



Year 7 Medium Term Plan – Life to the Full (RSHE)

St Patrick's RC High School

Week	Theme	Title	Description	Catholic Scripture
1	Religious Understanding	Who Am I?	Students explore their identity as unique individuals, created body and soul, loved by God.	"Before I formed you in the womb, I knew you." – Jeremiah 1:5 \ "You are God's work of art." – Ephesians 2:10
2	My Body	Changing Bodies	Students learn about puberty as part of God's plan for human development—physical, emotional, and sexual growth.	"I praise You, for I am fearfully and wonderfully made." – Psalm 139:14 \ "Your body is a temple of the Holy Spirit." – 1 Corinthians 6:19
3	Emotional Wellbeing	Healthy Inside and Out	Focus on self-esteem, its impact, and strategies for maintaining emotional wellbeing.	"God does not see as humans see." – 1 Samuel 16:7 \ "Be who God meant you to be and you will set the world on fire." – St Catherine of Siena
4	Life Cycles	Where We Come From	Sexual intercourse is taught as both a biological process and a gift from God for married couples, expressing love and openness to life.	"Love is the fundamental and innate vocation of every human being." – St John Paul II \ "Let the little children come to me." – Matthew 19:14
5	Personal Relationships	Family and Friends	Students reflect on healthy friendships, different family structures, and how thoughts, feelings, and actions shape relationships.	"Love one another as I have loved you." – John 13:34 \ "The family is the first school of love." – Pope Francis
6	Keeping Safe	My Life on Screen	Exploration of online behaviour, digital safety, and the impact of online actions on real life.	"Whatever is true, whatever is honourable... think about these things." – Philippians 4:8 \ "The internet is a gift... but also a responsibility." – Pope Francis
7	Wider World	Living Responsibly	Students examine how personal choices affect the community and how Christians are called to live with justice and social responsibility.	"Whatever you did for the least of these brothers and sisters of mine, you did for me." – Matthew 25:40 \ "Faith is lived through works of charity." – Pope Benedict XVI