

Scheme of Work

Year 7

Year 7	Focus	Theme Title	Key Message	Content Covered
Theme 1	Religious Understanding	Who Am I? (wb 14/9) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-7/t-1/who-am-i/	Each person is uniquely created, body and soul, and loved by God. Our identity and dignity are gifts that shape how we see ourselves and others.	Self-image, value and dignity
Theme 2	Me, My Body, My Dignity	Changing Bodies (wb 28/9) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-7/t-2/changing-bodies/	Puberty involves physical, emotional and sexual development. Daunting though it can be, it is part of God's plan for us.	Puberty, changes and hygiene
Theme 3	Wellbeing and Health	Healthy Inside & Out (wb 12/10) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-7/t-3/healthy-inside-and-out/	Healthy self-esteem supports emotional wellbeing and helps us care for our bodies and relationships.	Self-esteem and body image
		Keeping Well - Part 1 (wb 2/11) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-7/t-4/keeping-well-part-1/	Human beings are created, body and soul; therefore, caring for our physical health is part of respecting the gift of our bodies.	Healthy eating and hygiene
Theme 4	Life Cycles	Where We Come From (wb 16/11) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-7/t-5/where-we-come-from/	Sexual intercourse is more than a physical act; within marriage, it is a gift from God that expresses love and openness to life.	Human reproduction, fertility and menstruation
Theme 5	Personal Relationships	Family and Friends (wb 30/11) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-7/t-6/family-friends/	Reflecting on different types of friendship and family helps us develop strategies for managing conflict and strengthening respect.	Relationships, family and friends, conflict resolution

Theme 6	<i>Online Awareness</i>	My Life on Screen (wb 14/12) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-7/t-7/my-life-on-screen/	Our online lives need safeguarding, just like in real life. Making wise and respectful choices online helps protect our dignity and the dignity of others.	Online safety awareness
Theme 7	<i>Living in the Wider World</i>	Living Responsibly (wb 4/1) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-7/t-8/living-responsibly/	Becoming aware of how our actions affect others helps us grow in responsibility, and understand the concept of social responsibility.	Social responsibility and respect for self and others
Theme 8	<i>Safe and Well</i>	Basic First Aid - Part 1 (wb 18/1) https://www.tentenresources.co.uk/programmes/life-to-the-full-secondary/year-7/t-9/basic-first-aid-part-1/	Learning how to stay calm and respond in an emergency helps us care confidently for others.	Basic first aid

Editable transcription from supplied Ten:Ten Resources Year 7 scheme of work table