Year 7 Wellbeing Curriculum End Points and Key Vocabulary

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Ethos Links	**Milton Keynes** – Transitioning to Watling Academy **Character** – Developing aspects of Respect, Responsibility and Kindness	**Character** – Developing aspects of Respect, Responsibility and Kindness **Community** – Creating positive friendships and supporting others	**Character** – Developing aspects of Respect, Responsibility and Kindness **Milton Keynes** – Understanding diversity and support networks	**Milton Keynes** – Knowing where to seek help and support **Character** – Developing aspects of Respect, Responsibility and Kindness	**Character** – Developing aspects of Respect, Responsibility and Kindness	**Milton Keynes** – Finances and money management **Character** – Developing aspects of Respect, Responsibility and Kindness
Learning End Points	**Emotional Wellbeing: Managing Change and Transition** Managing emotions, wellbeing and resilience. *How can we manage change and support our wellbeing?* By the end of this unit students will know and understand: • How thoughts, feelings and behaviours are connected. • How to manage stress, worry and emotional challenges. • Strategies that promote positive	**Friendship and Bullying** Positive friendships, bullying and inclusion. *How do we build positive friendships and challenge bullying?* By the end of this unit students will know and understand: • The characteristics of healthy friendships. • The impact of bullying and how to challenge it. • The role of empathy, inclusion	**Families and Changing Relationships** Families, relationships and support networks. *How do relationships and family life change over time?* By the end of this unit students will know and understand: • Different types of relationships and family structures. • How change, loss and grief can affect people. • The importance of respectful relationships. • How to stay safe and seek help online and offline.	**Health and Puberty** Growing, changing and keeping safe. *How do we make healthy lifestyle choices?* By the end of this unit students will know and understand: • Physical and emotional changes during puberty. • How to manage personal health and hygiene. • How to recognise abuse and safeguarding concerns. • About FGM and	**Influences on Relationships** Relationships, consent and media influence. *How do we recognise healthy and unhealthy relationships?* By the end of this unit students will know and understand: • The features of healthy and unhealthy relationships. • What consent means and how it is communicated. • How peer pressure and media can influence behaviour. • How to challenge	**Financial Decision Making** Spending, budgeting and financial choices. *How do we make safe financial choices?* By the end of this unit students will know and understand: • The difference between needs, wants and priorities. • How to create and manage a budget. • How advertising and social influences affect spending decisions.

	wellbeing and resilience. • The importance of accessing support when required.	and positive bystanders. • How peer influence can affect behaviour and decision-making.		how to access support.	stereotypes and seek support when needed.	• How to make informed and responsible financial choices.
Key Vocabulary	Wellbeing Resilience Emotions Stress Transition	Friendship Empathy Bullying Inclusion Bystander	Relationships Family Grief Respect Consent	Puberty Menstruation Safeguarding Abuse FGM	Healthy Relationships Consent Boundaries Communication Stereotypes	Budgeting Finance Inflation Spending Consumer