

# SUBJECT ID

# Year 7

## AUTUMN – GROWTH MINDSET

<p><b>Topic 1</b> <b>Introduction to resilience</b></p> <p>What is resilience?</p> <p>Assess how resilience can be developed?</p> <p>Reflect on how we can build resilience in real life experiences.</p>	<p><b>Topic 2</b> <b>Mistakes &amp; importance of feedback - 2 lessons</b></p> <p>To discuss the impact and importance of failures</p> <p>To understand the importance of feedback in developing and practice using feedback to develop</p>	<p><b>Topic 3</b> <b>Self-talk</b></p> <p>Understand what self-talk is and its impact on emotion's</p> <p>Practice choosing positive self-talk and create a positive self-talk toolkit</p>	<p><b>Topic 4</b> <b>Applied growth mind set activities 3 lessons</b></p> <p>Apply theories of resilience and growth mind-set through the acquisition of skills and knowledge.</p> <p>Activities are cards tricks, magic, Circus skills, the phonetic alphabet &amp; Water safety.</p>	<p><b>Prior Learning</b></p> <p>Building on KS2 PSHCE curriculum on mental wellbeing.</p>
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## SPRING – HEALTHY BRAIN PLATTER

<p><b>Topic 1</b> <b>Sleep</b></p> <p>Assess the impact of sleep on a healthy brain.</p> <p>Understand how to develop a healthy sleep pattern.</p>	<p><b>Topic 2</b> <b>Focus Time</b></p> <p>How can focus be developed?</p> <p>Apply focus training using mandala colourings and the pomodoro technique</p>	<p><b>Topic 3</b> <b>Play time</b></p> <p>Investigating how spontaneous or creative, play, enjoying novel experiences, we help make new connections in the brain. Applying this</p>	<p><b>Topic 4</b> <b>Connecting time</b></p> <p>Investigating connecting with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry. Applying this through rock painting.</p>	<p><b>Topic 5</b> <b>Time in</b></p> <p>Spending time reflecting internally, focusing on sensations, images and thoughts to integrate the brain.</p>	<p><b>Topic 6</b> <b>Down time</b></p> <p>Looking at the benefits of down time; when we are non- focused without a specific goal.</p>	<p><b>Topic 7</b> <b>Physical Time</b></p> <p>Looking at the impact of moving our bodies on our mental health and wellbeing.</p>	<p><b>Prior Learning</b></p> <p>Building on KS2 PSHCE curriculum on mental wellbeing and health and prevention.</p>
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## SUMMER 1 – THIS IS ME

<p><b>Topic 1</b> <b>Identity</b></p> <p>What makes up our identity?</p>	<p><b>Topic 2</b> <b>Diversity</b></p> <p>Understand what we mean by stereotype .Reflect on the many roles that we take</p>	<p><b>Topic 3</b> <b>Gender Bias</b></p> <p>Investigating the key question, Does gender bias cause problems for everyone?</p>	<p><b>Topic 4</b> <b>Social media Identity</b></p> <p>To understand the positive and negative effects that social media can have on our own and others identity.</p> <p>Evaluate how to use social media platforms in a safe</p>	<p><b>Topic 5</b> <b>Gender identity and sexuality</b></p> <p>Understand the difference between sexuality and gender and the different varieties they can come in.</p> <p>Begin to understand what different attitudes there are about gender and sexuality.</p>	<p><b>Topic 6</b> <b>Celebrating identity</b></p> <p>Design my identity t –shirt created especially to highlight what is important to my identity.</p> <p>Year 7 Identity parade, celebrating individuality an diversity.</p>	<p><b>Prior Learning</b></p> <p>Build on KS2 RSE curriculum.</p>
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### CAREERS LINKS

Developing knowledge of resilience and growth mind set. Practice presenting and listening skills. Awareness and application of how to maintain mental wellbeing, supporting future employability.

### CHARACTER LINKS

Education and support for pupil's on the ability to remain motivated by long-term goals, to see a link between effort in the present and pay-off in the longer-term, overcoming and persevering through, and learning from, setbacks when encountered.

The learning of positive moral attributes and tolerance of others individuality.

### KEY ASSESSMENT DATES

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Appreciate the benefits of diversity and celebrate difference

and healthy way to promote our identity.

Begin to understand the affect that these attitudes can have