







Personal Development: Year 7 Remote Learning

- In the table below you will see the unit being studied in school and the approximate time of year the unit is being delivered in school.
- Find the unit currently being studied in school and the classroom lesson and look for the remote learning alternative.
- To access the remote learning alternative lesson(s) click on the link (control + click).
- There are a number of lessons and you are not expected to complete them all.
- If you have any concerns after completing any of the remote learning lesson(s) please speak to your PD teacher.

Unit:	Months studied between:	Classroom Lesson:	Remote learning alternative lessons:
 Unit 1: Health and Wellbeing	September- November	1. Transition to secondary school	Healthy Lifestyles (5 Lessons) https://teachers.thenational.academy/units/healthy-lifestyles-physical-fitness-and-healthy-eating-970b First Aid (four lessons) https://teachers.thenational.academy/units/first-aid-cf8e
		2. Personal safety inside and outside school (including water safety)	
		3. First aid	
		4. Staying Healthy	
 Unit 2: Health and Wellbeing	November-December	5. Health (including vaping, teeth and sleep)	Health and Prevention: Basic Health (4 lessons) https://teachers.thenational.academy/units/health-and-prevention-basic-health-5678 Changing Adolescent Body (6 lessons) https://teachers.thenational.academy/units/changing-adolescent-body-puberty-and-menstrual-wellbeing-4d0d
		6. Puberty and Menstrual Wellbeing	
		7. FGM	
 Unit 3: RSE	January-March	8. Self-worth	Respectful relationships: Stereotyping and Bullying (6 lessons) https://teachers.thenational.academy/units/respectful-relationships-stereotypes-and-bullying-caac
		9. Romance and friendships (including online)	
		10. Consent and relationship boundaries	

Unit 4: RSE 	March-April	11. Diversity 12. Prejudice and misogyny 13. Bullying and social media	Internet safety (5 lessons) https://teachers.thenational.academy/units/internet-safety-and-harms-relationships-and-social-media-0799
Unit 5: Living in the Wider World 	April-June	14. Careers 15. Teamwork and enterprise skills 16. Raising aspirations	BBC Bitesize careers https://www.bbc.co.uk/bitesize/careers
Unit 6: Living in the Wider World 	June-July	17. Saving 18. Budgeting 19. Making financial choices	How can we manage money well? (six lessons) https://teachers.thenational.academy/units/how-can-we-manage-money-well-f885