

# SUBJECT ID

# Year 7

## AUTUMN – GROWTH MINDSET

<p>Topic 1 <b>Introduction to resilience</b></p> <p>What is resilience?</p> <p>Assess how resilience can be developed?</p> <p>Reflect on how we can build resilience in real life experiences.</p>	<p>Topic 2 <b>Growth Mindset</b></p> <p>What is growth mindset?</p> <p>To explore neuroplasticity and what we can do to develop our brains.</p>	<p>Topic 3 <b>Mistakes &amp; importance of feedback - 2 lessons</b></p> <p>To discuss the impact and importance of failures</p> <p>To understand the importance of feedback in developing and practice using feedback to develop</p>	<p>Topic 4 <b>Self-talk</b></p> <p>Understand what self-talk is and its impact on emotion's</p> <p>Practice choosing positive self-talk and create a positive self-talk toolkit</p>	<p>Topic 5 <b>Applied Activity</b></p> <p>Pupils aim to demonstrate growth mindset, resilience, use of feedback and positive self-talk through a closed new activity / skill.</p>	<p>Prior Learning</p> <p>Building on KS2 PSHCE curriculum on mental wellbeing.</p>
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**CAREERS LINKS**

Developing knowledge of resilience and growth mindset. Practice presenting and listening skills. Awareness and application of how to maintain mental wellbeing, supporting future employability.

**CHARACTER LINKS**

Education and support for pupil's on the ability to remain motivated by long-term goals, to see a link between effort in the present and pay-off in the longer-term, overcoming and persevering through, and learning from, setbacks when encountered.

The learning of positive moral attributes and tolerance of others individuality.

## SPRING – IDENTITY

<p>Topic 1 <b>Identity</b></p> <p>What makes up our identity?</p>	<p>Topic 2 <b>Diversity</b></p> <p>Understand what we mean by stereotype .Reflect on the many roles that we take Appreciate the benefits of diversity and celebrate difference</p>	<p>Topic 3 <b>Gender Bias</b></p> <p>Investigating the key question, does gender bias cause problems for everyone?</p>	<p>Topic 4 <b>Gender identity and sexuality</b></p> <p>Understand the difference between sexuality and gender and the different varieties they can come in. Begin to understand what different attitudes there are about gender and sexuality. Begin to understand the affect that these attitudes can have</p>	<p>Topic 5 <b>Celebrating identity</b></p> <p>Design my identity t –shirt created especially to highlight what is important to my identity. Year 7 Identity parade, celebrating individuality an diversity.</p>	<p>Prior Learning</p> <p>Build on KS2 RSE curriculum. Careers</p>
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<p>Topic 1 <b>Sleep</b></p> <p>Assess the impact of sleep on a healthy brain. Understand how to develop a healthy sleep pattern.</p>	<p>Topic 2 <b>Focus Time</b></p> <p>How can focus be developed?  Apply focus training using mandala colourings and the pomodoro technique</p>	<p>Topic 3 <b>Play time</b></p> <p>Investigating how spontaneous or creative, play, enjoying novel experiences, we help make new connections in the brain. Applying this through <b>Connecting time</b></p>	<p>Topic 4 <b>Gratitude</b></p> <p>Understand what is gratitude is, understand why gratitude is important and decide what we should be grateful for.</p>	<p>Topic 5 <b>Trust</b></p> <p>The importance of trust and how it is developed.</p>	<p>Topic 6 <b>Confidence</b></p> <p>Look at the impact of confidence. Assess individuals confidence and develop strategies that helps develop confidence.</p>	<p>Topic 7 <b>Embarrassment</b></p> <p>Normalising embarrassment and developing strategies to manage it.</p>	<p>Topic 8 <b>Coping strategies</b></p> <p>Develop a toolkit to support resilience in managing difficult situations.  Highlighting what are helpful and which are harmful coping strategies.</p>	<p>Topic 9 <b>New Year Visions</b></p> <p>Using the technique of mood and vision board making, young people create a board to reflect their hopes, wishes and things that they will hold as important going into the next academic year.</p>
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		Investigating connecting with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry. Applying this through rock painting.	Understand how can we improve how we show gratitude?					
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