

Langley Senior Year 6 and 7 PDE Programme

Your child will be taught PDE by a teacher who has been trained to deliver it. PDE is taught three times per fortnight up to the summer term, when we start Theology and Philosophy. Themes we cover in PDE will also be enriched at the same time by the pastoral team in their assemblies and tutor time. We aim to provide a broad and rich curriculum, supporting your child's personal development in areas such as self-concept and identity, physical and mental health, study skills and careers and relationships and sex education. If you scan down the table below, you can see what your child will be taught each term this year. We hope that by seeing what your child will learn this year, you will be able to support them at home.

A note about RSE (Relationships and Sex Education) in Year 7: RSE is a statutory requirement by the government and underpins our PDE curriculum at Langley Senior. The Sex Education element covers the same content as that which appears in the statutory Science Curriculum for Key Stage 3, aiming to reinforce it, and give children the emotional skills they will need when experiencing puberty and developing sexuality. Parents and guardians may withdraw their Year 7 age children from the Sex Education elements of the RSE curriculum at Langley School, provided that the elements they are withdrawn from are not the content covered in the statutory Science curriculum. For example, students cannot be withdrawn from a lesson about sexual reproduction or puberty but can be withdrawn from portions of lessons that might refer to sexual pleasure, practices and sex lives (at this age, masturbation is generally the only topic that comes up as a discussion about sexual arousal and puberty). **Bearing in mind that there are some Year 6 children in the class, teachers will only answer questions that are age appropriate to Year 6 age children.** We would like parents and guardians to be aware that that Sex Education is likely to be a safer route to knowledge than children trying to find answers to questions online, or via their peers, and that the details we deliver are determined by what we know Year 6s and 7s encounter in their social and school lives. If you scan down the table, you will see **green text** detailing the lessons where Sex Education is taught, and where withdrawal may be possible. We are always happy to discuss our curriculum with parents and guardians, so please do be in touch should you require more information.

A note about RSE (Relationships and Sex Education) for Year 6: For KS2 age children the government requires the teaching of all relationships education, which includes understanding what consent and abuse are (in an age-appropriate way). The Sex Education we teach at Langley in Year 6/7 is what your child would be taught in Year 6 at a primary school and your child should not encounter anything that is inappropriate. We would be happy to discuss this with you or offer alternative provision if you have any concerns about your Year 6 age child participating in the lessons with Year 7s.

Year 6 and 7		
	Lesson Title	Learning Objectives
Autumn Term	Secondary School Choices	Learning Goal: To understand how to make good choices for classroom learning.
	From Overwhelmed to Organised	Learning Goal: Reflect on current levels of organisation and consider changes that will enable a more organised life at school. Measures of success Consider current organisation practices and identify areas for improvement. Explore how to improve organisation at school and in the mornings. Recognise the mental and physical health benefits of being organised.
	From Strangers to Friends	Learning Goal: To get to know my peers and develop strategies that support me in making new connections and friendships. Measures of success Understand the importance of getting to know peers. Sharing aspects of my life to build connections Identify strategies to help develop new friendships.
	Healthy & Balanced Lifestyles	Learning Goal: To determine what makes up a healthy balanced lifestyle, reflect on my own current lifestyle and consider what I could change. Measures of success Identify elements of an unhealthy lifestyle. Make recommendations to create a balanced lifestyle. Implement actions to make my lifestyle more balanced.
	Resilience and Goal Setting	Learning goal To explore how goal setting, clear communication, and resilience help us manage challenges. Measures of success I can explain why a meaningful goal is useful. I can identify effective strategies for managing different challenges I can identify helpful ways to think about failure
	Rewiring Your Brain	Learning goals To build awareness of my thoughts and how to reframe negative thoughts to grow the good in my life. Measures of success Identify negative thinking patterns. Practice reframing negative thinking. Practice gratitude to grow the good in my life.

Autumn Term	How To Have Healthy Relationships	Learning goals To evaluate my relationships and identify what takes to maintain healthy relationships. Measures of success Identify the elements of healthy relationships. Reflect on and evaluate my relationships. Determine ways to maintain my own healthy relationships.
	Sleep Essentials	Learning goals To recognise the importance of sleep on my health and how to design an effective sleep routine. Measures of success Understand the impact of a good night's sleep. Identify the habits that help people get to sleep. Design a bedtime routine.
	Design Your Mindfulness Practice	Learning goals To identify the benefits of mindfulness and create a meditation plan. Measures of success Identify the benefits of meditation and mindfulness. Practice three meditations, ignoring distraction. Create a mindfulness practice plan.
	Tackling Cyberbullying	Learning goals Understand cyberbullying, including its effects, causes, and ways to prevent it. Measures of success Identify different forms of cyberbullying. Explain why people bully others online. Develop effective strategies to combat cyberbullying.
	Understanding Bullying	Learning goals To examine the impact of power imbalances on bullying and find ways to prevent it within our schools and society. Measures of success Identify situations where power imbalances exist in bullying. Examine how people use power in different situations. Develop strategies to reduce bullying.
	Escaping the Social Media Trap	Learning goal To explore how social media affects people's time and attention, and identify strategies for better balance. Measures of success Recognise the negative impact of social media. Reflect on why people use social media. Identify strategies for more balanced screen time.
Autumn Term	AI and Chatbots	Learning goal To explore how AI chatbots are being used and their associated risks. Measures of success Recognise the difficulty in identifying AI chatbot responses. Explain the risks in how chatbots are being used online. Think critically about the role of AI and AI tools.
	Gaming Addiction	Learning goal To identify the causes and symptoms of gaming addiction. Measures of success Discuss whether gaming addiction is the same as substance addiction. Identify why games are addictive and how that can affect our brains. Develop strategies to prevent gaming addiction.
	Managing Privacy Online	Learning goals To understand why online privacy matters and how to protect data online. Measures of success Recognise why online privacy is important. Identify how companies use personal data online. Identify how to safeguard yourself online.
	What's Real Online	Learning goals To learn how to spot misleading or false information online. Measures of success Identify misleading, misinformation, and disinformation online. Explain how social media platforms target users with content. Know how to check if something we see online is trustworthy.

