

Resilience – Year 7

Intent: At BBG Academy, we are rightly proud of our resilience curriculum and the associated learning and skills that students are taught from the beginning of year 7. Resilience has been directly taught as a lesson since 2014 when the Rodillian Multi-Academy trust became the sponsor for our academy – it was initiated and developed there since the Rodillian Academy’s inception in 2008. We believe – like them – that our resilience curriculum is the cornerstone of our success; it has been developed and evolved over time, and has been a constant in all the changes that have occurred in education over the past 7 years. Resilience lessons offer students the opportunity to directly think about, work with and develop life skills and knowledge that are integral to becoming a lifelong learner. The lessons have been developed with the ideas of Carol Dweck, Matthew Syed and Angela Duckworth at the core of their messages, and no lesson goes by without considering how to apply the key concepts of grit, growth mindset, and perseverance to what they are learning.

Term	Year 7		
	Topic	Knowledge	Skills
Term 1	THE BRAIN	A series of lessons that focuses entirely on that amazing organ – the human brain. Students will learn about the different parts of the brain and their function, they will learn how the brain is flexible and capable of great change, and to identify how to improve memory and promote a growth mindset.	State Explain Compare Describe
	DARE TO BE YOU	Change Makers: A comprehensive set of lessons based on the same book by Matthew Syed – it covers the key areas of transition to secondary school, common emotions and concerns, and helps students to articulate some of the issues they may face as incoming year 7s.	Discuss Analyse
	CHARACTER & CULTURE	In Autumn term, students will have direct lessons in organisation and organised problem solving, leadership and planning events, approaching challenges in an organised way, and explore what it means to be involved in organised kindness. We also focus on our community, where we will explore the benefits of kindness, how our routines and hobbies contribute to our wellbeing, and how our actions contribute to a world without harm.	State Explain Compare Describe Discuss Analyse
	CHESS	For hundreds of years, chess has been the game of strategy, mental toughness and challenge. In this term, we teach students the basic moves of chess, some introductory strategies for playing, and give them an opportunity to get a feel for the game. Through consistency and practise, students will begin the journey of not just playing – but becoming masters of – chess.	Strategise Analyse
	BRITISH SIGN LANGUAGE	There is no doubt that learning another language helps students to navigate their own lives with greater ease and confidence. This term, we aim to equip students with the basics of BSL to allow them to begin the journey of signing fluently – allowing them to learn strategies for memory building and communication along the way.	Memorise Explain Discuss

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Term 2	THE EDGE	The Edge provides a structure that allows students to be inspired and develop as individuals – it is a framework that develops and accredits in students those personal attributes that are essential for employability and life. It allows BBG the ability to recognise the enormous amount of time students spend on activities, both in and outside the classroom, that can be associated with developing the ‘whole’ pupil.	Create Design Explain Compare Describe Discuss Analyse
	UP FOR DEBATE	Now, more than ever, the ability to cogently and clearly express a point of view – whilst simultaneously listening to others – is a key skill all students should have. In these sessions, students will engage in formal debate structure, learning how to structure and deliver ideas in a formal setting, developing oracy and organisation skills as they go.	State Explain Listen Organise Compare
	CHARACTER & CULTURE	In Spring, students will have direct lessons linked to oracy and communication – listening & responding appropriately and dealing with confrontation – as well as exploring what Resilience is, and means, how to cope with change, and also looking at different acts of kindness, how being ‘kind’ is not the same as being ‘nice’, and really getting a handle on what kindness ‘looks like’.	Describe Discuss Analyse
	CHESS	In the Spring term, students will begin to study more complex manoeuvres in chess – classic strategies for playing the game effectively – and get more time to practise against more people in their lessons. Time will be spent exploring the impact of decision making, the importance of strategy and planning in advance, and anticipating outcomes.	Strategise Analyse Plan
	BRITISH SIGN LANGUAGE	Spring term allows for knowledge that has been learned previously to become embedded. Students will be able to start having longer times of communication, and really start to engage with each other to express simple statements and ideas.	Memorise Explain Discuss
Term 3	TOUCH TYPING	The importance of effective electronic communication cannot be overstated – and we want to equip our students to be able to comment, exclaim, advocate and express in an effective and efficient manner. This term will introduce students to the idea of ‘touch typing’ and give them time to develop this skill.	Learn Memorise Practise Self-Direct Demonstrate
	THE EDGE	Students will use The Edge to work towards their accreditation in the LORIC principle they began in the Spring term. Students will evaluate their efforts, describe their setbacks and successes, and write a final summary of their action to demonstrate their chosen attribute.	Listen Compare Describe Discuss Analyse

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	CHARACTER & CULTURE	In Summer term, students will start to look at how our actions directly impact our own well-being – from E-Safety to Mental Health, Initiative and dealing with confrontation. We focus on appropriate ways to listen and respond, as well as utilising our learning from Up for Debate in communicating with others.	Compete Strategise Analyse Plan
	CHESS	In the Summer, students will start to work towards the tournament of BBG Chess Champions – the end of the year gala which will see students pitting knowledge and strategy first in lessons, and finally in a tournament for all.	Memorise Explain Discuss
	BRITISH SIGN LANGUAGE	The final term of the year allows for knowledge that has been learned previously to become embedded. Students will have longer times of communication, and engage with each other to express statements and ideas.	