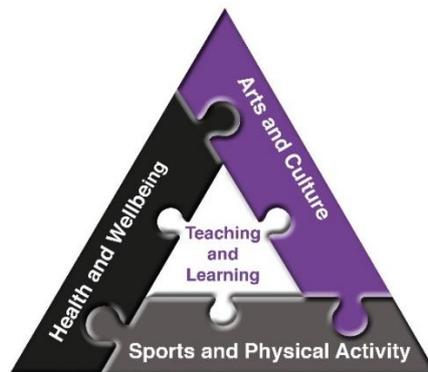


# Year 7 Curriculum Booklet



*We offer a rich and inspiring curriculum enabling each individual to explore their potential, build on their strengths and discover their passion.*

*We do this by embedding a culture of respect, responsibility, resourcefulness and resilience.*

*Our curriculum journey empowers students to make successful life choices and meaningful contributions to society.*



## Year 7 Curriculum

**Welcome to Year 7.** This booklet outlines what you should expect to learn during Year 7.

For more information about what you should know at the end of each topic, please refer to our website: <https://www.newcollege.leicester.sch.uk/>

The following table shows the subjects that you will take in Year 7 and the number of lessons a fortnight you have for each subject:

Subject	
English	5
Mathematics	4
Science	4
Art	1
Computer Science	2
Performing Arts (Drama and Dance)	1
Design & Technology	2
French	2
Geography	2
History	2
Music	1
PE (practical and theory)	3
Religious Education	1

*\*Citizenship is taught through Humanities and Personal Development*

*\*Personal development is taught during tutor time*

## Year 7 Tutor Team



The Year 7 tutor team is here to support you throughout your time at New College Leicester.

Our email addresses are here, so that your parents can contact us if they need to:

7NNC	Ms Ncube	nncube@newcollege.leicester.sch.uk
7MIM	Mr Immins	mimmins@newcollege.leicester.sch.uk
7PLE	Miss Lehane	plehane@newcollege.leicester.sch.uk
7JRO	Miss Robinson	jrobinson@newcollege.leicester.sch.uk
7OCA	Mr Cadle	ocadle@newcollege.leicester.sch.uk
7LOV	Mr Overy	lovery@newcollege.leicester.sch.uk
7MRO	Mr Robinson	mrobinson@newcollege.leicester.sch.uk
7SAS	Miss Abdul-Sattar	sabdul-sattar@newcollege.leicester.sch.uk
Head of Year	Ms Amani	jamani@newcollege.leicester.sch.uk
SLT Link	Mrs Wilson	cwilson@newcollege.leicester.sch.uk

## Year 7 Homework Timetable

2022 – 2023

Homework **develops positive study habits and independent learning.**

Research shows that homework has a positive impact on progress. Homework has an impact by enabling pupils to undertake independent learning to practice and consolidate skills, conduct in depth inquiry, prepare for lessons or revise for exams. In addition, homework gives your parents a chance to see what is being studied in school and teaches you how to take responsibility for your part in the educational process.

This timetable is a guide to illustrate the night on **which your homework should be completed.**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
7NNC 7MIM 7PLE 7JRO	<b>English</b> French*	<b>Mathematics</b>	Geography* History*	<b>Science</b> <b>DT*</b>	Computer Science*
7OCA 7LOV 7MRO 7SAS	<b>Mathematics</b> DT*	Computer Science*	<b>Science</b> French*	Geography* History*	<b>English</b>

**\* Once per fortnight**

**Art and Design will deliver homework as appropriate once a fortnight**



# English

In year 7, we begin the year with inference training. This is to equip students with the knowledge and skills to decode texts and read for meaning. We also use this opportunity to develop students' writing for inference. Throughout the year, students study a range of texts from across the literary canon with a particular focus on racism and prejudice. Students are encouraged to reflect upon current issues, as well as those presented historically, all of which culminates in the end of year synoptic unit- enabling students to pool together their learning from across the year, as well as conducting further reading as guided by their class teacher. Poetry is integrated throughout the year, enabling students to develop their confidence and application of poetry that explores a range of themes within a range of contexts. This is used to support the core knowledge of our curriculum.

