> <p>A). How much exercise do you do each week?</p> <p>B). How much exercise should you do a week?</p> <p>C). List 2 benefits of exercise.</p> </div> <p>A). How much sleep teenagers need?</p> <p>B). Why is sleep important?</p> <p>C). What are the effects on teenagers if they aren't getting enough sleep?</p> <p>Task: Read the information on page 58 (up to Rose's story) then answer the following questions in full sentences.</p> <ol style="list-style-type: none"> 1). What is acne? 2). When does it occur? 3). What causes acne? 4). State two ways you can manage acne? <p>Task: How can we take care of our teeth</p> |
| Spring 1 Independence and aspirations. | Puberty and managing change. Body satisfaction and self-concept. | About the impact of puberty on the emotional wellbeing and ways to manage this. | <p>L16 – You and your changing body/Becoming an adult. Bk 1 2.1 P14. Bk 2 1.1 P6-7</p> <p>L17 – Periods (ALWAYS</p> | <p><u>Baseline and retrieval</u></p> <p>What is puberty?</p> <p>(Have a go at describing puberty in your books)</p> |



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| | | <p>About physical changes that occur during puberty, including periods. Ways to develop self-confidence and feelings of self-worth. How to manage influences on body satisfaction e.g. online media.</p> | <p>SAMPLE PACKS) Bk 1 2.2 P16</p> <p>L18 - The law of attraction Bk 1 3.2 P20</p> | <p>Baseline</p>  <p><u>Baseline</u> Write down a list of five things that you think makes a person attractive</p> <p>“Being unselfish, kind and considerate of other people’s feelings are more attractive qualities to have than being clever and good looking”</p> <ul style="list-style-type: none">• Write a paragraph saying why you agree or disagree with this statement <p>What difference can being confident make to a person? Can you think of any situations that you think require confidence? Retrieval questions.</p> |
|--|--|--|---|---|



L19 – Building your confidence/self-esteem. Bk 3
1.1/1.2 P6-9

Let's build our self esteem!


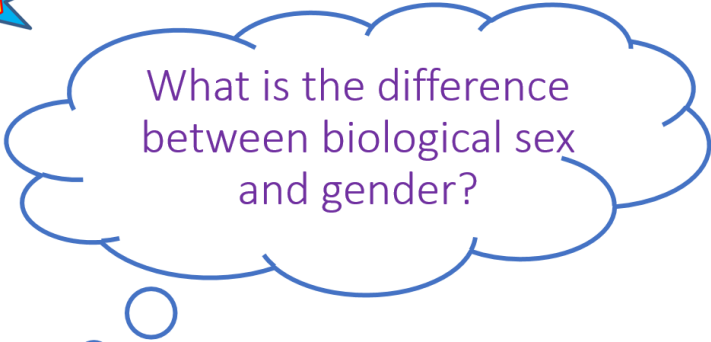

- **What do you like about yourself**, however small and fleeting?
- **What positive qualities do you possess?** You don't have to possess these for the whole time, or to a great degree!
- **What have you achieved in your life, however small?** Think small – have you learned to swim?
- **What challenges have you faced?** What anxieties and problems have you faced, and what skills did you use to manage these?
- **What gifts or talents do you have, however modest?** What things can you do well (NB not perfectly)?
- **What skills have you acquired?** Academic, domestic, people, technical, sporting, leisure and work skills.
- **What do other people like or value in you?** What do they ask you to do or compliment you on?
- **What qualities and actions that you value in others do you share?** Sometimes it's easier to see the strong points in other people than in yourself.
- **What aspects of yourself would you appreciate if they were aspects of another person?** Write down something that would count as a positive if it applied to someone else.
- **What small positives are you discounting?** You don't discount small negatives, so don't discount small positives either!
- **What are the bad things that you are *not*?** If it's hard to say that you are kind, at least start by saying that you are not cruel!
- **How might another person who cared about you describe you?** People who know you often have a kinder, more balanced perspective on you.

Answer these questions in your book.

You do not need to share them with anyone else, this is about **self-reflection** and building your own positive self-image.

