

Where everyone is included and everyone belongs.

Higham Lane North Academy Care and Support Curriculum Year 7 Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 7	Managing change & staying safe: Transition to secondary school, managing emotions and personal safety in and outside school.	Building healthy relationships: Healthy friendships and romantic relationships (including online). Boundaries and consent.	Health & puberty: Healthy and unhealthy lifestyles, vaping, smoking, personal hygiene and puberty.	Diversity and equality: Identity, prejudice, discrimination, stereotyping and bullying. Protected Characteristics and the Equality Act 2010.	Digital Safety: Safe online relationships, cyberbullying, and safer online gaming. Biased and misleading information online.	Self-awareness: Job families, skills, qualities, working as part of a team and action planning.
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
1. Moving to Secondary School	1. Healthy Relationships	1. Healthy Lifestyles: Diet, sleep and exercise	1. Identity	1. Staying safe online	1. Future Skills	
2. Making friends	2. Safe Online Relationships	2. Unhealthy lifestyles: Vaping and Smoking	2. Prejudice and Discrimination	2. Cyber bullying	2. Skills and Qualities	
3. Managing Change and Conflict	3. Banter, bullying and hurtful behaviour	3. Healthy Routines: Personal hygiene	3. Challenging Stereotypes	3. Safer Online gaming	3. Teamwork	
4. Staying safe roads, buses, railways and water.	4. Pressure and relationships	4. Physical and emotional changes in puberty	4. Disabilities and Protected Characteristics	4. Biased and misleading information online	4. Action planning	
5. Staying safe when out and about	5. Consent and boundaries					
FBV: Introduction to all of the British Values.	FBV: Tolerance and Respect	FBV: Individual liberties	FBV: Democracy	FBV: Rule of Law	FBV: Review of all of the British Values	

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Autumn 1: Managing Change and Staying Safe		
Themes	Subtopic breakdown	Statutory Links
RSE, SMSC, FBV	1. Moving to secondary school <ul style="list-style-type: none"> • Introduction to the fundamental British Values • How to manage the challenges of moving to a new school • How to identify, express and manage emotions in a constructive way • Importance of independence and organisation at secondary school 	2a, 2b, 2d, 6a, 6b, 6d,
RSE, SMSC, PC, FBV	2. Making Friends <ul style="list-style-type: none"> • Qualities of a good friend • Consider what a 'perfect' friend might look like • Anti-bullying 	2a, 2b, 2d
RSE, SMSC, SxH, FBV, PC	3. Managing Conflict <ul style="list-style-type: none"> • Consider the reasons for conflict in friendships • Explain ways to resolve conflicts positively 	2a, 2b, 2d
WW, HW, Cit	4. Staying Safe roads, rails, buses and water <ul style="list-style-type: none"> • Crossing roads safely and being a good pedestrian • Treating others with respect • The law and dangers of trespassing on railways • Importance of water safety 	6a, 6b
WW, HW, Cit	5. Staying safe in the local community <ul style="list-style-type: none"> • How to display the STAR values outside of school. • Contextual Safeguarding • How to respond to an emergency situation 	6a, 6b
CEIAG	British Values: Reflecting on British Values <ul style="list-style-type: none"> • Know the five British Values and identify which they have exhibited in this first term • Reflect on experiences, challenges and achievements of first term as Year 7 • Identify strategies used to manage transition successfully and how these might support them in the future 	2d

RSE	Relationships & Sex Education	SMSC	Social, Moral, Spiritual & Cultural	PC	Protected Characteristics	FBV	Fundamental British Values	CEIAG	CEIAG
SxH	Sexual Harassment	WW	Wider World (Inc Online Safety)	HW	Health and Wellbeing	Citz	Citizenship		