

Remote Curriculum Year 7 CPSHE WEDNESDAY BLOCK 5 ONLY

How it Works:

1. Find the correct week commencing row.
2. Find today's day - There are up to 3 different lessons in each day – you won't run out of work.
3. Choose a lesson – hold ctrl and click the chosen link.
 - a. If you don't recognise the work, it appears too difficult or the link doesn't load; i. Try another task – look at the previous/next lesson or look at other days.
4. Some lessons have links to PowerPoints and other resources beneath the video and/or Starter Quiz
5. Complete any starter quizzes. a. Write your answer down b. Mark your answers and write down any corrections
6. Watch the videos and take notes
7. Pause if/when instructed to do so to answer questions or respond.
8. Complete and go onto the next one.

Signposting support:

If you have any questions, worries or concerns, please speak to your:

Tutor / Pastoral Leader / College Director / SENDCo's / Safeguarding- yellow lanyard or email safeguarding at: safeguarding@ivybridge.devon.sch.uk

Lesson	Lesson 1	Lesson 2	Lesson 3
09/09/26 Transition	Handling transition	Making new friends	Talking about transitions
16/09/26 Personal safety	Water safety	Safety in the sun	Rashes, bites, stings, allergies and anaphylaxis
23/09/26 First Aid	First Aid: cuts, burns, breaks, sprains and stings	First Aid: heat imbalances, choking and anaphylaxis	First Aid: unconsciousness
07/10/26 Healthy routines	Feeling unwell	Dental hygiene	Healthy Diet
21/10/26 Puberty and periods	Physical changes during puberty	Male and female changes during puberty	Looking after ourselves during puberty
11/11/26	My Sentence		
25/11/26 Self-esteem	Describing my feelings	Listening skills	Self-esteem
09/12/26 Protected Characteristics	Identifying gender stereotypes	Challenging gender stereotypes	Making the world a fairer place