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| | | | L20 – Social media and body image – PPTe RCH on body image | <div>Task 4 – Your amazing body.</div> <div>  <div>Write</div> <div>My body is amazing because it can...</div> </div> |
| Spring 2 | Citizenship. | To explore the development of the political system of democratic government in the United Kingdom, including the roles of citizens, Parliament and the monarch. the operation of Parliament, including voting and | L21 – What is democracy? | <div> What Does Democracy Mean?  </div> <div>Write down what you think and then watch the video.</div> <div> Add to your definition in green pen. Write down the four special features of a democracy in your own words. </div> <div>Baseline and revisit</div> |

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| | | | | <p>Produce a poster about the members of the royal family using the document on class charts to help you.</p> <p>https://www.royal.uk/royal-family</p> |
| Summer 1 Autonomy and advocacy. | Rights in the community. | About rights, responsibilities and how to advocate for them, including online. | <p>L25 – UNCEF and the rights of the child.</p> <p>L26 – Women's rights Bk 3 3.1 P20</p> | <p>Teacher to decide which activities to do to cover the right to education and the rights of the child.</p> <p>Worksheet 3.1a Women in society quiz</p> <p>Circle the correct answer.</p> <ol style="list-style-type: none"> What percentage of MPs in the House of Commons are women? (2019) (a) 32% (b) 51% (c) 63% What percentage of chief executives of the top 100 UK companies are women? (2018) (a) 6% (b) 34% (c) 42% What percentage of high court judges are women? (2018) (a) 22% (b) 32% (c) 47% When was rape in marriage made a crime? (a) 1884 (b) 1919 (c) 1994 When did Major General Susan Ridge become the first female senior officer in the British Army? (a) 1939 (b) 1978 (c) 2015 How many pregnant women and working mothers are estimated to be made redundant or pressured to leave their jobs each year? (a) 3000 (b) 54 000 (c) 87 000 What proportion of women have experienced sexual harassment in the workplace? (a) 34% (b) 52% (c) 67% What proportion of these women reported the harassment to their employer? (a) 20% (b) 52% (c) 80% What is the maximum punishment that women in Northern Ireland seeking an abortion can face? (a) no punishment – abortion is legal in Northern Ireland (b) community sentence (c) life imprisonment What proportion of UK companies pay men on average more than women? (a) a quarter (b) half (c) over three-quarters |

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| | | | | <div><h2>Write</h2><ol style="list-style-type: none">1. Why do you think Malala fights so hard for the rights of girls to be educated in Pakistan and around the world?2. ‘One child, one teacher, one book, one pen can change the world.’ What does Malala mean?3. What do you find most inspiring in Malala’s story?</div> |
| | Rights in the community. Exploring gender and your identity Exploring sexuality and attitudes to sex. Relationship boundaries. Unwanted contact. FGM and forced marriage. | How to assertively communicate and negotiate boundaries with friends and in other relationships. To look at how far gender shapes your identity. To be aware of different sexualities and different | L27 – Gender and your identity Bk 1 .4 P12-13 Exploring your sexuality. Bk 1 7.1 P40-41 | <div><p>What is the difference between biological sex and gender?</p><p>Add to description in green pen. Baseline and revisit.</p></div> |

attitudes towards sex. About the importance of consent. How to seek help in relation to unwanted contact. How to safely access help for themselves or others if concerned about FGM or forced marriage.

L28 – Sex, your rights and responsibilities. Bk 1 7.2 P42-43

| Stereotype | Believed by some at your school? | Is this fair? Yes/no/ not sure |
|---|----------------------------------|--------------------------------|
| 1. Girls are more emotional than boys. | | |
| 2. Boys are better at science and computing; girls are better at arts subjects. | | |
| 3. Only boys should be allowed to play football. | | |
| 4. Boys should never cry in public, but it's OK for girls to. | | |
| 5. Boys should never wear pink. | | |
| 6. Girls are more mature than boys. | | |
| 7. Boys find it hard to sit still. | | |

Baseline and revisit

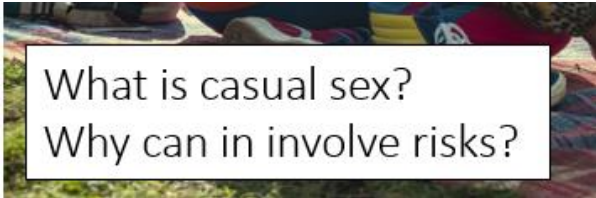



You will be focusing on **consent, protection, privacy, communication and the right to choose.**

Do you know what any of these words mean?



Task: Write a sentence about the your rights and responsibilities when it comes to sex.

