

# YEAR 7 CASP

## LEARN TO LIVE

The CASP programme will enable all of our students to feel positive about who they are and to enjoy a healthy, safe, responsible lives. We want to prepare students for life outside of school; for students to be inspired by the issues of the community and world around them, to be increasingly aware and knowledgeable of those issues and to develop a passion to affect those issues positively. Students will have opportunities to learn about the possibilities for their future, to aspire to higher goals and to understand the pathways to get there. Furthermore students will have opportunities to develop themselves; to develop social skills, personal skills and learn how to get the best out of the opportunities that they can create.

AUTUMN		SPRING		SUMMER	
HEALTH AND WELLBEING	LIVING IN THE WIDER WORLD	RELATIONSHIPS	HEALTH AND WELLBEING	RELATIONSHIPS	LIVING IN THE WIDER WORLD
Belonging to Byrchall; Transition and safety Transition to secondary school and personal safety in and outside school, including first aid	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Diversity Diversity, prejudice, and bullying	Health and puberty Healthy routines, influences on health, puberty, unwanted contact	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Financial decision making Saving, borrowing, budgeting and making financial choices

UNIT	LEARNING OBJECTIVES/OUTCOMES
Relationships: Making New Friends	<ul style="list-style-type: none"> <li>• To explain how we manage change in our life</li> <li>• To create advice to cope with changes in life. How to manage the challenges of moving to a new school</li> <li>• To identify the qualities that make a good friend</li> <li>• To create strategies that can resolve conflict</li> <li>• To consider making positive choices and explore different influences on thinking</li> <li>• How to identify, express and manage their emotions in a constructive way</li> <li>• How to improve study skills</li> <li>• How to identify personal strengths and areas for development</li> <li>• Personal safety strategies and travel safety, e.g. road, rail and water</li> <li>• How to respond in an emergency situation, basic first aid</li> <li>• To create a brochure for Year 7 pupils next year to assist their transition into Byrchall</li> <li>• To use previous learning on friendship to create guidance</li> <li>• To evaluate own work and find ways to improve</li> <li>• Reflect and evaluate on their own and others work</li> </ul>
Careers and aspirations; personal qualities and enterprise	<ul style="list-style-type: none"> <li>• How to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity</li> <li>• About a broad range of careers and the abilities and qualities required for different careers</li> <li>• About equality of opportunity</li> <li>• How to challenge stereotypes, broaden their horizons and how to identify future career aspirations</li> <li>• About the link between values and career choices</li> <li>• What skills and characteristics are essential to succeed in school and in the world of work?</li> <li>• To identify relevant skills and critically reflect on your own and each other's skills</li> <li>• What Enterprise skills are needed to design a workable and marketable product?</li> <li>• To identify and apply enterprise skills to think creatively</li> </ul>

Diversity, bullying and prejudice	<ul style="list-style-type: none"> <li>• About identity, rights and responsibilities</li> <li>• About living in a diverse society</li> <li>• How to challenge prejudice, stereotypes and discrimination</li> <li>• The signs and effects of all types of bullying, including online</li> <li>• How to respond to bullying of any kind, including online</li> <li>• How to support others</li> </ul>
Health and Wellbeing	<ul style="list-style-type: none"> <li>• How to make healthy lifestyle choices including diet, dental health, physical activity and sleep</li> <li>• How to manage influences relating to caffeine, smoking and alcohol</li> <li>• How to manage physical and emotional changes during puberty</li> <li>• About personal hygiene</li> <li>• How to recognise and respond to inappropriate and unwanted contact</li> </ul>
Relationships	<ul style="list-style-type: none"> <li>• How to develop self-worth and self-efficacy</li> <li>• About qualities and behaviours relating to different types of positive relationships</li> <li>• How to recognise unhealthy relationships</li> <li>• How to recognise and challenge media stereotypes</li> <li>• How to evaluate expectations for romantic relationships</li> <li>• About consent, and how to seek and assertively communicate</li> <li>• Consent</li> </ul>