To assist students on their journey to becoming an expert reader, we use the reading programme 'Accelerated Reader'. Throughout year 7 students will read a variety of books that are linked to their reading ages which enables students to develop their explicit reading skills, inference and comprehension.

Term	Unit	Threshold Concepts:
Autumn n 1	<b>Inference Training:</b> Detective Fiction	Context informs interpretation
		Writers use language and structure to convey meanings
		Standard English is vital in conveying confidence.
Autumn 2	<b>The Modern Novel:</b> Noughts & Crosses	Writers use language and structure to convey meanings.
		Texts and content are selected and sequenced for specific meaning.
		Etymology, morphology and phonology is vital in decoding new material.
Spring 1	<b>The Art of Rhetoric:</b> Making a Change	Standard English is vital in conveying confidence.
		Writers use language and structure to convey meanings.
		Texts and content are selected and sequenced for specific meaning.
Spring 2	<b>The American Dream: A View from the Bridge/ West Side Story</b>	Context informs interpretation
		Writers use language and structure to convey meanings
		Texts and content are selected and sequenced for specific meaning.
Summer 1	<b>An Introduction to Shakespeare:</b> Shakespeare's Best Villains	Context informs interpretation
		Writers use language and structure to convey meanings
		Texts and content are selected and sequenced for specific meaning.
		Etymology, morphology and phonology is vital in decoding new material.
Summer 2	<b>Synoptic Unit:</b> Prejudice and Discrimination	Context informs interpretation
		Writers use language and structure to convey meanings
		Texts and content are selected and sequenced for specific meaning.
		Standard English is vital in conveying confidence.

For further information, please contact Mr Butler at [pbutler@newcollege.leicester.sch.uk](mailto:pbutler@newcollege.leicester.sch.uk)



# Mathematics

At New College Leicester, we believe that all students can achieve in mathematics. However, it is important to recognise that some students take longer than others to acquire new skills. We allow some flexibility in the curriculum for students to progress at an appropriate pace. Therefore, the key content outlined here should be treated as a guidance only and is unlikely to be the same for all students and all classes throughout each year.

In Year 7, we aim to develop students sense of number and introduce them to a variety of tools and methods, concrete, pictorial and abstract, which will help them to develop mathematical thinking.

Topic	Key content
General Number Sense	<ul style="list-style-type: none"><li>• Understanding place value</li><li>• Working in different bases</li><li>• Negative numbers</li><li>• Factors, multiples, primes, squares and roots</li><li>• Working with decimals and fractions</li><li>• Rounding and Estimation</li><li>• Median</li></ul>
Number Sense Addition	<ul style="list-style-type: none"><li>• Standard algorithms for addition and subtraction</li><li>• The Commutative and Associative Law</li><li>• Negative numbers</li><li>• Addition and subtraction of fractions and decimals</li><li>• Perimeter</li><li>• Algebraic representation</li><li>• Multi-base addition</li></ul>
Number Sense Multiplication	<ul style="list-style-type: none"><li>• Standard algorithms for multiplication and division</li><li>• The Distributive Law</li><li>• Negative numbers</li><li>• Multiplication and division of fractions and decimals</li><li>• Estimation</li><li>• Area of rectilinear shapes</li><li>• Algebraic representation</li></ul>
Number Sense Indices	<ul style="list-style-type: none"><li>• Powers and roots</li><li>• Prime factor decomposition</li><li>• Hierarchies of operation</li><li>• Rational and irrational numbers</li><li>• Surds</li><li>• Laws of indices</li><li>• Standard form</li></ul>

For further information, please contact Mr Anyon at [manyon@newcollege.leicester.sch.uk](mailto:manyon@newcollege.leicester.sch.uk)



# Science

In Y7 students are exposed to the fundamental science that ensures they have secured the key knowledge from KS2 and underpins the ambitious knowledge taught in subsequent years of the curriculum. Students become familiar with the idea of a scientific model and will build their practical ability in what will be their first experience of a lab setting to develop the skills to build successful budding scientists.