1. Consent
2. Protection
3. Privacy
4. Communication
5. The right to choose

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| | | | <p>L29 – Attitudes to sex. Bk 1 7.3 P44-45</p> <p>2. Complete the following statement: The most important points I have learned in this lesson are:</p>  <p>What is casual sex? Why can it involve risks?</p>  <p>Write Erica's reply in which she reassures Sam and offers advice on how to avoid or prepare for a similar situation should it occur in the future.</p> <p>PLEASE MAKE SURE THIS IS APPROPRIATE FOR THE STUDENTS IN YOUR CLASS.</p> | |
| | | | <p>L30 – Violence against women/FGM Bk 3 3.2/3/3 P22-25</p>  <p>What do I know?</p> <p>FGM STANDS FOR....</p> <p>FGM IS CARRIED OUT BECAUSE.....</p> <p>FGM INVOLVES.....</p> <p>ANY OTHER INFORMATION ABOUT FGM THAT I KNOW.....</p>  <p>THE PURPLE PEN</p> | |

Task: Copy and
complete

FGM can cause...

**Read page 23 of
book 3 –WRITE
DOWN**

What is sexual harassment?


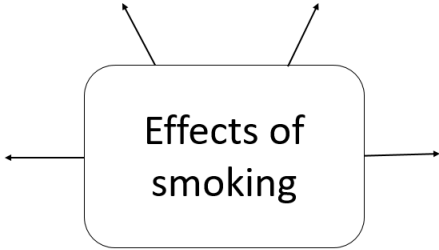
Sexual harassment is any unwanted behaviour of a sexual nature that makes you feel uncomfortable, scared or humiliated. It can be verbal, for example sexual comments, emails with sexual content, sexual jokes or photos. It can also include physical harassment, including unwanted kissing or touching.

DISCUSS

1. Why is sexual harassment a serious matter?
2. When a girl or a woman is harassed in the street or workplace, they often don't feel they can respond, or report it. Why do you think this is?
3. What are good strategies for dealing with this kind of harassment?

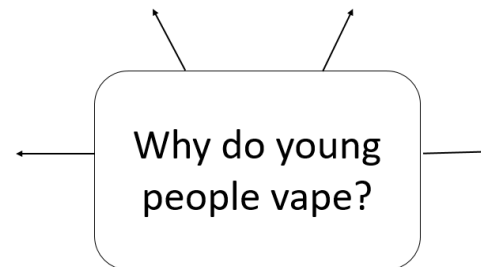
ent can happen anywhere, from the to the street to the workplace. It causes and over time it can lead to physical and ms, such as depression, anxiety and loss e. Some women even feel forced to give use of sexual harassment at work.

nt at work is still so widespread that 018 the government announced that it new code of practice for employers to m more effectively.

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| | | | | <p><u>Misogyny – what does this mean?</u></p> <p>dislike of, contempt for, or ingrained prejudice against women.</p> <div></div> <div>What do you know about Andrew Tate?</div> |
| Summer 1 Choices and Influence | Drugs, alcohol and Tobacco. | (ALSO TAUGHT IN SCIENCE) How to manage peer influence in relation to substances including energy drinks, nicotine and alcohol. How to make responsible decisions in relation to | L31 – Smoking facts, smoking versus vaping. Bk 1 11.1/11.2 P60-64 | <div>Part 1 – Smoking</div> <div></div> <div>TASK: Using the information on page 60 draw the spider diagram with above and add as many effects (impacts) to it as possible.</div> |

drugs, alcohol
and tobacco.

Part 2 – Vaping



TASK: With your shoulder partner add as many reasons you can think of to your spider diagram.

Part 2 – Vaping

Task: Vaping has become a HUGE issue globally amongst young people.

Your task is to create either a poster / leaflet / drama play / TV ad / social media campaign about vaping.

It must include:

- What vaping is.
- Why young people vape
- Health risks associated with vaping



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| | | | L32 – Alcohol the facts and the effects. Bk 2 8.1/8.2/8.3 P48-53 | No Lessons made and didn't get up to. Done in Year 8 and also in science. |
| Summer 2 Choices and Influences. | Safety, first aid, futures and money. | About personal safety in different independent contexts. (assemblies.) How to perform basic first aid, including CPR, the use of defibrillators and choking. To assess when to contact the emergency services. To look at different careers. (In all subjects.) To look at the use of pocket money and budgeting. | L33 – Pocket money Bk 1 16.1 P8283. L34 – Budgeting Bk 1 1.2 P84-85 Futures X3 lessons L35 - 37 | No lessons made and didn't get up to. Do similar again in Yr 8 Completed and evidenced in books. |