

YEAR 7 PERSONAL DEVELOPMENT:

SPRING TERM TOPICS

Me & my Emotions:

- Happiness
- Chill Skills - how do I keep calm

Managing Relationships:

- Friendship – benefit of positive friendships
- Why do friends fall out?
- Understanding the consequences of our behaviour towards other people: inclusion and exclusion
- Dealing with the issue of bullying
- Cyberbullying as a specific form of bullying
- How can we be more inclusive?

Growing Up Healthy:

- Coping with physical and emotional changes
- Understanding female and male puberty and the menstrual cycle
- Understanding issues surrounding exercise, diet and hygiene

HOMEWORK

Students have a Personal Development “Mindfulness Homework Menu” stuck into the back of their book, and they can choose something from this which they keep a record of and feed back in the next lesson.