	<b>Learning Cycle</b>	<b>Key Concepts</b>
<b>Autumn 1</b>	<b>Cells</b> <b>Skeletal and muscular</b>	<ul style="list-style-type: none"><li>• Cell structure</li><li>• Microscopes</li><li>• Organ systems</li><li>• Skeletal and muscular systems</li></ul>
<b>Autumn 2</b>	<b>Nutrition &amp; digestion</b>	<ul style="list-style-type: none"><li>• Healthy lifestyles &amp; balanced diet</li><li>• Food tests</li><li>• Digestive system and enzymes</li></ul>
<b>Spring 1</b>	<b>Safety in Science</b> <b>Nature of matter</b>	<ul style="list-style-type: none"><li>• Rules and using lab equipment</li><li>• Risk assessments</li><li>• Particle theory and changes of state</li><li>• Diffusion and gas pressure</li></ul>
<b>Spring 2</b>	<b>Pure substances</b> <b>Elements and compounds</b>	<ul style="list-style-type: none"><li>• Pure substances and mixtures</li><li>• Solutions and solubility</li><li>• Separation techniques</li><li>• Periodic table</li><li>• Mixtures, compounds and formulae</li><li>• Physical and chemical reactions</li></ul>
<b>Summer 1</b>	<b>Molecules and matter</b> <b>Energy</b>	<ul style="list-style-type: none"><li>• States of matter &amp; Brownian motion</li><li>• Density</li><li>• Conductors and insulators</li><li>• Conduction, convection, radiation</li><li>• Energy and temperature</li></ul>
<b>Summer 2</b>	<b>Energy</b> <b>Healthy holidays</b>	<ul style="list-style-type: none"><li>• Energy stores and transfers</li><li>• Efficiency and power</li><li>• Energy resources</li><li>• Fuels and combustion</li><li>• Pathogens and transmission</li><li>• Disease symptoms and treatments</li><li>• Body defences</li></ul>

For further information, please contact Mrs Bradley at [sbradley@newcollege.leicester.sch.uk](mailto:sbradley@newcollege.leicester.sch.uk)



# Art

In Year 7 students are exposed to the fundamentals of Art and design that ensures they have secured the key skills and knowledge ready to be progressively build upon in the subsequent years of the curriculum. Students become familiar with the Visual Elements, and process of constructing a piece of art. They will learn how to identify and reflect on these elements within their work and the work of others.

Term	Topic	Key Content	What you will know at the end of this term
Autumn	Introduction to Art & Design Mark making Visual Elements introduction Composition Rules	<ul style="list-style-type: none"><li>• Line, Point, Tone, Colour and Texture</li><li>• Rule of thirds, triangles, balance and symmetry</li></ul>	That particular kinds of marks can be made with different materials or controlled using suitable tools. Identify, discuss and apply the key features that are used in creating art
Spring	Artist Analysis Tone	<ul style="list-style-type: none"><li>• Understanding of content and context behind an artist and their work</li><li>• Reasons behind tonal shading – Atmosphere, realism and depth</li></ul>	How to research the work of artists, craftspeople and designers, selecting important visual and text based information to help them in their own creative work. Apply shading techniques to develop the work
Summer	Line Sea Life Media techniques	<ul style="list-style-type: none"><li>• How different styles of line can impact on an image</li></ul>	How to apply a range of mark-making techniques for different visual impacts

For further information, please contact Mr Thomas at [jthomas@newcollege.leicester.sch.uk](mailto:jthomas@newcollege.leicester.sch.uk)

# Citizenship

In Year 7 Citizenship is taught through the Personal Development Curriculum. Other departments are also building citizenship knowledge through their curriculums.

