

Act Fast NL Year 7 KS3 PSHE

Autumn 01

Transition & Safety

Transition into Secondary school
Personal safety in and outside of school including first aid

Health & Wellbeing

Students learn how to identify, express and manage their emotions in a constructive way, including how to;

Manage the challenges of moving to a new school

Establish and manage friendships

Improve study skills

Identify personal strengths and areas for development

Respond in an emergency situation and personal safety strategies

Travel safety (e.g. road, rail & water) and basic first aid



Autumn 02

Developing Skills & Aspirations

Careers & Teamwork

Enterprise skills and raising aspirations

Living in the wider world

Students learn how to be enterprising, including skills of;

Problem solving

Communication

Teamwork

Leadership

Risk Management

Creativity

Careers & the abilities and qualities required for different careers

Equality of opportunity

How to challenge stereotypes

Broaden their horizons

How to identify future career aspirations and the link between values and career choices



Spring 01

Diversity

Learning about diversity, prejudice and bullying

Relationships

Students learn about;

identity, rights and responsibilities

About living in a diverse society

How to challenge prejudice, stereotypes and discrimination

The signs and effects of all types of bullying, including online

How to respond to bullying of any kind, including online

How to support others



Spring 02

Health & Puberty

Healthy routines

Influences on health & puberty

Unwanted contact

FGM

Health & Wellbeing

Students learn how to make healthy lifestyle choices such as diet, dental health, physical activity and sleep

How to manage influences relating to caffeine, smoking and alcohol

How to manage physical and emotional changes during puberty

Learn about personal hygiene

How to recognise and respond to inappropriate and unwanted contact

Learn about FGM and how to access help and support

Summer 01

Building Relationships

Learning about self-worth, romance and friendships (Including online)

Understanding relationship boundaries

Relationships

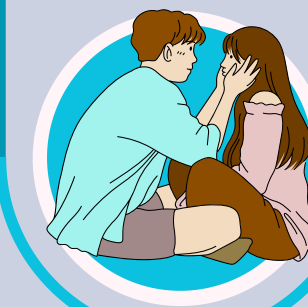
Students will learn how to develop self-worth and self-efficiency

About qualities and behaviours relating to different types of positive relationships

Learn how to recognise unhealthy relationships and challenge media stereotypes

Understand how to evaluate expectations for romantic relationships

Learn about consent and how to communicate consent



Summer 02

Financial Decision Making

Saving, borrowing and budgeting

Making financial choices

Living in the wider world

Students will learn;

How to make safe financial choices

Understand about ethical and unethical business practices and consumerism

Learn about saving, spending and budgeting

Learn how to manage risk-taking behaviour