



	<b>Topics</b> Themes and concepts that are covered in each unit	<b>Declarative Knowledge –</b> Key learning that students MUST remember (Factual and conceptual knowledge, links to prior learning?) Highlight threshold and core concepts.	<b>Cognitive Skills</b> Cognitive processing of key knowledge (e.g. Recalling, Understanding, Applying, Comparing, Analysing, Evaluating, Creating)
Year 7	<b>Transition to Secondary school</b>	<ul style="list-style-type: none"> <li>The transition from Primary to Secondary school – similarities and differences</li> <li>Changes and challenges that can arise from the transition</li> <li>Concept of friendship</li> <li>The challenges that arise from forming new friendships</li> </ul>	<ul style="list-style-type: none"> <li>identifying the differences between primary and secondary school</li> <li>describing how it might feel to move to secondary school</li> <li>explaining some ways to manage change</li> <li>Identifying coping strategies</li> <li>Identifying the qualities of healthy and unhealthy friendships</li> <li>Describing strategies for dealing with challenges in friendship</li> <li>Evaluate how friends can support each other effectively</li> <li>Comparing a ‘good’ and a ‘bad’ friend</li> </ul>
	<b>Food choices, physical activity and balanced lifestyles</b>	<ul style="list-style-type: none"> <li>the benefits of physical activity and exercise for physical and mental health and wellbeing</li> <li>what influences choices about physical activity e.g. the media, peers etc.</li> <li>the role of a balanced diet as part of a healthy lifestyle and the impact of unhealthy food choices</li> <li>what might influence decisions about eating a balanced diet and strategies to manage eating choices e.g. family, friends, the media etc.</li> <li>organisations where advice can be found e.g. NHS, school nurse, school teachers etc.</li> </ul>	<ul style="list-style-type: none"> <li>identify different influences on decisions regarding diet and exercise</li> <li>analyse why some influences might be stronger than others</li> <li>evaluate which influences are more or less reliable</li> <li>evaluate strategies to manage negative or less reliable influences</li> <li>identify the benefits of maintaining physical health</li> <li>explain why choices regarding physical health might differ between people</li> <li>evaluate potential barriers to making healthier choices and strategies to overcome them</li> <li>analyse strategies for making independent health choices in future</li> </ul>
	<b>Puberty</b>  <b>Bullying</b>	<ul style="list-style-type: none"> <li>the physical and emotional changes that occur in young people during puberty and the impact this can have</li> <li>the meaning and impact of bullying and cyberbullying</li> <li>appropriate ways of responding to hurtful or intimidating behaviour</li> <li>Support for those experiencing bullying e.g. school teachers, Safeguarding leads and deputies, parents etc.</li> </ul>	<ul style="list-style-type: none"> <li>describe the physical and emotional changes that occur during puberty</li> <li>identify ways of managing the changes that occur during puberty</li> <li>explain where to seek advice and support about the changes that occur during puberty, such as school nurses</li> <li>describe the meaning of bullying and cyberbullying and the impact it can have on an individual</li> <li>explore challenging scenarios and their appropriate responses</li> <li>understand and recall where to seek support and advice on bullying/ cyberbullying.</li> </ul>
	<b>Menstrual wellbeing</b>  <b>Teamwork and enterprise skills</b>	<ul style="list-style-type: none"> <li>the physical and emotional changes that occur during menstruation</li> <li>types of product – towels/pads, tampons, cups, period pants etc.</li> <li>how to use products and the associated costs</li> <li>where to access free supplies e.g. in school</li> <li>good communication skills</li> <li>What it means to be a good communicator</li> </ul>	<ul style="list-style-type: none"> <li>describe a range of menstrual products and how they are used</li> <li>evaluate the pros and cons of a range of menstrual products</li> <li>give advice about managing menstrual wellbeing</li> <li>confidently discuss menstruation, and challenge negative attitudes associated with it</li> <li>Identify the essential aspects of good communication, including its contribution to effective teamwork</li> <li>Demonstrate essential aspects of listening and speaking and other forms of communication</li> <li>Explain potential consequences of poor communication at work</li> </ul>
	<b>Commitment, romance and friendships (including online) and relationship boundaries</b>	<ul style="list-style-type: none"> <li>qualities and behaviours relating to different types of positive relationships</li> <li>unhealthy relationships – how to recognise them</li> <li>different (individual) expectations for romantic relationships</li> <li>consent - how to seek and assertively communicate consent</li> </ul>	<ul style="list-style-type: none"> <li>describe what commitment to others and oneself means and what this looks like;</li> <li>explain why commitment is important for people’s health, wellbeing and relationships;</li> <li>reflect on what commitment means for an individual, and own commitments, now and in the future.</li> <li>evaluate the positives and negatives of exploring relationships online.</li> <li>compare different types of relationships online and describe their impact.</li> <li>identify how to get help when concerned about an incident online.</li> </ul>

**The British economy  
and financial choices**

- how the economy, and other factors, influences our decisions
- about the role of the Bank of England how to ask questions that aid decision-making
- how to analyse information, assessing its reliability
- how to assess and manage risk in relation to financial decisions
- about the business and economic environment
- how personal financial choices can affect ourselves, others and the economy
- about our responsibilities as consumers
- how to assess and manage risk in relation to financial decisions

- describe how the different parts of the economy are connected
- describe the role of the Bank of England in the economy
- analyse what influences financial decisions (including the economy)
- explain how to make informed choices
- analyse how the Bank of England uses different sources of information to help make its decisions
- explain the consequences of decision making
- reflect how my choices might affect the economy