The National Curriculum requirements for citizenship can be found here: <http://https://www.gov.uk/government/publications/national-curriculum-in-england-citizenship-programmes-of-study>

Topic	Key content	What you will know at the end of this term
<b>Rights and equalities:</b> <i>The precious liberties enjoyed by the citizens of the United Kingdom</i>	<ul style="list-style-type: none"><li>• The 5 British Values</li><li>• What is Citizenship?</li><li>• What are Human Rights?</li><li>• How have human Rights developed?</li><li>• How can we be human rights defenders?</li></ul>	<ul style="list-style-type: none"><li>• What the 5 British Values are and how they relate to our core values.</li><li>• The type of knowledge and action you might see in a citizenship lesson.</li><li>• What Human Rights are and how they developed.</li><li>• The importance of the rights to education and how they have been affected during COVID</li></ul>

For further information, please contact Mrs Shortland at [sshortland@newcollege.leicester.sch.uk](mailto:sshortland@newcollege.leicester.sch.uk)



# Computer Science

From their very first lesson, year 7 are introduced to the school system, both within the classroom and online via Microsoft 365. The curriculum then moves through the basics of how a computer works, inputs / outputs and memory and then exploring MS Excel to aid science and mathematics. The students are then given the opportunity to learn Image manipulation, with a hands-on approach using Adobe design products.

The end of the year encompasses a programming project using the building block programming package Scratch and moving through a software development life cycle before actually creating a finished product.

Term	Topic	Key content
Autumn	<b>Using computers and the internet. E-Safety</b>	<ul style="list-style-type: none"><li>• School System</li><li>• E-Safety</li><li>• Internet and Web Browsers</li><li>• Searching the Web</li><li>• Microsoft 365 / Microsoft Office</li><li>• Microsoft Word / PowerPoint</li></ul>
	<b>Inputs / Outputs and Memory</b>	<ul style="list-style-type: none"><li>• Types of computer</li><li>• Input Process-Output model</li><li>• Computer hardware</li><li>• Memory and Secondary Storage</li><li>• Software</li><li>• Mobile applications</li></ul>
Spring	<b>Spreadsheets</b>	<ul style="list-style-type: none"><li>• How to use Excel</li><li>• Summarising Data</li><li>• Charting</li><li>• Introduction to databases</li><li>• Validation, Searching and Sorting</li></ul>
	<b>Graphics Design and Copyright</b>	<ul style="list-style-type: none"><li>• Copyright and magazine covers</li><li>• Using fireworks to create a wireframe</li><li>• Using Photoshop to adapt an image</li><li>• Finalising a design and evaluating</li></ul>
Summer	<b>Algorithms and decomposition</b>	<ul style="list-style-type: none"><li>• Introduction to algorithms</li><li>• Computational Thinking</li><li>• Problem decomposition and Scratch Overview</li><li>• Starting games programming</li></ul>
	<b>Basic Programming Techniques (Scratch)</b>	<ul style="list-style-type: none"><li>• Game development</li><li>• Evaluation and improvement</li><li>• Further improvements</li><li>• Performance review</li></ul>

For further information, please contact Mr Mitson at [kmitson@newcollege.leicester.sch.uk](mailto:kmitson@newcollege.leicester.sch.uk)



# Design and Technology

The teaching of Design and Technology at Key Stage 3 (Years 7, 8 and 9) allows students to gain vital skills in all aspects of Design and Technology. Each year students rotate around all four Design and Technology subject areas: Engineering, Textiles, Hospitality and Design Technology. Students spend 10 weeks in each area.

During this time, students design and make a number of different products including a desk tidy, decorative cushions, laser cut keyrings and lots of different food products.

During practical lessons students are taught a wide range of both traditional craft skills and use of specialist equipment and machinery. As well as practical lessons students will take part in theory lessons giving them the opportunity to develop their knowledge of materials and design processes.

