



\*\*Students will be working on VAAs in all areas of the curriculum, but in Personal Development lessons we will be focusing on specific VAAs when discussing different topics.

Topic Name	Term	Prior Knowledge	We will learn more about...	VAAs we will focus on in this topic**	SMSC & British Values	Next link in curriculum	
Healthy Me	Autumn	Year 7 – Healthy Me  Healthy lifestyle choices  Healthy choices on substances	<b>Me and My Health</b> Understand the actions that can be taken to support good physical health Know some factors that help ensure good health in the longer term	Risk-taking	Social, Cultural Individual Liberty, Mutual Respect	Year 9 – Healthy Me	
			Know the factors that can impact negatively on dental health and understand the steps that can be taken to keep teeth and gums healthy Understand some links between dental health and physical and emotional health				
			<b>Healthy choices on managing stress</b> Understand how health can be affected by emotions and know a range of ways to keep myself well and happy Recognise feelings of stress, the triggers associated with this and some things to help manage this	Resilience	Social, Moral, Spiritual Individual Liberty		
			<b>Healthy choices of substances</b> Understand different substances and the effects they have on the body	Risk-taking	Social, Moral, Spiritual, Cultural Rule of Law, Individual Liberty		
			<b>Substance misuse and exploitation</b> Understand what the law says about substance use and possession Understand some steps that can be taken to avoid engaging in high risk behaviour in relation to substance use	Risk-taking	Social, Moral, Cultural Rule of Law, Individual Liberty, Mutual Respect		
		<b>Healthy choices on medicines and immunisation</b> Understand the role of medicines and can explain differing views on this	Concerned for society, Open-minded	Social, Moral, Cultural Individual Liberty			



<p><b>Celebrating Differences</b></p>	<p><b>Autumn</b></p>	<p><b>Year 7 – Celebrating Differences</b></p> <p>Prejudice and Discrimination</p> <p>Challenging negative behaviour</p>	<p><b>Prejudice and Discrimination</b></p> <p>Recognise the challenges faced by individuals when trying to make positive change</p> <p>Understand examples of individuals who have made a positive contribution despite prejudice and discrimination</p> <p>Recognise the positive feelings that result from doing something positive</p>	<p>Concerned for society, Open-minded</p>	<p>Social, Moral, Cultural</p> <p>Rule of Law, Individual Liberty, Mutual Respect, Tolerance of those of different faiths and beliefs</p>	<p>Year 9 – Celebrating Differences</p>
<p><b>Dreams and Goals</b></p>	<p><b>Spring</b></p>	<p><b>Year 7 – Dreams and Goals</b></p> <p>Identifying Goals</p> <p>Celebrating Success</p> <p>Importance of choices</p> <p>Making a difference</p>	<p><b>Your goals – long term</b></p> <p>Recognise some long-term goals, how they can be achieved</p> <p>Understand how short and medium-term goals might help achieve long-term goals</p> <p>Identify careers of interest and skills needed</p> <p>Understand how to develop skills needed and how these link to long-term goals</p>	<p>Enquiring, Practice</p>	<p>Social, Cultural</p> <p>Individual Liberty</p>	<p>Year 9 – Dreams and Goals</p>
<p><b>Being me in my world</b></p>	<p><b>Spring</b></p>	<p><b>Year 7 – Being me in my world</b></p> <p>Welcoming others</p> <p>Friendships – differences and being unique</p>	<p><b>Citizenship</b></p> <p>Understand what it means to be a good citizen</p> <p>Understand that there is a range of beliefs within any community</p>	<p>Concerned for society</p>	<p>Social, Moral, Spiritual, Cultural</p> <p>Individual Liberty, Mutual Respect, Tolerance of those of difference faiths and beliefs</p>	<p>Year 9 – Being me in my world</p>
<p><b>Changing Me</b></p>	<p><b>Summer</b></p>	<p><b>Year 7 – Changing Me</b></p> <p>Changing body</p> <p>Image and self-esteem</p> <p>Changing feelings</p>	<p><b>Different types of relationships</b></p> <p>Understand different types of close, intimate relationships that people can have</p> <p>Understand what happens physically when individuals experience physical attraction</p> <p>Know how to discuss the positive aspects of a range of different types of personal</p>	<p>Concerned for society, Open-minded, Confident</p>	<p>Social, Moral, Spiritual, Cultural</p> <p>Rule of Law, Individual Liberty, Mutual Respect</p>	



			<p>relationships that adults may have and the possible impact on children            Understand that intimate relationships do not have to involve sex            Know some of the things that might happen emotionally when individuals experience physical attraction            Know some of the positive behaviours people exhibit in healthy intimate relationships</p> <p><b>What's in a relationship?</b>            Understand the positive aspects of having a girlfriend or boyfriend            Recognise some of the behaviours you would expect to find in a healthy romantic relationship            Identify what you would seek in a boyfriend/girlfriend relationship            Compare and contrast the key features of healthy and unhealthy romantic relationships</p> <p><b>Attraction</b>            Understand the range of feelings associated with attraction            Know where to get information to safely explore feelings about sexuality and be able to recognise that attraction towards others takes many forms and can change over time to help manage them</p>	<p>Concerned for society, Open-minded, Confident</p> <p>Concerned for society, Open-minded, Confident</p>	<p>Social, Moral, Spiritual, Cultural Rule of Law, Individual Liberty, Mutual Respect</p> <p>Social, Moral, Spiritual, Cultural Rule of Law, Individual Liberty, Mutual Respect</p>	<p>Year 9 – Changing Me</p>
Relationships	Summer	<p><b>Year 7 – Relationships</b></p> <p>Healthy and supportive relationships</p> <p>Getting on and falling out</p> <p>Assertiveness in relationships</p>	<p><b>Being in control of my relationships</b>            Understand that relationships can cause strong feelings and emotions            Understand the features of positive and stable relationships            Understand that all relationships have positive and less positive aspects            Understand that relationships affect everything we do in our lives and that relationship skills have to be learned and practised</p>	<p>Concerned for society, Confident</p>	<p>Social, Moral Individual Liberty, Mutual Respect</p>	<p>Year 9 - Relationships</p>



			<p><b>Managing control and coercion in relationships</b> Understand what is meant by control, power balance and coercion in a relationship Understand what a good relationship looks like and how to protect myself from an unhealthy relationship</p>	<p>Confident</p>	<p>Social, Moral, Cultural Democracy, Individual Liberty, Mutual Respect, Tolerance of those of different faiths and beliefs</p>	
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