Settlebeck School Year 7 Personal Development Curriculum Overview 2026/27 (Autumn 1)

Living in the Wider World	Health and Wellbeing	Relationships	Careers	Literacy/Oracy	Exams	National Days/Weeks	School Community	British Values

Year Group	Week	1st September	7th September	14th September	21st September	28th September	5th October	12th October	19th October
Year	**PSHE**	**Health and Wellbeing** Puberty	**Health and Wellbeing** Puberty	**Health and Wellbeing** Puberty	**Health and Wellbeing** Puberty	**Health and Wellbeing** Puberty	**Health and Wellbeing** Puberty	**Health and Wellbeing** Puberty	**Health and Wellbeing** Puberty
	PSHE Tutor	**Relationships** 'How to manage challenges of moving to a new school'	**Relationships** 'How to manage challenges of moving to a new school'	**Relationships** 'How to manage challenges of moving to a new school'	**Relationships** 'How to manage challenges of moving to a new school'	**Relationships** 'How to manage challenges of moving to a new school'	**Relationships** 'How to manage challenges of moving to a new school'	**Relationships** 'How to manage challenges of moving to a new school'	**Relationships** 'How to manage challenges of moving to a new school'
	PD+		Westmorland County Show		MacMillan Coffee Morning		Healthy Sleep Workshop		Awards Evening
			World Suicide Prevention Day		Mental Health and Wellbeing Workshop				
	MFMW	**Study Skills** Getting Organised for Success	**Study Skills** Understanding How Memory Works	**Study Skills** Effective Revision Techniques	**Study Skills** Note-Taking and Summarising Information	**Study Skills** Reading and Understanding Complex Texts	**Study Skills** Independent Learning and Research Skills	**Study Skills** Preparing for Assessments and Exams	**Study Skills** Preparing for Assessments and Exams
	Drop Everything and Listen (DEAL)	The Cosmic Diary of our Incredible Universe **Tim Peak**	The Cosmic Diary of our Incredible Universe **Tim Peak**	The Cosmic Diary of our Incredible Universe **Tim Peak**	The Cosmic Diary of our Incredible Universe **Tim Peak**	The Cosmic Diary of our Incredible Universe **Tim Peak**	The Cosmic Diary of our Incredible Universe **Tim Peak**	The Cosmic Diary of our Incredible Universe **Tim Peak**	The Cosmic Diary of our Incredible Universe **Tim Peak**
	Assembly	Welcome Back Assembly	Emergency Services Day	Fresh Starts / House Assembly	Habits Assembly	What Comes First: Motivation or Action?	Black History Month	House Quiz	Head Student Assembly