Below are the projects students will complete in Year 7:

	Topic	Key content
Food	<b>Basic Cookery Skills</b>	<ul style="list-style-type: none"><li>• Health and safety in the kitchen</li><li>• Basic Knife skills</li><li>• What is a balanced diet?</li><li>• Functions of ingredients</li><li>• Weighing and measuring</li></ul>
Textiles	<b>Street Art Cushion</b>	<ul style="list-style-type: none"><li>• Health and safety in a textiles room</li><li>• Using a sewing machine</li><li>• Using Pins and Needles</li><li>• Decorative Techniques</li></ul>
CAD	<b>Laser Cut Keyring</b>	<ul style="list-style-type: none"><li>• Health and safety in the CAD room</li><li>• Technical drawings</li><li>• Using CAD (computer aided design)</li><li>• How a laser cutter works</li></ul>
Product Design	<b>Desk Tidy</b>	<ul style="list-style-type: none"><li>• Health and safety in the workshop</li><li>• Timber</li><li>• Using different machinery in the workshop safety</li><li>• Exploring wood joints</li></ul>

For further information, please contact Mrs Bryce at [dbryce@newcollege.leicester.sch.uk](mailto:dbryce@newcollege.leicester.sch.uk)



# French

Students will arrive at New College Leicester with a range of experience in French, depending on the time spent on MFL in their primary schools. We aim to use the first half term of Year 7 to level the playing field and instil our own passion for languages onto the students. We introduce students to the four key MFL skills of listening, speaking, reading and writing through a range of activities and games.

Term	Topic	Key content
Autumn	<b>Studio Accès</b>	<ul style="list-style-type: none"><li>• Greetings, alphabet and spelling, numbers, months, colours, pets, family members and weather.</li></ul>
	<b>La rentrée</b>	<ul style="list-style-type: none"><li>• Describing yourself and your family (appearance and personality), objects in a classroom, using the present tense.</li></ul>
Spring	<b>En Classe</b>	<ul style="list-style-type: none"><li>• Opinions on school subjects and teachers, school uniform and colours, describing a day at school, comparing British and French schools, describing your dream school.</li></ul>
	<b>Mon temps libre</b>	<ul style="list-style-type: none"><li>• Talking about sports that you play/do, talking about what you like to do in your free time, forming and answering questions.</li></ul>
Summer	<b>Ma vie de famille</b>	<ul style="list-style-type: none"><li>• Describing your family, describing where you live, talking about what you eat for breakfast.</li></ul>
	<b>En Ville</b>	<ul style="list-style-type: none"><li>• Places in town, saying what there is and isn't in your town, ordering in a café, future plans.</li></ul>

For further information,

please contact Mr Hepworth-Adcock at [jhepworth-adcock@newcollege.leicester.sch.uk](mailto:jhepworth-adcock@newcollege.leicester.sch.uk)



