



Year 7 PSHE Curriculum Overview

Rationale: The Year 7 PSHE curriculum students build on the knowledge and understanding, skills, attributes and values they have acquired and developed during primary school. PSHE education acknowledges and addresses the changes that young people experience, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the knowledge and skills which will equip them for the opportunities and challenges of life. Students learn to manage diverse relationships, their online lives, and the increasing influence of peers and the media. The curriculum is delivered through the themes of Living in the wider world, Health and Well-being and Relationships. It is progressive, introducing students to concepts, situations and ideas from each theme in Year 7 which are then further developed each year. It offers a platform for students to explore, debate and discuss real life topics and develop relevant life skills to enable them to become informed, empathetic, and responsible citizens.

Term/Length of Time	Outline	Assessment/Teacher Feedback Opportunities	Homework and Literacy resources
Autumn 1 Health and well-being (Transition and safety)	In this unit of work students will examine issues of change focusing on the transition from primary to secondary school, the challenges this can present and strategies for dealing with developing resilience and managing emoting when faced with challenging situations. Students will have the opportunity to learn some basic first aid techniques to develop confidence when dealing with emergency situations.	Assessment There will be no formal assessments in PSHE. Learning and progress will be monitored through: <ul style="list-style-type: none"> - Class discussions - Teacher/student learning conversations - Targeted questioning in lessons - Peer assessments - Quizzes At the end of each unit, students will be given the opportunity to reflect on their grasp of the skills, knowledge and understanding of topics covered and areas where they feel they need to develop further.	Homework Students will not be set compulsory home work. Optional homework tasks and Literacy resources Students will be given the option to create an informative poster, speech or rap on how to deal with change Reward points will be awarded for creativity and effort. Childline: Advice on coping with change https://www.childline.org.uk/info-advice/school-college-and-work/life-issues-planning/dealing-with-change/
Autumn 2	This unit of work allows students to explore what is means to be British. They will move on to examine British	Assessment There will be no formal assessments in PSHE.	Students will not be set compulsory home work.

<p>Living in the wider world (British values)</p>	<p>values and the impact this has on their lives, their rights and responsibilities as a British citizen now and in the future.</p>	<p>Learning and progress will be monitored through:</p> <ul style="list-style-type: none"> - Class discussions - Teacher/student learning conversations - Targeted questioning in lessons - Peer assessments - Quizzes <p>At the end of each unit, students will be given the opportunity to reflect on their grasp of the skills, knowledge and understanding of topics covered and areas where they feel they need to develop further.</p>	<p>Optional homework tasks and Literacy resources</p> <p>Students will be given the option to create leaflet or a research project on British values and what they mean to young people. Reward points will be awarded for creativity and effort.</p> <p>Truetube: Film clip What are British values? British Values - TrueTube</p>
<p>Spring 1 Relationships (Diversity)</p>	<p>This unit of work explores issues of identity and the importance of accepting and being tolerant of the differences of others. Students will examine different types of prejudice and discrimination in society including issues of bullying and strategies for dealing with this.</p>	<p>Assessment There will be no formal assessments in PSHE.</p> <p>Learning and progress will be monitored through:</p> <ul style="list-style-type: none"> - Class discussions - Teacher/student learning conversations - Targeted questioning in lessons - Peer assessments - Quizzes <p>At the end of each unit, students will be given the opportunity to reflect on their grasp of the skills, knowledge and understanding of topics</p>	<p>Homework Students will not be set compulsory home work.</p> <p>Optional homework tasks and Literacy resources</p> <p>Students will be given the option to create a piece of art work on celebrating differences. This could be a model, a picture or a poem. Reward points will be awarded for creativity and effort.</p> <p>Childline: Bullying-how to cope and making it stop https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/</p> <p>Childline: Homophobic bullying</p>

		covered and areas where they feel they need to develop further.	https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/homophobic-bullying/
Spring 2 Health and well-being (Health and puberty)	In this unit of work students examine factors that contribute to a healthy lifestyle including diet and exercise. They will look at the short and long term effects of making unhealthy choices. Students will move on to look at the physical and emotional changes young people go through during puberty and how to manage this. Towards the end of the unit students will learn about the illegal practice of FGM in some cultures and possible signs that someone might be affected by this.	Assessment There will be no formal assessments in PSHE. Learning and progress will be monitored through: <ul style="list-style-type: none"> - Class discussions - Teacher/student learning conversations - Targeted questioning in lessons - Peer assessments - Quizzes At the end of each unit, students will be given the opportunity to reflect on their grasp of the skills, knowledge and understanding of topics covered and areas where they feel they need to develop further.	Homework Students will not be set compulsory home work. Optional homework tasks and Literacy resources Students will be given the option to create a piece of art work on celebrating differences. This could be a model, a picture or a poem. Reward points will be awarded for creativity and effort. Childline: Strategies for dealing with change during puberty Puberty Childline Childline: Female genital mutilation prevent and protect https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/female-genital-mutilation-fgm/?gclsrc=aw.ds&&gclid=EAlaIqobChMI6Pfoj7WY-wIVwsLtCh2egAW_EAAYyAAEgIKuPD_BwE&gclsrc=aw.ds
Summer 1 Relationships (Building relationships)	In this unit students will explore different kinds of relationships in their lives and will identify features of a healthy relationship and warning signs of an unhealthy/toxic friendship or relationship. Students will examine personal boundaries in friendships and relationships and will develop	Assessment There will be no formal assessments in PSHE. Learning and progress will be monitored through: <ul style="list-style-type: none"> - Class discussions - Teacher/student learning conversations 	Homework Students will not be set compulsory home work. Optional homework tasks and Literacy resources Students will be given the option to create a poster on qualities that make a healthy relationship. Reward points will be awarded for creativity and effort.

	<p>their understanding of consent and the importance of understanding this as part of respectful and trusting relationships.</p>	<ul style="list-style-type: none"> - Targeted questioning in lessons - Peer assessments - Quizzes <p>At the end of each unit, students will be given the opportunity to reflect on their grasp of the skills, knowledge and understanding of topics covered and areas where they feel they need to develop further.</p>	<p>NSPCC: Healthy relationships https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/healthy-relationships/</p>
<p>Summer 2 Living in the wider world (Financial decision making)</p>	<p>In this unit students will examine the importance of managing money: Spending, saving and budgeting. They will discuss and debate the advantages and disadvantages of a variety of payment methods and will learn about risky financial behaviours and how to avoid this.</p>	<p>Assessment There will be no formal assessments in PSHE.</p> <p>Learning and progress will be monitored through:</p> <ul style="list-style-type: none"> - Class discussions - Teacher/student learning conversations - Targeted questioning in lessons - Peer assessments - Quizzes <p>At the end of each unit, students will be given the opportunity to reflect on their grasp of the skills, knowledge and understanding of topics covered and areas where they feel they need to develop further.</p>	<p>Homework Students will not be set compulsory home work.</p> <p>Optional homework tasks and Literacy resources Students will be given the option to create a weekly budget plan for a fictional family who are currently not managing their finances and are in debt. (This will be provided by their teacher). Reward points will be awarded for effort.</p> <p>Youtube film clip: What happens when you borrow money? https://www.youtube.com/watch?v=fz5beYb88us</p>