

## Year 7 Overview 2025-26 – EfL

Date	Wk	Week	Units Studied & Learning Outcomes
8 weeks (8 Lessons) (38Days)			
Tues 2-Sep Tues Y7 only Wednesday- whole school	A	1 (No lesson)	<u>Overview of Unit/No. lessons</u> <b>Making Health Choices</b>  L1 What is a healthy lifestyle? <b>L2 Road safety assembly delivered by Cheshire West &amp; Chester Council.</b> L3 The benefits of being active. L4 What is a healthy diet? L5 Effects of an unhealthy diet. L6 Negative effects of energy drinks. <b>L7 Assessment</b>
8-Sep	B	2	
15-Sep*	A	3	
22-Sep	B	4	
29-Sep	A	5	
6-Oct	B	6	
13-Oct	A	7	
20-Oct	B	8	
Half-Term			
7 weeks (7 lessons) (35 Days)			
3-Nov	A	9	<u>Overview of Unit/No. lessons</u> <b>Building Relationships</b>  <u>Lesson Sequence of Content:</u> L1 Maintain genuine friendships L2 Understand the difference between bullying and banter – what is and isn't acceptable? L3 Understand how to prevent cyber bullying L4 Understand how to keep safe and positive relationships L5 Understand who are the LGBTQ+ community L6 Understand different types of families <b>L7 Assessment</b>
10-Nov	B	10	
17-Nov	A	11	
24-Nov	B	ST1	
1-Dec	A	ST1	
8-Dec	B	14	
15-Dec	A	15	
Christmas Holiday			
7 weeks (7 lessons) (35 Days)			
5-Jan	B	16	<u>Overview of Unit/No. lessons</u> <b>Strategies to deal with life challenges</b>  <u>Lesson Sequence of Content:</u> L1 Understand what to expect during puberty L2 Understand periods L3 Understand how we keep good mental health and recognise symptoms of depression L4 Understand what mindfulness is and how can it help us with our mental health L5 Understand how I can we keep good mental health and cope successfully with anxiety L6 Confident Me
12-Jan	A	17	
19-Jan	B	18	
26-Jan	A	19	
2-Feb	B	20	
9-Feb	A	21	
Half-Term			
6 weeks (6 lessons) (30 Days)			
23-Feb	B	22	<u>Overview of Unit/No. lessons</u> <b>Identity, Stereotypes and Discrimination</b>  <u>Lesson Sequence of Content:</u> L1 Understand our individual identity and what makes each member of British society unique L2 Understand what are LGBTQ+ rights across the world
2-Mar	A	23	
9-Mar	B	24	
16-Mar	A	25	
23-Mar	B	26	
30-Mar	A	27	

			L3 Understand how disabled people can be portrayed in the media and understand the law surrounding disability discrimination. L4 Understand the challenges of being deaf and explore BSL. L5 Explore the law surrounding racism and discrimination in the UK <b>L6 Assessment</b>
<b>Easter Holiday</b>			6 weeks (6 lessons) (30 Days)
20-Apr	B	28	<u>Overview of Unit/No. lessons</u> <b>Introduction to Careers Education</b>  <u>Lesson Sequence of Content:</u> L1 Understand different job roles L2 Introduction to Employability Skills L3 Different roles in the Public Sector L4 Different private sector jobs
27-Apr	A	29	
4-May*	B	30 (No Lesson)	
11-May	A	ST2	
18-May	B	ST2	
<b>Half-Term</b>			
			5 weeks (7 lessons) (25 Days)
1-Jun	A	33	<u>Overview of Unit/No. lessons</u> <b>Labour Market Information</b>  <u>Lesson Sequence of Content:</u> L1 Exploring Life Sciences L2 Exploring Energy Zero Carbon L3 Exploring Logistics & Distribution L4 Exploring Digital Technology L5 Careers Day preparation – Edge Hill University <b>L6 Assessment</b> L7 Summary of the year
8-Jun	B	34	
15-Jun	A	35	
22-Jun	B	36	
29-Jun	A	37	
6-Jul	B	38	
13-Jul			
	A	39	
(Total: 189 Days)			