

Year 7 KS3 Thrive SOW:

External Visitors

The School of Sexuality - physical and emotional changes during puberty.

Drug Educator's - Exploring the personal and societal impact of drugs.

Loudmouth Education - bullying and the negative impact it has, to include how to report bullying incidents.

NSPCC interview - some year 7 students involved in making a teacher training programme on PSHE

Just like us - LGBTQ+ speaker

Mental health platforms used

MindSafe - child-led emotional well-being tool to help students identify their current emotions. Personalised mood diary to help students become more aware of their emotional well-being.

SOW builds on KS2 PSHE curriculum to ensure knowledge develops.

All resources you need are made clear on here. If you need photocopying please put it into reprographics under PSHE.

For Commando Joe's you will need to debrief after each mission - there is one Word doc for all 8 missions. Please make sure students have notes in their exercise book from each session (where necessary).

Assessment: At the beginning of each topic students are to mind-map their current knowledge on that topic e.g. racism. The first mind-map year 7 produce will be based on the PSHE content they were taught in primary school. At the end of each topic students are to sit a formal assessment. Each assessment should last for 30 minutes. Class teacher will need to mark the assessments and go through model answers.

RELATIONSHIPS AND TEAM BUILDING

Lesson	Title	Additional points:	Modern British Values	Careers
Lesson 1	*Complete lesson 0 first this will take you 20 minutes then move onto mission 1* Mission 1 - set up	You will need copies of the newspaper for your class Mission debrief doc. Tier 2 vocabulary - Advocate, Articulate, Authority, Decipher, Facilitate. Tier 3 - Commando Joes, resilience, collaborative, militant.	<ul style="list-style-type: none"> Democracy Rule of Law Respect and tolerance Individual liberty 	<ul style="list-style-type: none"> Leadership roles Teamwork Collaborative work
Lesson 2	Mission 1 - build	Commando Joes Boxes are in OBS. Book OBS with MSO. Mission debrief doc.	Same as above.	
Lesson 3	Mission 2 - Belay	See PowerPoint. You need 4 hoops, 4 battery packs (or something to symbolise them) and 32 mats/rubber discs for each groups, 4 longer pieces of rope Mission debrief doc.	Same as above.	
Lesson 4	Mission 3 - Morse Code	See PowerPoint. Morse code sheets. Practice examples printed if wanted. Red, yellow green colour paper. Mission debrief doc. You will need 2 torches as well. I have spares.		
Lesson 5	Mission 4 - 'Win' resources	Resources quiz sheet. Teacher answers. Mission debrief doc.		
Lesson 6	Mission 5 - design a shelter	See powerpoint Mission debrief doc.		

Lesson 7	Mission 6 - create the shelter	You will need to decide where you will do your mission and arrange for your box to be there with Kev/Paul. Mission debrief doc.			
ASSESSMENT	COMMANDO JOES TEST	To complete a short exam on commando joes.		Assessment 1 in R drive. Teacher required to take books in and provide students with a comment and stamp/sticker.	
HEALTH EDUCATION					
Lesson 8.	Study skills	To identify effective revision strategies and know how to improve one's memory and recall	Powerpoint	Individual liberty	Any profession
Lesson 9.	Study skills	To identify effective revision strategies and know how to improve one's memory and recall	Powerpoint	Individual liberty	Any profession
Lesson 10:	First Aid	To learn about first aid - How to treat a burn? Links to Bonfire night Tier 2 vocabulary - assimilate, consistent, hindering, decipher Tier 3 - Abrasion, adrenaline, airway, breathing, burn.	PowerPoint	<ul style="list-style-type: none"> • Democracy • Rule of Law • Respect and tolerance • Individual liberty 	<ul style="list-style-type: none"> • Paramedic • Nurse • Doctor • Counsellor
Lesson 11	Lifesaving skills CPR	To learn how to administer CPR. Tier 2 vocabulary - assimilate, consistent, hindering, decipher Tier 3 - cardiac, chest compressions, cardiopulmonary resuscitation (CPR), choking, chest pain.	Print out slide 9 and 10 for students to glue into books. CPR dolls in room 11 collect prior to lesson for demonstration to students. Please ask if you need support with this practical. There is a CD outlining how to carry out this practical.	<ul style="list-style-type: none"> • Democracy • Rule of Law • Respect and tolerance • Individual liberty 	<ul style="list-style-type: none"> • Paramedic • Nurse • Doctor • Counsellor
CHECKPOINT 1					•
Lesson 12. Puberty	Physical and emotional changes of puberty.	To understand how the human body physically and mentally changes when people age. Tier 2 vocabulary - implications, imperative, context Tier 3 - puberty, emotions, adolescence, menstruation.	Powerpoint, you may want to print the physical and emotional changes worksheet but not essential. Ask students to draw out an outline of a boy and girl and label the changes.	<ul style="list-style-type: none"> • Respect and tolerance • Individual liberty 	<ul style="list-style-type: none"> • Teacher • Biologist
Assessment 2	Health Education Exam	To complete a short test on the different elements of health education covered.	Assessment 2 in R drive.		

