



Year 7 Personal Development – Unit 1



Key Question: how can I be the best version of myself at Grace College?

Unit Overview:

Lesson	Threshold Statements
What is Personal Development?	- Describe what personal development is - Explore what you will be learning in PD this year - Identify how to create a safe classroom for discussion
How can I achieve my best at Grace College?	- Describe what 'respect' means - Explain the purpose of school rules - Identify how to build good habits in the classroom
How do I make good friends?	- Describe different ways you could make friends - Explain ways to identify healthy friendships
Becoming independent at school	- Explore the ways in which you may become more independent at school - Critically think about the positive and the more challenging aspects of increased independence - Recognise the importance of taking responsibility for oneself
Becoming independent outside of school	- Explore the ways in which they may become more independent at home and more generally outside of school - Critically think about the positive and the more challenging aspects of increased independence - Recognise the importance of taking responsibility for oneself
Celebrating Diversity	- Describe what diversity is - Explain what British Values and Protected Characteristics are - Identify how we can use BVs and PCs to make sure we celebrate diversity
What is Anti-Social Behaviour?	External speaker – assembly 20thth October

Tier 3 Key Vocabulary:

Key Word	Icon	Definition
Personal Development		Developing every student in their unique character, so they understand and value themselves as individuals who are gifted for a purpose.
Virtue		Behaviours which make you a good person.
Respect		Behaving in a way which shows you care for the feelings, wishes, or rights of others. E.g. 'I will show respect to my teacher by not talking over them in lessons'.
Independent		Not depending on another person for certain things. E.g. 'I am more independent since starting secondary school as I now travel to school without an adult'.
Protected Characteristics		Certain parts of our character that are protected by law from discrimination. There are nine protected characteristics.
British Values		Values all people in Britain are expected to follow. These are: democracy, the rule of law, individual liberty, mutual respect and tolerance for others.



Year 7 Personal Development – Unit 2

Key Question: how do I make healthy decisions for my mind and body?

Unit Overview:

Lesson	Threshold Statements
Physical and mental health: the basics	• Understand the link between mental and physical health • Develop ways to maintain positive mental health and wellbeing • Consider what healthy habits can support good physical health
Making healthy choices: eating and sleeping	• Understand about influences on diet and exercise choices • Understand what makes up a healthy diet • Recall the importance of sleep and maintaining healthy sleep habits
Making healthy choices: personal hygiene	• Understand what hygiene means and how to have good personal hygiene • Consider their hygiene routines and reflect on how often they do each routine • Explain what good oral hygiene looks like and how to achieve it
Making healthy choices: phone use and communication online	• Consider the advantages and disadvantages of online communication. • Understand the importance of communicating online in a kind way. • Set boundaries around online communication and phone use, and accept others' boundaries.
Evaluating influence	• Compare how friends can influence one another positively and negatively • Know how to recognise passive, aggressive and assertive behaviour, and how to communicate assertively • Understand that there are many factors that influence people's decisions about behaviour, some of which are out of their control
What do I need to know about vaping?	• Understand the health risks associated with vaping • Consider reasons someone may vape • Consider ways to reduce the temptation to vape

Tier 3 Key Vocabulary:

Key Word	Icon	Definition
Mental Health		The state of your emotional, mental, and social well-being, and it affects how we think, feel, and act. We all have mental health.
Physical Health		The state of your physical well-being. Poor physical health can include having injuries as well as illnesses.
Hygiene		Keeping your body clean to stay healthy and prevent the spread of germs
Influence		The power to change how someone thinks or acts. We can be influenced by a number of different things and people.
Passive behaviour		often lets others take control. Someone who is passive-aggressive exerts their control over situations in a less direct or recognizable way
Assertive behaviour		being able to stand up for your own or other people's rights in a calm and positive way, without being either aggressive or passive



Year 7 Personal Development – Unit 3



Key Question: What is happening to my mind and body during puberty?
How do I handle these changes?

Unit Overview:

Lesson	Threshold Statements
How can I live my best life as a teenager?	- Understand why we need to talk about puberty - Identify what life is like as a 'teenager' - Explore how you are feeling about puberty
What's happening to my body?	- Describe some of the physical changes you go through during puberty - Explain why these changes happen - Identify how to best deal with these physical changes
Why do I feel like this?	- Describe the emotional changes which occur during puberty - Explain how emotional changes can impact us - Identify ways to cope with the emotional changes during puberty
Let's talk about periods: period positivity (2 lessons)	- Understand what periods are and why they are important - Explore ways gender inequality can lead to feelings of shame/embarrassment around periods - Identify how we can combat embarrassment around periods
How can I look after my hygiene?	- Describe why it is important to know about hygiene during puberty - Explain what is involved in penis and vulva hygiene

Tier 3 Key Vocabulary:

Key Word	Icon	Definition
Puberty		The time when young people reach sexual maturity and become capable of reproduction
Adolescence		The period following the onset of puberty when a person develops from a child to an adult
Hormones		A substance produced in an organism and transported in tissue fluids to stimulate specific cells and promote a certain action. A person's sex hormones can influence behaviour or mood.
Hygiene		Things you do to keep clean and to maintain health and prevent disease
Period		Menstruation, or period, is normal vaginal bleeding that occurs as part of a woman's monthly cycle. Every month, your body prepares for pregnancy. If no pregnancy occurs, the uterus, or womb, sheds its lining.