# Geography

Term	Topic	Key content
Autumn 1	<b>Geography – An introduction</b>	What is Geography and why does it affect you? <ul style="list-style-type: none"> <li>• Annotation of UK, Europe and World Map.</li> <li>• Create the nutrient, water cycle, food chains and food webs</li> <li>• Interpretation of data</li> <li>• Discussion of ways to be sustainable.</li> </ul>
Autumn 2	<b>Where on Earth - Map Skills</b>	Why is place and location knowledge useful? <ul style="list-style-type: none"> <li>• Use of compass direction to describe the location of the UK at different scales</li> <li>• Interpreting OS maps</li> <li>• Grid references</li> <li>• Hazards and physical vulnerability.</li> </ul>
Spring 1	<b>Local Study – Leicester’s development</b>	How dynamic is Leicester? <ul style="list-style-type: none"> <li>• Site and situation.</li> <li>• The Roman legacy</li> <li>• Victorian Challenges</li> <li>• Industry – economic sectors</li> <li>• Migration</li> <li>• Land use</li> </ul>
Spring 2	<b>What Lies beneath? – Geology</b>	Why are there different types of landscapes? <ul style="list-style-type: none"> <li>• Rock groups - formation and characteristics</li> <li>• UK geology.</li> <li>• Types of weathering</li> <li>• Continental drift</li> <li>• Soil and us.</li> <li>• Desertification</li> <li>• Sustainable land use.</li> </ul>
Summer 1	<b>Devastating Disasters</b>	What is a disaster and how can countries respond? <ul style="list-style-type: none"> <li>• Natural disasters</li> <li>• Icelandic eruption</li> <li>• Chilean Earthquake</li> <li>• Mississippi floods vs Drought</li> <li>• Hurricane Wilma</li> </ul>
Summer 2	<b>Watery World</b>	How important is the hydrological cycle to sustaining life? <ul style="list-style-type: none"> <li>• The water cycle and rivers</li> <li>• River processes – TED</li> <li>• River landforms</li> <li>• Rivers and us</li> <li>• Flooding in Wales</li> </ul>



# History

Upon joining us at New College, we understand that students will be joining us with wide-ranging experiences of History and historical knowledge from KS2. Our goal for our Year 7 students is to learn basic historical skills and key knowledge about our city and key themes in History so that this acts as a foundation for their History lessons as they progress further up the school.

Term	Topic	Key content
Autumn	<b>The Story of Leicester</b>  <b>The Norman Conquest</b>	<ul style="list-style-type: none"><li>• Baseline test on Historical Skills</li><li>• The History of Leicester from the Romans, through to the English Civil War, WW1 and the creation of New Parks</li><li>• The Succession Crisis and Battles of 1066.</li><li>• How does William change England and keep control until his death?</li></ul>
Spring	<b>Religion and Monarchy</b>  <b>Democracy and Monarchy</b>	<ul style="list-style-type: none"><li>• How and why did Henry VIII break with the Catholic Church?</li><li>• How did this affect England through the reigns of his children?</li><li>• Magna Carta and Peasants' Revolt.</li><li>• How did the English Civil War impact the power of the Monarchy?</li></ul>
Summer	<b>The Industrial Revolution</b>	<ul style="list-style-type: none"><li>• What was Britain like before the Industrial Revolution, and how did it change?</li><li>• What was it like living and working in Industrial Cities, and how did this impact public health?</li></ul>

For further information, please contact Mr Mansoor at [mmansoor@newcollege.leicester.sch.uk](mailto:mmansoor@newcollege.leicester.sch.uk)



# Music

In Year 7 students understand how to read and write music using a variety of different forms such as graphic scores and traditional notation. Students then go on to explore and appraise the elements of music and explore the building blocks of a composition.

Instruments and contexts are introduced from around the world allowing a wide breadth of music to be performed and composed. Students also develop keyboard technique through studying Western Art Music.

	Topic	Key content
Autumn Term	How to read music part 1	<ul style="list-style-type: none"><li>• Understanding how to read and write music.</li><li>• Pitch notation of 5 notes.</li><li>• Basic rhythmic notation</li><li>• Composition of 4 bars.</li></ul>
	How to read music part 2	<ul style="list-style-type: none"><li>• Understanding how to read and write more complex music.</li><li>• Quavers, semi-quavers and groupings.</li><li>• Sharps and flats, major and minor chords.</li><li>• Navigating music.</li></ul>
Spring/Summer	Elements of music	<ul style="list-style-type: none"><li>• Understanding Structure, Dynamics, Texture, Timbre, Tempo, Pitch, Rhythm and Silence.</li></ul>
	Production music	<ul style="list-style-type: none"><li>• Understanding how to perform the baby, tear and release scratch.</li></ul>
	World Music	<ul style="list-style-type: none"><li>• Understanding the music of Ireland, Cuba, Brazil and Mali.</li></ul>
	Western Arts music	<ul style="list-style-type: none"><li>• To understand the music from the Baroque, Classical and Romantic era's.</li></ul>

**In addition to their school Music lessons, students are also able to sign up for instrumental lessons. These lessons are free of charge.** We are offering instrumental lessons in: Piano, Violin, viola, cello, double bass, Guitar, Bass Guitar, Clarinet, Flute, Percussion and vocals.

