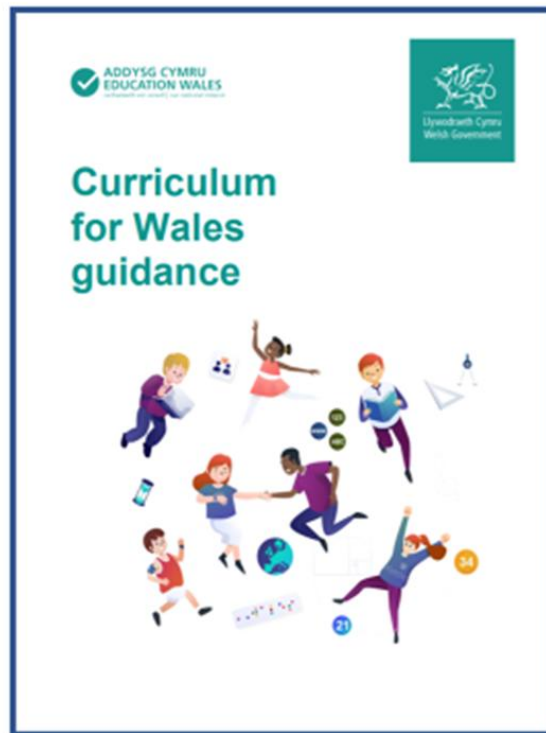


(Nov 2025)

YEAR 7 CURRICULUM OVERVIEW



Humanities Curriculum Overview: Year 7

	HISTORY	GEOGRAPHY	RVE
Concepts Explored	Power Monarchy Conflict Interpretation Chronology	People Processes Sustainability Change Enquiry	Belief Morality Authority Identity Community Remembrance
Overview	<p>Unit 1: Middle Ages: Gaining Power This unit explores power, monarchy, and conflict in 11th-century England, focusing on the struggle for the throne, how power shifts through battle, and how sources and chronology reveal historical events.</p> <p>Unit 2: Middle Ages: Consolidating Power This unit examines how medieval monarchs consolidate power through strategies like handling rebellions, using castles, taxation, and the feudal system, while also evaluating historical sources and the impact of social hierarchy on royal authority.</p> <p>Unit 3: Middle Ages: Conflict and Challenge Pupils explore power in the Middle Ages through monarchy, the Church, rebellion, and Parliament, while developing historical thinking, source analysis, and understanding of long-term societal change.</p> <p>Unit 4: Middle Ages: Stabilising Power This unit explores how power was restored after civil war, focusing on Richard III's downfall, Henry VII's rise, and how he secured the Tudor dynasty.</p>	<p>Unit 1: Understanding Wales: Its Geography, Population, and Employment This unit helps pupils understand the physical and human geography of Wales, focusing on how landscapes, settlements, and industries interact and evolve. It covers topics such as population diversity, historical industries like coal mining, and the regeneration of areas like Cardiff Bay.</p> <p>Unit 2: Understanding Wales: Its Weather, Climate, and Natural Environment This unit examines how Wales' temperate climate influences its ecosystems and human activities, focusing on weather, microclimates, and the impacts of climate change. Pupils will explore sustainability and environmental responsibility, understanding the balance between development and conservation.</p> <p>Unit 3: Landscapes of Wales: Rivers, Coasts, and Its Global Connections This unit investigates the physical geography of Wales, focusing on rivers, coasts, and agricultural areas. Pupils will study river processes, flooding, coastal landforms, and the role of National Parks, while exploring how Welsh landscapes connect to global processes and issues like farming and environmental management.</p>	<p>Unit 1: Belief and Belonging: Understanding Religion in a Diverse Society This unit explores how religion, values, and beliefs shape identity, communities, and society. Pupils will develop respect, empathy, and critical thinking by examining diversity, morality, and human rights, while learning about the six major world religions in Wales and their core beliefs.</p> <p>Unit 2: Exploring Hinduism: Beliefs, Practices, and Cultural Significance This unit introduces pupils to Hindu beliefs, worship, festivals, and key concepts such as karma and reincarnation. It fosters understanding and respect by exploring the cultural and spiritual significance of Hinduism, and how its practices and traditions shape identity and community.</p> <p>Unit 3: Exploring Judaism: Beliefs and Practices This unit explores the key beliefs, practices, and traditions of Judaism, including the Torah, Shabbat, Kosher laws, and festivals like Pesach, to deepen understanding of Jewish faith and identity.</p>

