

## Oasis Academy Lister Park Personal Development Curriculum: Year 7

In Year 7, the Personal Development curriculum is foundational and primarily focused on knowledge and skills students need to successfully transition between primary and secondary school. It also provides the basis for exploration of topics in more detail in later year groups. Students are introduced to the Oasis Ethos and 9 Habits to support with the understanding of the key ideals held across the Oasis trust. This is built upon to cover key issues, including making friends and recognising positive friendships, peer pressure and bullying, as well as identifying positive and negative mental health. It examines physical health transitions and recaps RSE from KS2 as well as including other areas such as dental hygiene. These are key areas of focus in a post-covid world due to emerging PHE data. Students learn to embed knowledge and understanding of staying safe online and beginning to understand how their rights and responsibilities will begin to change as they transition into adulthood.

YEAR 7	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Title	Relationships	Citizenship I	Citizenship II	Self-Care I (E-safety)	Self-Care II (Physical)	Self-Care III (Mental)
	<ul style="list-style-type: none"> <li>• Introduction to Oasis Ethos and 9 Habits</li> <li>• Friendships and good relationships, bullying and peer pressure</li> <li>• Introducing and signposting key support for mental health</li> <li>• Developing our identities and identity online and protecting them</li> <li>• Online relationships and E-safety</li> </ul>	<ul style="list-style-type: none"> <li>• Describing prejudice and discrimination and the formation of Human Rights</li> <li>• Link to prior understanding on relationships, bullying and peer pressure</li> <li>• The protections afforded to children and others</li> </ul>	<ul style="list-style-type: none"> <li>• Link to prior understanding of Human Rights students examine laws in the UK</li> <li>• Introduction to what the government is, the role of citizens, parliament, government and the role of the police</li> <li>• Linking to the Oasis Ethos and 9 Habits to explore what it means to be a good citizen</li> <li>• Communities and examining different Oasis communities locally, nationally and internationally</li> </ul>	<ul style="list-style-type: none"> <li>• Link to relationships and protecting online privacy</li> <li>• Understanding radicalisation, extremism and fundamentalism and identifying what features may be linked and contact online</li> <li>• Being able to recognise credible news and media sources and identifying markers which may make it suspicious</li> <li>• Describing how information and data is generated shared and used online</li> <li>• Where to seek support</li> </ul>	<ul style="list-style-type: none"> <li>• Important of physical hygiene e.g. washing daily and regular hand washing, dental hygiene</li> <li>• Menstruation and health menstruation</li> <li>• Dangers and impact of smoking and vaping</li> </ul>	<ul style="list-style-type: none"> <li>• Describing what it means to have good mental health and what poor mental health may look like</li> <li>• Being able to describe how happiness looks for different people</li> <li>• Understanding where to seek support in school and wider society for mental health</li> </ul>