

## Valentines High School

### KS3 Academic Learning Journey – Student Character (YR7)

#### **Year 7 Skills**

Students will develop a range of skills including:

- Resilience
- Aspirations
- Creative
- Confident
- Emotionally intelligent
- Reflective

#### **Year 7 Knowledge**

Students will gain knowledge of:

##### **Resilience:**

- What it means to be resilient
- Growth mindset
- Overcoming barriers
- What people quit
- Feelings
- Positivity

##### **Aspirations:**

- What is leadership
- What is leadership and why is it important
- How I like to be led
- Leadership and careers
- Personal growth
- Opportunities

##### **Creative:**

- What does it mean to be creative
- What does an organised person look like
- What organisation skills do I need at school
- Creative problem solving skills

**Confident:**

- Pride in appearance
- Confidence in making connections
- Confidence in making relationships
- Confidence interacting
- Survival
- Support

**Emotionally intelligent:**

- What do we mean by effective communication
- Communication in learning
- Disagreeing with people and opinions
- Body language
- Clarifying and summarising
- Self-regulation

**Reflective:**

- My health
- Body and health
- Healthy eating
- Nutrition
- Smart choices
- E-safety
- Online dangers and risks
- Sexting
- Pride