

Year 7

PSE/Health and Well-Being

Lesson Number	Title	Date Completed
1	Organisation, starting as we mean to go on	
2	Organised Leadership and Kindness	
3	Being involved and pushing ourselves for others	
4	Introduction to "My Life"	
5	Feelings and Actions	
6	A world without harm and the Power of our words	
7	Resilience and Coping with change	
8	Identifying resilience in ourselves	
9	Kindness and how to identify it	
10	What is "effective" communication	
11	Dealing with confrontation	
12	Active listening and responding; how it can help our learning	
13	What is initiative?	
14	Reacting to problems and creating achievement plans	
15	E-safety and our Digital Footprint	
16	Leadership and its importance	
17	My leadership skills	
18	Introduction to Health	
19	Self-Assessment and Being Active	