



# Year 7 RSE Learning Summary



When?	Unit	Knowledge	Assessment
Autumn 1	Transition Unit	<p>This unit is designed to help smooth the transition process from primary to secondary</p> <p>Some of the key learnings are:</p> <ul style="list-style-type: none"><li>- Dealing with stress</li><li>- Who in the school you can talk to, if struggling</li><li>- Making friends</li><li>- Travelling to and from school safely</li></ul>	<p>As PSHE/RSE/Living faith is not an exam subject, the assessments run slightly differently.</p> <p>At the end of each term the students are assessed on what they have covered in that term. For example, at the end of the Autumn the students complete a mini assessment on both the 'transition unit' and 'friendship and bullying'.</p> <p>If classes perform poorly on a particularly question, then they will revisit that sub topic in form time.</p>
Autumn 2	Friendship and Bullying	<p>This unit is designed to help students think about what makes a good friendship, as well as what to look out for in a bad one.</p> <p>Some of the key learnings are:</p> <ul style="list-style-type: none"><li>- What makes a good friend?</li><li>- Bullying</li><li>- Cyberbullying</li></ul>	
Spring 1	Healthy Lifestyles	<p>As the boys approach puberty and their bodies begin to change, it is important to look at how they can lead healthy lifestyles.</p> <p>Some of the key learnings are:</p> <ul style="list-style-type: none"><li>- Healthy eating and its impacts on both physical and mental health</li><li>- Exercise. The different types and its benefits</li><li>- Hygiene</li><li>- Forming good habits</li></ul>	
Spring 2	Careers	<p>Whilst it might be too early to have the boys signing up for any jobs or university place, it is important to start thinking about what's out there, what they enjoy and what they are good at.</p>	



		<p>This unit is broken down into 3 main areas:</p> <ul style="list-style-type: none"><li>- Developing yourself. Here the boys will look at themselves, their achievements so far and what they are good at (as well as where they could improve).</li><li>- Learning about careers and the world of work. Where we give boys a brief look at some different industries.</li></ul>	
Summer 1	Changes	<p>Building on from healthy life styles, as the boys approach puberty and their bodies begin to change, it is important to look at what is happening to them.</p> <p>Some of the key learnings are:</p> <ul style="list-style-type: none"><li>- Puberty</li><li>- Changes they may notice</li><li>- How to understand and control their moods and needs</li><li>- Sexting</li><li>- Emotional changes</li><li>- Diet</li><li>- Sleep</li></ul>	
Summer 2	Smoking and addiction	<p>The boys will now be approaching an age when they are more likely to come into contact with, and be offered, cigarettes, alcohol and drugs.</p> <p>Some of our main learnings during this unit are:</p> <ul style="list-style-type: none"><li>- What is in cigarettes</li><li>- The effects smoking has on your body</li><li>- The effects of alcohol</li><li>- Addiction</li><li>- Peer pressure and how to respond</li></ul>	