Science and Technology Curriculum Overview: Year 7

	SCIENCE	DIGITAL AND COMPUTING	DESIGN AND TECHNOLOGY
Concepts Explored	Units of Life Energy Particles Forces Materials Interactions of Life	Programming Digital citizenship Software Data Handling	Creativity Materials Manufacturing Design Communication Methods Sustainability
Overview	<p>Unit 1: Think Like a Scientist: Pupils develop scientific skills, focusing on experimentation, lab safety, and data presentation through historical discoveries.</p> <p>Unit 2: Units of Life: Pupils study cell structures, functions, and human reproduction, including fertilisation, puberty, and specialised cells.</p> <p>Unit 3: Energy: Pupils explore energy stores, transfer pathways, efficiency, and how to represent energy changes using diagrams.</p> <p>Unit 4: Particles: Pupils learn about the particle model, state changes, separation techniques, and solubility.</p> <p>Unit 5: Forces: Pupils investigate contact and non-contact forces, their effects on motion, and represent forces in diagrams.</p> <p>Unit 6: Materials: Pupils examine material properties, sustainability, environmental impact, and the importance of recycling</p> <p>Unit 7: Interactions of Life: Pupils study organism classification, food chains, and energy transfer, exploring predator-prey relationships and population dynamics.</p>	<p>Unit 1: Data Handling: Pupils will learn to create, use, and manipulate spreadsheets, exploring formulas, functions, and cell references. They will understand the real-world applications of spreadsheets, particularly in Welsh businesses, and practice presenting data graphically.</p> <p>Unit 2: Digital Citizenship and Skills: Pupils will understand internet safety, including risks like cyberbullying and phishing. They will create posters and infographics to raise awareness of e-safety.</p> <p>Unit 3: Logo Programming: Pupils will give commands to create shapes and patterns using Logo programming. They will explore loops, procedures, variables, and colour representation through practical coding activities.</p> <p>Unit 4: Scratch Programming: Pupils will design and code games, learning programming concepts like variables, loops, and if statements. They will create sprites, interactive backgrounds, and add features like scoring and animations to enhance gameplay.</p>	<p>Unit 1: Designing for Users In this unit, pupils will design and manufacture a phone holder tailored to a specific user’s needs. They will explore the properties of acrylic, practise line bending, and apply iterative design principles to refine their ideas. Using technical drawings, CAD modelling, and digital preparation for laser cutting, pupils will communicate their designs clearly while considering sustainability. The unit concludes with a prototype and an evaluation that highlights design as a continuous process.</p> <p>Unit 2: Material Matters: Tools, Techniques, and Making In this unit, pupils will learn to use key workshop tools safely while exploring the properties and manipulation of five different materials. They will apply this knowledge, alongside the decorative technique of scruffiti, to design and create a personalised keyring, developing both practical skills and an understanding of how material choice impacts design.</p>

Expressive Arts Curriculum Overview: Year 7

	MUSIC	ART	DRAMA
Concepts Explored	Duration Pitch Expression Structure Timbre Texture	Formal Elements Critical Analysis Creativity	Character Voice Genre Plot Movement Space Audience
Overview	<p>Unit 1: Duration In this unit, pupils will develop skills in rhythm, vocal and instrumental performance, dynamics, and expressiveness, while exploring key concepts like pulse, pitch, and timbre through practical and reflective music activities.</p> <p>Unit 2: Pitch In this unit, pupils will explore pitch and melody through vocal and keyboard performance, learning about intervals, chords, articulation, and expressiveness, while developing good vocal technique, fluency, and accuracy in their music-making.</p> <p>Unit 3: Composing In this unit on composing, pupils will create original music, exploring timbre, rhythm, metre, pitch, and improvisation. They will develop and refine their individual compositions through re-drafting while gaining an understanding of different instrumental timbres.</p>	<p>Unit 1: The Formal Elements Pupils will be introduced to line, tone, shape form, texture, colour and pattern. Mark making and observational drawings will progress towards a constructed colour pattern based on the Arts and Crafts style of William Morris or another world artist.</p> <p>Unit 2: Expressive Landscape Pupils will continue their learning of colour, colour theory and expressive mark making. They will explore how landscape artists have used these elements in their art work and how they too can make creative decisions leading towards an ambitious final outcome. Emphasis will be placed on colour theory, expressive landscape artists, the use of Procreate using iPads and apple pencils.</p>	<p>Unit 1: Communicating Without Words Pupils develop core performance skills through mime and physical theatre, learning to express meaning and emotion using only movement and facial expression.</p> <p>Unit 2: Voice, Space and Storytelling Pupils combine voice, movement, and staging to create engaging characters, exploring techniques like thought tracking and split stage to reveal mood and subtext.</p> <p>Unit 3: Performing Welsh Myths Using voice, movement, and puppetry, pupils bring Welsh myths to life, developing expressive storytelling and exploring cultural connections through performance.</p> <p>Unit 4: The Titanic Pupils explore the Titanic story using drama techniques to build empathy and atmosphere, applying physical and vocal skills to portray characters and historical context.</p>

