SEAL

Curriculum map 2022-23

YR7-YR9

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
	Unit: Respect • Defining respect • Developing a shared vocabulary to explain what respect means • Respecting yourself and others • What respectfully disagreeing means to you • Applying respectfully disagreeing to real life situations • Understanding what diversity means • Why/how the UK is culturally diverse • How diversity has impacted on popular culture • Showing respect	Unit: Ambition • Understanding what ambition is • Developing a shared vocabulary to explain what ambition means • Explaining barriers that need to be faced in order to achieve ambitions or dreams • Exploring the fact that success in any field requires dedication, determination and self-belief • Understanding they key qualities that underpin success • Identifying key personal strengths, skills and traits • Defining personal goals and consider what is needed to achieve this	Unit: Resilience • To understand the meaning of resilience • Developing a shared vocabulary to explain what resilience means • Reflection on own resilience • Identifying areas of development for resilience • Understanding the skills required to be a resilient person • Understanding and applying the ABC Model of Resilience • Identifying common thinking traps and creating alternatives • Applying alternative thinking to own challenges • Identifying own positive characteristics that help to be resilient • Applying strategies to promote more resilient thinking	Unit: Growth • What do we mean by growth • Developing a shared vocabulary to explain what growth means • Identifying changes in attitude bringing about growth • Understanding growth mindset • Applying a growth mindset to a range of scenarios • Identifying how to apply a growth mindset to support personal growth	Unit: Excellence • What is excellence? • To understand what we mean by excellence • To develop vocabulary and a shared meaning • To understand that excellence is an attitude • To be able to think of examples where I can apply this to my learning • To understand the difference between talent and mastery • To be able to identify examples of talents that I have that I could apply this to. • To be able or reflect on my own attitudes towards learning and my relationships with others	Unit: Changes and Transitions (not linked to SEAL Promise) • Year 9s transition preparation to SILS4 • Year 7s & 8s transition preparation to new year groups and/or new schools