



**TWO RIVERS**  
HIGH SCHOOL

**Two Rivers High School**  
**Adventurers – Year 7 & 8**  
**Knowledge and Skills**

	<b>Autumn 2022-23</b>	<b>Spring 2022-23</b>	<b>Summer 2022-23</b>
	Health and wellbeing	Relationships	Living in the wider world
I can say how to get help in emergency situations and follow instructions to keep safe.			
I can explain how families are different and identify features of positive family life.			
I can explain a range of ways to keep healthy, that habits can have positive and negative effects on health, and how to manage pressure to do things that are not healthy.			
I have a wide vocabulary to describe different emotions in myself and others, and can explain how feelings change and ways to manage difficult feelings, including those related to change and loss.			
I can explain what stereotypes, prejudice and discrimination mean, why we need to show others respect and how we can positively challenge discrimination.			
I can suggest ways to manage setbacks and unhelpful thinking.			



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I can express and discuss my views on topical issues and listen respectfully to others.			
I can describe ways to prepare for and manage transitions positively between important stages in life or school.			
I can explain the role of money, that it can be earned, saved and spent, and how to make decisions about different uses of money, including managing risks and influences.			
I can recognise peer influence or pressure in a range of situations and suggest strategies to manage and respond to it.			
I can recognise factors that might limit or support people's career choices, including stereotypes related to different jobs, and be ambitious for my future.			
I can suggest ways of reducing and managing risk at home, online, on the road and elsewhere.			
I can explain the meaning and importance of consent (asking for/giving/not giving permission) in a variety of situations, including how or when to seek, give and not give consent.			
I can explain how different substances, including legal and illegal drugs, can affect health positively and negatively; identify a range of associated risks and influences, and suggest ways to manage these.			



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I can show respect for others and identify basic rights and responsibilities that promote inclusion.			
I can explain when, where and how to get help or support if worried about relationships of any sort.			
I can explain or demonstrate how to respond in emergency situations, including basic first aid skills.			
I can identify different next steps, pathways and careers.			
I can suggest ways to maintain a healthy self-concept.			
I can recognise peer pressure and suggest some ways to manage it.			
I can identify influences on relationship expectations.			
I can explain what budgeting is, why it is important and where to get help with financial decision-making.			
I can identify some safe and unsafe choices for health and wellbeing.			
I can recognise emergency situations, perform some basic first aid and can follow instructions to keep safe.			
I can identify potential risks and benefits of financial decisions and can suggest influences on financial decision making.			



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I can identify who I can speak to and where to find advice and support for relationships, sexual health, and pregnancy.			
I can identify how the media, social media and other influences might affect health choices and suggest how to manage this.			
I can describe how to show respect to others.			
I can identify who I can speak to and where to find advice and support for relationships, sexual health, and pregnancy.			

	<b>Autumn 2023-24</b>	<b>Spring 2023-24</b>	<b>Summer 2023-24</b>
	Health and wellbeing	Relationships	Living in the wider world
I can explain what makes a healthy, positive friendship and ways to avoid or resolve arguments and other friendship issues.			
I can name different types of bullying, explain the effects of bullying and hurtful behaviour, including online, and how to respond if it is experienced or witnessed.			
I can explain a range of ways to keep healthy, that habits can have positive and negative effects on health, and how to			



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manage pressure to do things that are not healthy.			
I can say what discrimination is, recognise that everyone deserves to be treated with respect, and how discrimination can be challenged.			
I can identify different next steps, pathways and careers.			
I can reflect on personal strengths and identify areas to improve.			
I can recognise the link between physical and mental health and describe strategies that promote mental health for myself or others.			
I can express and discuss my views on topical issues and listen respectfully to others.			
I can explain the meaning and importance of consent (asking for/giving/not giving permission) in a variety of situations, including how or when to seek, give and not give consent.			
I can identify some skills and attributes that employers value.			
I can explain the importance of balancing time online with other activities for physical and mental wellbeing.			
I can explain when, where and how to get help or support if worried about relationships of any sort.			
I can describe how to show respect to others.			
I can distinguish between healthy/positive			



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and unhealthy/negative relationships.			
I can explain what budgeting is, why it is important and where to get help with financial decision-making.			
I can identify external genitalia and internal reproductive organs, and describe how and why bodies change as we grow, including during puberty and suggest strategies to manage these.			
I can explain how babies are conceived and born as part of the human life cycle.			
I can identify bullying or hurtful behaviour and suggest some strategies for responding to it, both on and offline.			
I can assess how safe or unsafe different choices for health and wellbeing are, explain the purpose of laws, rules and restrictions to keep children safe, and how to use risk assessment skills to make safe choices.			
I can explain how different substances, including legal and illegal drugs, can affect health positively and negatively; identify a range of associated risks and influences, and suggest ways to manage these.			
I can identify potential risks and benefits of financial decisions and can suggest influences on financial decision making.			



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I can demonstrate and give reasons for hygiene routines and explain the importance of following them regularly.			
I can describe what conflict means and simple ways to reduce conflict.			
I can identify some safe and unsafe choices for health and wellbeing.			
I can describe basic employment rights and responsibilities.			
I can identify different types of relationship and suggest ways to build and manage relationships.			
I can suggest some risks of substance misuse.			