Health and Wellbeing Curriculum Overview: Year 7

	Health and Wellbeing	Physical Education Practical	Physical Education Theory
Concepts Explored	Community Resilience Organisation Stress Empathy Risk	Performance Participation Health Safety	Performance Participation Health Safety
Overview	<p>Unit 1: Learning Together Pupils will learn to apply Cardiff High School’s core values (respect, teamwork, personal growth) and follow school guidelines to contribute to a positive, inclusive community.</p> <p>Unit 2: Building Resilience Pupils will develop resilience by learning to cope with stress, manage setbacks, and use strategies like organisation, mindfulness, and goal-setting to improve mental well-being.</p> <p>Unit 3: Online Safety, Respect and Responsibility Pupils will examine the impact of bullying, online behaviour, privacy, and safety, while developing media literacy skills to cultivate empathy, kindness, and a deeper understanding of their role in supporting others and promoting a positive, inclusive environment.</p> <p>Unit 4: Understanding Addiction Pupils will develop an understanding of addiction and examine the addictive effects of nicotine products, along with the consequences of smoking, vaping, and alcohol use. They will also learn to identify illegal tobacco and vape products and explore strategies to resist peer pressure, supporting both their physical and emotional wellbeing.</p>	<p>In Year 7 PE, pupils will engage in a broad range of physical activities, developing their understanding of performance, participation, health, and safety.</p> <p>They will refine movement techniques, recognising how skill and decision-making impact success.</p> <p>Through teamwork and sportsmanship, they will explore the principles of effective participation.</p> <p>Pupils will learn about the physical, mental, and social benefits of exercise, including the role of fitness and nutrition in well-being.</p> <p>They will also understand how correct technique, warm-ups, and responsible gameplay ensure safety across all activities.</p>	<p>Unit 1: Health: This unit examines health’s physical, mental, and social benefits. Pupils will explore the importance of exercise, goal-setting, and a growth mindset in building resilience and managing stress. They will also reflect on their motivations for exercise and emotional responses in sports and daily life.</p> <p>Unit 2: Diet and Nutrition: Pupils will explore the importance of making healthy lifestyle choices, understand the role of different food groups in a balanced diet, and learn about the impact of water, calories, and energy balance on overall health.</p> <p>Unit 3: Sport for All: Pupils will examine the inclusivity of sport and factors affecting participation, including disability, gender, sexual orientation, and ethnicity. They will evaluate how these barriers impact involvement and explore social media’s influence on body image, learning strategies to manage related stress and access support.</p>