Spring Term 1	The Dangers Of Your Internet Algorithm	Learning goals To understand the danger of internet algorithm and how to counter their influence. Measures of success Define internet algorithms. Identify the dangers internet algorithms can cause people and society. Solve scenarios that counter the dangers of internet algorithms.
	Safety in Public	Learning goals To determine how to stay safe in public spaces and what to do when something feels wrong. Measures of success Identify strategies to increase personal safety in public spaces. Recognise risks in everyday situations including roads, water, and unfamiliar settings. Describe how to seek help and report harmful behaviour.
	Fire and Water Safety	Learning goals To identify risks and manage personal safety in situations involving fire, water, roads, railways and unfamiliar environments. Measures of success Identify common risks in fire, water and travel situations. Explain practical strategies to stay safe in different environments. Demonstrate how to respond appropriately in emergency or unfamiliar situations.
	Different Types of Families	Learning goals To recognise the diversity of families and that all types deserve respect. Measures of success Determine the range of types of families. Acknowledge that all families deserve respect. Identify elements of stable and committed relationships.
	The Human Lifecycle	Learning goals To understand the human lifecycle, including puberty and how humans reproduce. Measures of success I can identify each stage of the lifecycle. I can describe key changes during puberty. I can explain the process of reproduction.
	Body Changes During Puberty	Learning goals Understand the significant physical changes during puberty and their implications for emotional and physical wellbeing. Measures of success Explain the changes that occur during puberty both boys and girls. Understand the emotional implications of these changes. Demonstrate care and kindness to people during puberty, including themselves.
	The Changing Adolescent Body & The Menstrual Cycle	Learning goal To identify the key physical and emotional changes that occur during puberty and menstruation. Measures of success Recognise the physical changes in both men and women. Cover the emotional and hormonal changes. Recognise the fundamentals of menstrual health.
	Sexual Consent	Learning goals To understand consent in various contexts, how to gain consent and when it is required. Measures of success Define what consent means. Identify the elements required for consent to be granted. Understand the requirements for consent in different contexts.
	Examining the Equality Act 2010	Learning goal To examine how equality functions in society and how the Equality Act supports it in our community. Measures of success List the nine protected characteristics of the Equality Act. Identify what equality is and is not. Identify ways to support equality in society.

Spring Term 2	Breaking Down Stereotypes	Learning goals To recognise how stereotypes manifest in society, the harm they cause, how they lead to prejudice and what can be done to address them. Measures of success Identify stereotypes that exist. Determine the harms stereotypes cause. Explore ways to address and reduce stereotyp in society.
	Privilege and Disadvantage	Learning goals To explore the concepts of power, privilege, ar disadvantage and examine how these shape individuals and society. Measures of success Recognise the importance of human rights, equality and equity in society. Explore the relationship between privilege, power, and an equal society. Develop strategies to promote fairness and equity.
	Vaping: A Global Dilemma	Learning goals To debunk the myths and identify the dangers posed by vaping for people and the environme Measures of success Understand the global concern surrounding vaping. Identify the facts and debunk the myths surrounding vaping. Understand the harm vaping causes to people and the environment.
	Gambling Traps	Learning goals To learn how gambling in games and apps car affect young people and why it's age-restricted Measures of success I can explain why gambling is for over-18s. I can spot scams and gambling features in games and apps. I can describe how gambling can be harmful.
	Making Sense of Money	Learning goal To explore the purpose, history, and management of money, including earning, spending and saving money. Measures of success Explain how money has evolved over time. Identify ways people earn, spend and save money. Analyse use of money in a real-life situation.
	Budgeting Basics	Learning goals To enable students to effectively plan, track, ai modify their finances with focus on income, saving, and spending. Measures of success Identify the key elements that are incorporated a budget. Create a balanced weekly budget accurately. Examine the importance of maintaining a budg
Summer Term 1	Bank Accounts	Learning goals To identify strategies for setting up bank accounts that support smart money management. Measures of success Identify key features of bank accounts. Explain how to deposit, withdraw, and make payments. Determine how to effectively set up bank accounts
Summer Term 2	Theology And Philosophy Lessons start now and continue to the end of the school year.	