For further information, please contact Miss Tutty at [gtutty@newcollege.leicester.sch.uk](mailto:gtutty@newcollege.leicester.sch.uk)



# Performing Arts

Performing Arts lessons in year 7 are divided equally between Dance and Drama. Students have one lesson a fortnight. Students rotate between subjects at three points during the year: (approximately) after the first month of the autumn term, Christmas and Easter.

	Topic	Key content
<b>Autumn Term</b>	<b>Dance</b> Graffiti Dance	<ul style="list-style-type: none"> <li>Exploring actions, dynamics and spatial designs</li> </ul>
	<b>Drama</b> Physical skills	<ul style="list-style-type: none"> <li>Exploring physical skills: facial expressions, body language and gestures</li> </ul>
	<b>Dance &amp; Drama</b> Performing Arts Performance Project	<ul style="list-style-type: none"> <li>Being an effective audience member</li> <li>Working as a team</li> <li>Learning and developing content that communicates meaning</li> </ul>
<b>Spring / Summer Term</b>	<b>Dance</b> Bollywood Dance	<ul style="list-style-type: none"> <li>Appreciating and exploring hasta mudras</li> <li>Performing and appreciating the Bollywood dance style</li> <li>Exploring simple dance relationships</li> </ul>
	<b>Drama</b> Silent Movies	<ul style="list-style-type: none"> <li>Exploring audience awareness and stage positioning</li> <li>Performing and appreciating the style of silent movies</li> <li>Developing physical skills to show reactions of a character</li> </ul>
	<b>Dance</b> Billy Elliot The Musical	<ul style="list-style-type: none"> <li>Learn repertoire based on Billy Elliot The Musical</li> <li>Explore key themes from the musical to create original material</li> </ul>
	<b>Drama</b> Physical Theatre	<ul style="list-style-type: none"> <li>Explore using body as a prop and movement to create objects.</li> <li>Perform and appreciate the style of physical theatre</li> </ul>

For further information please contact Miss Shaw at [eshaw@newcollege.leicester.sch.uk](mailto:eshaw@newcollege.leicester.sch.uk) or Ms Brown at [kbrown@newcollege.leicester.sch.uk](mailto:kbrown@newcollege.leicester.sch.uk)

# Personal Development



In Year 7 Personal Development is taught during tutor time

	<b>Key content</b>
Autumn	<p><b>Relationships, sex and health education</b></p> <ul style="list-style-type: none"> <li>• Manage the physical and mental changes that are a typical part of growing up, including puberty and menstrual cycle</li> <li>• The difference between biological sex, gender identity and sexual orientation</li> <li>• To recognise that sexual attraction and sexuality are diverse</li> <li>• Marriage is a legal, social and emotional commitment that should be entered into freely and never forced</li> </ul>
Spring	<p><b>Drugs, alcohol and associated risks</b></p> <ul style="list-style-type: none"> <li>• Evaluate misconceptions, social norms and cultural values relating to drugs, alcohol and tobacco use</li> <li>• Strategies to manage a range of influences on drug, alcohol and tobacco use, including peers</li> <li>• The short- and long-term health risks linked to alcohol, nicotine, legal and illegal substances</li> </ul> <p><b>Media Literacy and Digital resilience</b></p> <ul style="list-style-type: none"> <li>• Strategies to safely manage personal information online and on social media</li> <li>• The benefits and positive use of the internet and social media</li> <li>• Understand the way people present themselves online can have a positive and negative effect on them</li> </ul>
Summer	<p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>• Different types of relationships and factors that affect them</li> <li>• Indicators of healthy and unhealthy relationships</li> <li>• Trust in relationships and behaviour that undermines or builds trust</li> <li>• Media and relationships</li> <li>• Identifying risk from people online</li> </ul>

For Further information, please contact Miss Bagley at [sbagley@newcollege.leicester.sch.uk](mailto:sbagley@newcollege.leicester.sch.uk)



# Physical Education

## Practical PE

In Year 7 students will develop their knowledge, understanding and application of the core skills in a variety of sports. Students will spend 4 lessons on each activity.