Languages, Literacy and Communication Curriculum Overview: Year 7

	English		Welsh	French
Concepts Explored	Metaphor Story Argument	Pattern Grammar Context	The Welsh Language Welsh Culture	Meaning Spelling Sound
Overview	<p>Unit 1: Legends, Myths and Classics: Pupils will explore legends, myths, and classical narratives, analysing their themes, structures, and characterisation. They will examine, and have opportunities to use in their own fiction and non-fiction writing, literary techniques such as metaphor, symbolism and repetition. They will develop skills in inference and deduction, explanation and analysis. They will also improve their understanding of basic accuracy and sentence construction for effect.</p> <p>Unit 2: Rhetoric and The Oral Tradition: Pupils will explore rhetoric and the oral tradition through Aristotle, Greek theatre, and epic poetry, focusing on themes, allegory, and characterisation. They will develop analytical and persuasive skills by studying rhetorical techniques, debating historical relevance, and constructing well-supported arguments using thesis statements and embedded evidence.</p> <p>Unit 3: Chaucer and Modern Prologues: Pupils will explore narrative construction through analysis of the work of Chaucer. They will understand how a text is influenced by socio-historical context by interrogating language in detail. They will develop more complex analytical and evaluative skills through interrogation of narrative construction (the prologue) and its influence on modern storytelling.</p>	<p>Unit 1: Ysgol: Pupils will learn to use opinion phrases with reasons, describe people using physical and personality traits, and work with the general present tense across different pronouns. They will also explore negative opinions and the conditional tense (e.g., "hoffwn i") in school contexts</p> <p>Unit 2: Hobiau: Pupils will consolidate basic patterns, apply them to different contexts, and expand vocabulary for hobbies and activities. They will develop adjectives with intensifiers, create questions in the present tense, and explore past and conditional tenses. Additionally, they will deepen their understanding of past tense forms, infinitives, and third-person past singular verbs.</p> <p>Unit 3: Diwylliant Cymaraeg a Hanes: Unit 3 focuses on Welsh culture and history, including events like the Aberfan disaster, Welsh mythology, and bilingualism. Pupils will explore Welsh literature, including poetry and novels, and learn about Welsh place names and literary traditions.</p>	<p>Unit 1: Pupils will learn to greet others, introduce themselves, state their daily routines and timings. Pupils will learn numbers 1-31 and months of the year to create simple conversations about birthdays. Emphasis is placed on accurate pronunciation and spelling, key vocabulary and using singular and plural nouns. Pupils will also practise asking and answering questions about how they feel and use simple connectives to link their ideas.</p> <p>Unit 2: Pupils will learn how to use adjectives to describe masculine nouns, using colours, and using present tense verbs to talk about preferences and activities. They will also learn to ask simple questions, express their age, and extend their use of time phrases. Additionally, pupils will strengthen their reading skills by learning how to tackle longer texts and work out new words from context, start to learn the elementary skills needed to translate effectively, and will apply pronunciation skills to new words.</p> <p>Unit 3: Pupils will revisit present tense verbs and learn the verb 1 + verb 2 construction, using it to express opinions and future intentions. They will also practise asking questions, deepen their understanding of noun genders, and enhance their reading and speaking skills. Pupils will be encouraged to become more independent by learning to use an online dictionary, and connecting ideas in speech.</p>	

Mathematics and Numeracy Curriculum Overview: Year 7

Maths	
Concepts Explored	Number Geometry Fractions Statistics Algebra
These concepts will all be taught through the 5 mathematical proficiencies	
Overview	<p>Unit 1: Number In the 'Number' unit, pupils will consolidate their understanding of numbers, develop 'number sense' through comparison and estimation, and explore methods for performing operations with integers and decimals, including bar modelling. They will also learn about negative numbers, square, cube, and prime numbers, and practice using the order of operations. Additionally, pupils will improve their time-telling and calculator skills for practical applications.</p> <p>Unit 2: Geometry In the 'Geometry' unit, pupils will explore metric units for length, mass, and capacity, learning to convert between them. They will classify 2D shapes, calculate perimeter and area, and accurately measure and draw angles. Pupils will calculate unknown angles on lines, around points, and within triangles and quadrilaterals, and will also learn to plot and identify coordinates on a grid.</p> <p>Unit 3: Fractions In the 'Fractions' unit, pupils will learn to simplify and find equivalent fractions, compare and order fractions, and calculate fractions of amounts. They will explore conversions between fractions, decimals, and percentages, and learn to calculate percentages, including increases and decreases. Pupils will also develop skills in adding, subtracting, multiplying, and dividing fractions, including working with different denominators and whole numbers.</p> <p>Unit 4: Statistics In the 'Statistics' unit, pupils will learn how to calculate the mean, median, mode, and range from sets of data and understand what these measures reveal about the data. They will explore the impact of extreme values and compare data using averages and range. Pupils will also learn to create and test hypotheses, understand different types of data, and present data using tally charts, pictograms, bar charts, and pie charts. They will develop skills in interpreting and comparing data from these visual representations.</p> <p>Unit 5: Algebra In the 'Algebra' unit, pupils will learn to use letters to represent unknown values and understand basic algebraic notation. They will explore the concepts of variables, terms, and expressions, and learn how to form expressions for worded problems. Pupils will practice substituting values into expressions, simplifying expressions by collecting like terms, and performing operations with indices. They will also learn how to expand single brackets and factorise expressions into a single bracket.</p>