Unicef/Humanitarian work and family life- Rights of the Child & Prejudice & Discrimination links to RELATIONSHIPS and LIVING IN THE WIDER WORLD.

Lesson	Topic	Aim	Additional points	Modern British Values	Careers
Lesson 13. UNICEF Citizenship link - human rights, precious liberties. the legal system, volunteering	Organisation	To understand what Unicef does. To understand Children's Rights Tier 2 vocabulary - advocate, adequate, authority, consistent, context Tier 3 - international, humanitarian, policies, exploitation.	UNICEF cards for needs vs wants.	<ul style="list-style-type: none"> • Democracy • Rule of Law • Respect and tolerance • Individual liberty 	Charity worker
13. Natural Disasters - Indonesia earthquake & Tsunami Citizenship link - supporting communities	Indonesia	Understand: People's needs after a natural disaster Humanitarian work. Resilience Building Same as above	PowerPoint. You may wish to print some copies of starter/photo activities - I have put these into two words (in this folder) if you wish to print them. Video embedded and YouTube link also in PowerPoint.	<ul style="list-style-type: none"> • Democracy • Rule of Law • Respect and tolerance • Individual liberty 	Humanitarian Worker Charity Fundraiser
CHECKPOINT 2					
14. Parents and responsibilities	Role of the parent/s or carer/s	The roles and responsibilities of parents with respect to raising of children, including the characteristics of successful parenting. Tier 2 vocabulary - implications, diverse, inherent. Tier 3 - primary attachment figure, communication	Powerpoint. Resource titled 'diamond 9' needs to be printed.	<ul style="list-style-type: none"> • Democracy • Rule of Law • Respect and tolerance • Individual liberty 	Family Liaison Officer Social worker
15. Equality Citizenship link - The legal system in the UK, how the law deals with such issues in society	Prejudice & discrimination	Overview and understanding of terms Tier 2 vocabulary - diverse, imperative, indifferent Tier 3 - hierarchy of hate, prejudice, discrimination, stereotyping.	Videos embedded but YouTube links also in notes section of PowerPoint	<ul style="list-style-type: none"> • Democracy • Rule of Law • Respect and tolerance • Individual liberty 	Equality champion Outreach jobs
16. Equality Citizenship link - The legal system in the UK, how the law deals with such issues in society	Prejudice & discrimination	Focus in on Islamophobia Same as above	Video embedded. Make reference to all types of prejudice and discrimination.	Same as above.	Educator/corporate

Assessment 3	Equality test.	To complete a short test on equality	Assessment 3 in R drive.	
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Digital Literacy - Focus = E-safety. RELATIONSHIPS and LIVING in the WIDER WORLD

Please let Aisling Orlandini know when you require the booklets for digital literacy.

Lesson	Topic	Aim	Additional resources	Modern British Values	Careers
17: Digital Literacy Citizenship link - The role of being a good citizen, the law in the UK	Good Digital Citizen	To understand what digital literacy is Tier 2 vocabulary - articulate, ethics, authority, evaluate. Tier 3 - digital literacy, global citizen, discrimination.	Booklet	•Democracy •Rule of Law •Respect and tolerance •Individual liberty	IT analyst Business systems Analyst IT account manage
18: Digital Literacy Citizenship link - The legal system in the UK, how the law deals with such issues in society	On line safety and security	To create a strong password Same as above	Booklet	Same as above	
19: Digital Literacy Citizenship link - The legal system in the UK, how the law deals with such issues in society	Copyright	To understand what copyright and plagiarism is Same as above	Booklet	Same as above	
CHECKPOINT 3					
20: Digital Literacy Citizenship link - The legal system in the UK, how the law deals with such issues in society	Cyberbullying	Understand what cyberbullying is Same as above	Booklet	Same as above	
21: Digital Literacy Citizenship link - The legal system in the UK, how the law deals with such issues in society	Propaganda and the media	To understand what propaganda is and think critically about information Same as above		Same as above	
Assessment 4	Digital literacy test	To complete a short test o digital literacy	Assessment 4 in R drive.		

