

# Curriculum

## Overview

The APPA wellbeing curriculum for S1/Year 7 ties in with the APPA wellbeing assessment. With an initial assessment at the start of the year and then assessments at the end of each term, it is possible to provide the Year 8 support teachers with a complete picture of the young people in their classes.



The APPA S1/Year 7 Curriculum ties in with the level 3 Es and Os of Scottish Education as well as the PSHE Association Programme of study for key stage 3.

## Autumn Term: The School

Week	Subject	SHANARRI Group	Es&Os / KS3
1	Baseline Assessment		
2	Feeling Safe in a new environment	Safe	MEW2, MEW7/ NA
3	How to deal with your extra workload and receiving feedback	Achieving	CC/ L1, L2, H2
4	What would you like to achieve this year	Achieving	SW3, CC / L1, L2, H2
5	Respecting your Surroundings – Peers, Staff, Rules & Building	Respected	MEW6, R/R6
6	Showing Responsibility in school	Responsible	SW3, SW4, CC /L2, L8
7	How does being active help your wellbeing?	Active	PW1 / H9, H13, H14
8	How can you stay active despite your extra school work?	Active	PW1 / H9, H13, H14, H15
9	How do your emotions affect you in school?	Healthy	MEW1, MEW2, MEW4, MEW6, SW6 / H5, H6
10	Coping with your emotions and relaxation techniques	Healthy	MEW2, MEW3, MEW6, MEW7 SW6 / H5, H6
11	Coping with feeling lonely and how to help others	Included	MEW8 / R1, R4, R5, R13
12	Positive relationships at school	Nurtured	MEW3, MEW5 R / H2, R1, R2, R4, R5, R6, R8, R13, R34
13	Your future – careers and attributes	Achieving	SW3, CC / H1, L8, L9, L10, L11, L13, L15
14	How can you encourage a positive change in your school	Responsible	SW3, SW4, SW5 / L15
15	Second Assessment.		

## Spring Term: Community

Week	Subject	SHANARRI Group	Es&Os / KS3
1	What is community	Included	/ R4, R8
2	Your rights and the rights of others – Part 1	Respected	SW1 / L3, L5, L6, L7, R28
3	Your rights and the rights of others – Part 2	Respected	SW1 / L3, L4, L5, L6, L7, R27, R28
4	What makes people unique?	Included	SW2 / L3, L4, L7, H19
5	How can you have a positive effect on your community?	Nurtured	SW5 / L4, L17
6	Identifying and managing risks – importance of Consent and saying “no”	Safe	PW2 / H20, H23, R18, R19, R20, R33
7	How to respond in emergency.	Responsible	PW2, PW3 / H20, H22
8	Risks of alcohol and drugs use.	Safe	H25, H26, H27, H28, H30, R31, R32
9	Smoking and its effect on your wellbeing	Responsible	H25, H26, H27, H28, H31, R31
10	Creating a community resource map – Part 1	Included	MEW7 / R2, R3
11	Third Assessment	Included	

## Summer Term: Home

Week	Subject	SHANARRI Group	Es&Os / KS3
1	Positive relationships at home – Parents, siblings and extended family	Nurtured	MEW6, MEW7, R / H4, R1, R4, R6, R8
2	How to cope with loss	Nurtured	MEW8 / R12
3	Being active with your family	Active	PW1 / H9, H13
4	How does sleep affect your wellbeing	Healthy	PW1 / H13
5	Managing a balanced diet	Healthy	PW1 / H9
6	Making smart swaps at home -snacks exercise etc	Active	PW1 / H9
7	Contraception and healthy relationships	Safe	/ H11, H12, R5, R16, R17, R18, R21, R22
8	Cyberbullying and internet misuse	Safe	PW2 / R28, R29, R35, R38
9	Look back to the start of the year: What have you achieved	Achieving	SW3, CC / H2, L1, L2
10	Final Assessment		