



SAINT JOHN WALL CATHOLIC SCHOOL

A Catholic School For All



Lifestyle (Year 7)

Curriculum Intent: “To educate each and every unique child in our care to hear and respond to what God calls them to be”.

Long Term Plan



Lifestyle Year 7 Long Term Plan

Sequencing of topics	Healthy Body First Aid- 6 lessons across the year Healthy Lifestyle & PE- 6 lessons across the year	Healthy Mind Stewardship- 6 lessons across the year Mental Health & Stress- 6 lessons across the year Literacy* Numeracy
	Life Skills (MCI) 1) Democracy (3 lessons) 2) Crime and Law (3 lessons) 3) Democracy (3 lessons) 4) Employment rights and responsibilities (including protected characteristics) (3 lessons)	
Personal Development	Lifestyle lessons focus on personal development and life skills. Pupils develop skills they have learnt across the curriculum, including numeracy, literacy, IT & PE. Pupils are able to develop socially by working with other pupils in team activities. Pupils develop morally by exploring choices and decision making. Pupils develop vocationally by exploring their future employment and options after education. Pupils develop cultural capital by receiving experiences they wouldn't normally receive at home. The SJW Values are promoted throughout the Lifestyle curriculum.	
Progression model	What knowledge will pupils develop?	What skills will pupils develop?
	<ul style="list-style-type: none"> - To understand what can affect wellbeing and resilience - To know the benefits and positive use of social media, including how it can offer opportunities to engage with a wide variety of views on different issues - To know how to identify and articulate a range of emotions accurately and sensitively, using appropriate vocabulary - To know the benefits of physical activity and healthy eating for physical and mental health and wellbeing - To know about the options available to them at the end of key stage 3, sources of information, advice and support, and the skills to manage this decision-making process - about different work roles and career pathways, including clarifying their own early aspirations 	<ul style="list-style-type: none"> - To recognise and manage internal and external influences on decisions which affect health and wellbeing. - To be able maintain a balance between school, work, leisure, exercise, and online activities - To recognise and manage what influences their choices about physical activity and diet. - How to get help in an emergency and perform basic first aid, including cardio-pulmonary resuscitation (CPR) and the use of defibrillators - To recognise peer influence and to develop strategies for managing it, including online - To assess and manage risk in relation to financial decisions that young people might make and how to budget - How to make informed decisions about whether different media and digital content are appropriate to view and develop the skills to act on them - Different strategies to understand and build resilience, as well as how to respond to disappointments and setbacks
Curriculum Delivery	Band will be split into 3 (approx. 23-25 pupils in each 1/3). A group of selected pupils will spend a half term working in either numeracy or literacy. If these pupils show clear progress, they will return to their normal lifestyle group. Two small groups will benefit from numeracy and literacy intervention. This will be based on Year 7 assessments and reading scores. The pupils will spend 6 weeks in their intervention group. If progress has been made, they will return to their lifestyle group.	

Colour coding

Citizenship framework

PSHE Framework

RSE Framework