

## Curriculum map

**Subject: LL Life Learning**

**Year: 7 (Taught once a fortnight by Geography teachers of year 7)**

	Unit 1	Unit 2	Unit 3	Unit 4
Unit title	Changes	Mental and Physical Well-being	Families and respectful relationships	Internet safety and harms
Key knowledge	A look at appropriate friendships within the KS3 age group A study of managing emotional and physical changes whilst going through puberty	A look at emotions and wellbeing concerns. Importance of sleep and exercise. Body image and mental wellbeing. Healthy eating and exercise benefits	Looking at the variety of families and how to find your place in your own family. Understanding the differences between a healthy friendship and a toxic friendship. Assessing how damaging stereotypes can be.	Bullying including cyberbullying. Screen time. Fake news and critical thinking. Online risks and boundaries. Risks of gambling
Key skills / concepts	Discuss, empathise Describe; Explain; Interpret; Evaluate;	Discuss, empathise Describe; Explain; Interpret; Evaluate;	Discuss, empathise Describe; Explain; Interpret; Evaluate;	Discuss, empathise Describe; Explain; Interpret; Evaluate;
Key assessment	End of unit self-evaluation AfL in each lesson	End of unit self-evaluation AfL in each lesson	End of unit self-evaluation AfL in each lesson	End of unit self-evaluation AfL in each lesson
Key learning journey question	What happens as I start to grow into a teenager?	How do I keep healthy and take responsibility for this?	How do I know the difference between a good and a bad relationship?	How do I keep safe online?