



Key Skills: Curriculum Overview

Year 7

Half Term	Topic studied	What will I learn?
Year 7 Autumn 1	Introduction to subject Networking Remembrance Self Esteem	What is Key Skills and why do we teach it? Setting achievable targets in new setting Feeling safe in your new environment – knowing where and who to go for help and support Why remembrance is important, family history Building on feeling safe, looking at faces and judging emotions, body language, online safety, bullying, homophobia
Year 7 Autumn 2	Self Esteem continued Overview of targets set in September	How self-esteem can be affected, being aware of others' self-esteem and how words can be damaging Compliments and put downs – cause and effect Boosting self-esteem in yourself and others Looking at how far you have come
Year 7 Spring 1	Anger	Moving on from self-esteem, recognising hormone changes. How to recognise when anger is building. What it feels like to you. Recognising what makes you angry Finding resolutions – how to let anger out safely. Why it's important to resolve issues when calm.
Year 7 Spring 2	Reflection Stress/anxiety Mental Health & emotional well being	What is reflection? Why it is important for moving forward (link from why it is import to resolve issues when calm). What stress/anxiety is and how it affects you. How to cope when dealing with it. Self-soothing techniques. Breathing techniques and using music to help
Year 7 Summer 1	Mental Health & emotional well-being continued Resilience	Relaxation techniques using safe places and pictures Meditation - exercises Linking to all course so far. Resilience – what it is and link to trip to Bude. Ssing storyboards to help communicate effectively
Year 7 Summer 2	Resilience continued Making choices	Debrief from Bude trip – what have you overcome? Continuation of storyboard – creating own with positive outcome. Differences of opinion and why they matter