In year 7 students will have the opportunity to participate in swimming, handball, football, netball, rugby, gymnastics, athletics, badminton and striking and fielding.

## Theory / BTEC Sport

In Year 7 students will also have 1 theory lesson a fortnight. Across the year students will learn about how to lead a healthy and active lifestyle, the body systems and injuries. Students will also be able to make links between practical and theory lessons such as when learning about rules and regulations in sport.

Please see the table below of the KS3 BTEC Sport curriculum

Term	Topic	Key content
Autumn	<b>Healthy and Active Lifestyles</b>  <b>Rules and Regulations</b>	<ul style="list-style-type: none"><li>• 5 rules of a healthy and active lifestyle</li><li>• Short term effects of exercise</li><li>• Hydration and Sugar</li><li>• Calories</li><li>• Facilities and Equipment</li><li>• Officials (and technology)</li><li>• Rules and regulations</li></ul>
Spring	<b>Musculoskeletal System</b>	<ul style="list-style-type: none"><li>• Skeletal system</li><li>• Muscular system</li><li>• Functions of the musculoskeletal system</li></ul>
Summer	<b>Sporting Injuries</b>	<ul style="list-style-type: none"><li>• Basic injuries and PRICE</li><li>• Complex injuries and SMART targets</li><li>• Basic first aid</li></ul>

For further information, please contact Miss Clark at [eclark@newcollege.leicester.sch.uk](mailto:eclark@newcollege.leicester.sch.uk)



# Religious Education

Our curriculum is taught with a mixture of linear and thematic learning, giving students the chance to learn, use and compare new concepts as well as enhance their understanding and skills in the wider worlds. These transferable skills will support at Key Stage 4.

	Year 7	
Autumn Term	Introduction to RE	<ul style="list-style-type: none"><li>• How are different types of literature used?</li><li>• What are the different types of worship?</li><li>• How do believers show their faith (ceremonies)?</li></ul>
Spring Term	Exploring Christianity	<ul style="list-style-type: none"><li>• Jesus Birth and Holy trinity</li><li>• Jesus life and miracles</li><li>• Resurrection and Easter</li><li>• Sin and Worship</li><li>• Pilgrimage and Denomination</li><li>• Purgatory and Leaders</li><li>• Gospels and Work of the Church</li></ul>
Summer Term	Exploring Sikhism	<ul style="list-style-type: none"><li>• Introduction to Sikhism</li><li>• What are the 5Ks and why was the Khalsa formed?</li><li>• What is the history behind the Golden Temple?</li><li>• How have Sikhs contributed to Britain?</li></ul>

For further information, please contact Miss Ghatora at [dghatora@newcollege.leicester.sch.uk](mailto:dghatora@newcollege.leicester.sch.uk)



# Wider Curriculum

We also have lots of exciting additional activities that students can get involved with this year.

Year 7 activities are as follows:

- Archery
- Art Club
- Badminton
- Band
- Choir
- Cooking
- Curve Young Company
- DIY
- Dodgeball
- Drama
- Football
- Freestyle Gymnastics
- Just Dance
- Moving Together Dance
- Netball
- Production
- Rounders
- Rugby
- School Show
- Textiles
- Trampolining

**For further information, including days and times, please refer to our website**

**<https://www.newcollege.leicester.sch.uk/wider-curriculum/609.html>**