Feb half term onwards - Well-being, Safety and Relationships (Introduction) = Focus

Lesson	Topic	Aim	Resources	Modern British Values	Careers
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22: Emotions	Talking about emotions	How to talk about their emotions accurately and sensitively, using appropriate vocabulary. To include that happiness is linked to being connected to others. Links to mental-well being. Tier 2 vocabulary - advocate, ambiguous, attribute, decipher Tier 3 - mental health, persistent low mood, healthy communication, autism, depression, anxiety.	Powerpoint. Print resources from PDF. Alien task, Quiz and Statement Task.	Respect and tolerance •Individual liberty	Therapist Adult / child Psychiatrist GP Social worker Vet Musician Artist
23: Economic Education	Recognising your money personality - book a computer room	To understand the importance of understanding our money personality from a young age to support us for the future. Tier 2 vocabulary - evaluate, decipher, hindrance, insinuate. Tier 3 - credit card, debit card, credit score, payment plan	PowerPoint	•Democracy •Rule of Law •Respect and tolerance •Individual liberty	Financial advisor Bank manager Stock broker
24: Well being and safety	Run, Hide, Tell	To know how and why to follow the Run, Hide, Tell procedure Tier 2 vocabulary - hierarchical, context, conformity, inferred. Tier 3 - NSPCC, counter terrorism policing, action, terrorist attacks, anti-terrorism.	See PowerPoint	•Democracy •Rule of Law •Respect and tolerance •Individual liberty	Youth worker Police officer
25: Well being and safety	Stress and stress management	To understand what stress is and how to manage it Tier 2 vocabulary - attribute, consistent, implications, exemplify Tier 3 - cortisol, adrenaline, academic stress, peer pressure	You'll need to print off the slide with the character info and relaxation techniques. All in notes on PowerPoint.	•Democracy •Rule of Law •Respect and tolerance •Individual liberty	Therapist Teacher

HEALTH EDUCATION AND PREPARING FOR EXAMINATIONS.

Lesson	Title	Additional points:	Modern British Values	Careers
26. Drugs and substance misuse	<p>What is a drug? To know drugs fall into three main groups: Social, Medicinal and illegal drugs. To understand the effect caffeine has on the body.</p> <p>Tier 2 vocabulary - evaluate, decipher, diverse, imperative</p> <p>Tier 3 - substance misuse, biological differences, individuality, medicinal.</p>	All information on PowerPoint. Slides to be printed off (in notes section).	<ul style="list-style-type: none"> •Democracy •Rule of Law •Respect and tolerance •Individual liberty 	<p>Pharmacy technician</p> <p>Medical science liaison</p> <p>Pharmacologist</p>
27. Drugs and substance misuse	<p>Why do people take drugs? What are the effects of drugs and a persons' health and relationships.</p> <p>Same as above</p>	All information on PowerPoint, print page 67 from PDF	Same as above	Same as above
CHECKPOINT 4				
28. Study Skills	<p>The power of the mind and the importance of memory and learning styles</p> <p>Tier 2 vocabulary - evaluate, conventional, inherent.</p> <p>Tier 3 - retention, chunking, 7+-2 [miller's magic number].</p>	All information on PowerPoint	<ul style="list-style-type: none"> Respect and tolerance Individual liberty 	<p>Life coach</p> <p>Teacher</p>
29. Study Skills	<p>Psychology/Science of memory</p> <p>Same as above</p>	<p>All information on PowerPoint</p> <p>Print out the Multi Store Model of Memory for students.</p>	Same as above	Same as above
30. Study Skills	<p>Exam strategy and planning</p> <p>Same as above</p>	All information on PowerPoint	Same as above	Same as above

RELATIONSHIPS

Lesson	Learning Objectives:	Additional points:	Modern British Values	Careers
31. Healthy Relationships/Positive and Negative Relationships	<p>To understand the qualities and behaviours they should expect and exhibit in a wide variety of positive relationships (including teams, class and friendships)</p> <p>Tier 2 vocabulary - advocate, adjacent, attribute, authority.</p> <p>Tier 3 - trust, respect, caring, abuse, sources of support.</p>	PowerPoint	<ul style="list-style-type: none"> •Democracy •Rule of Law •Respect and tolerance •Individual liberty 	<p>Therapist</p> <p>Relationships counsellor</p> <p>Teacher</p>
32. Diversity and relationships	<p>To explain the different types of relationships that exist. To promote inclusivity.</p> <p>Tier 2 vocabulary - inclusivity, conventional, implications, diverse.</p>	PowerPoint, worksheets in folder.	Same as above	Being accepting and tolerant of all will allow an individual to thrive in any profession.

	Tier 3 - inclusivity, tolerance, LGBTQ+, homophobia, transphobia.			
33. The media and relationships	To identify how relationships and represented in the media. Same as above	Lesson follows the power point.	Same as above	Journalist Presenter Real estate agent
34. Grief and relationships	How to deal with grief and breakdown in relationships Tier 2 vocabulary - albeit, adequate, consistent, perspective, stability. Tier 3 - relationship breakdown, sorrow, torment, anguish, vexation.	PowerPoint.	Same as above	Therapist [grief counsellor] Managerial roles Teacher Social services Mental health support worker
Assessment 5	Well-being, health education part 2 and examination preparation short test.	Assessment 5 in the R drive.		

Subject to change depending on the needs of the year group