

Year 7 Curriculum implementation: PSHE

	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
Knowledge and skills	Developing goal setting, organisation skills and self-awareness: self-awareness through exploring their personal identity and identifying core values: <ul style="list-style-type: none">• how identity and values can support goal setting for the future• skills to support learning e.g. teamwork and organisation• about school rules and people who can help with transition• how to demonstrate respect in the school community	Developing empathy, compassion and communication: <ul style="list-style-type: none">• skills to make and maintain new friendships• how to empathise with, and show compassion for peers• to recognise loneliness and isolation, and strategies to include others• to communicate safely online• to recognise bullying in all its forms• strategies for challenging bullying, including online• how and where to communicate concerns about friendships and bullying, including online	Developing agency, strategies to manage influence and decision making: <ul style="list-style-type: none">• how to recognise, express and manage emotions to promote• daily wellbeing• about influences on diet and exercise choices• how to make healthy and informed decisions about maintaining hygiene and dental health• about the importance of sleep and maintaining healthy sleep• habits	Developing self-confidence and self-worth: <ul style="list-style-type: none">• ways to develop self-confidence and feelings of self-worth• about the impact of puberty on emotional wellbeing and self• concept, and ways to manage this• about the physical changes that occur during puberty, including periods and wet dreams• about menstrual wellbeing and strategies to manage it• how to manage influences on body satisfaction e.g. online• media	Developing assertive communication, risk management and support-seeking skills: <ul style="list-style-type: none">• about rights, responsibilities and how to respect and advocate for them, including online• how to assertively communicate and negotiate boundaries with friends and in other relationships, including online• about the importance of consent• about the relationship between personal boundaries and human rights• how to seek help for themselves or others, in relation to unwanted contact	Developing agency and decision making skills: <ul style="list-style-type: none">• how to manage peer influence in relation to substances,• including energy drinks, nicotine and alcohol• skills and strategies to make responsible decisions and manage situations in relation to drugs, alcohol and tobacco• about personal safety in increasingly independent contexts e.g. travel safety• how to perform first aid, including CPR, the use of defibrillators, choking and basic treatment for common injuries• to assess when to contact emergency services
Links to prior learning	Key Stage 2 Relationships education	Key Stage 2 Relationships education	Key Stage 2 Health education	Key Stage 2 Health education	Key Stage 2 Relationships education	Key Stage 2 Health & safety education
Assessment	<ul style="list-style-type: none">• Definitions of key terminology• Identify healthy behaviours and sources of support• Describe, analyse and evaluate situations and helpful strategies	<ul style="list-style-type: none">• Definitions of key terminology• Identify healthy behaviours and sources of support• Describe, analyse and evaluate situations and helpful strategies	<ul style="list-style-type: none">• Definitions of key terminology• Identify healthy behaviours and sources of support• Describe, analyse and evaluate situations and helpful strategies	<ul style="list-style-type: none">• Definitions of key terminology• Identify healthy behaviours and sources of support• Describe, analyse and evaluate situations and helpful strategies	<ul style="list-style-type: none">• Definitions of key terminology• Identify healthy behaviours and sources of support• Describe, analyse and evaluate situations and helpful strategies	<ul style="list-style-type: none">• Definitions of key terminology• Identify healthy behaviours and sources of support• Describe, analyse and evaluate situations and helpful strategies
Home learning	N/A	N/A	N/A	N/A	N/A	N/A
Cultural capital and extra-curricular opportunities <i>NB: Other extra-curricular opportunities may be provided dependent on availability</i>	<ul style="list-style-type: none">• Developing skills and behaviour as a confident member of the community whilst maintaining personal identity and values• Streetwise theatre performance• BrightSparx assembly	<ul style="list-style-type: none">• Developing online and face to face communication skills suitable for a variety of audiences and situations.	<ul style="list-style-type: none">• Exploring a variety of dietary options from different cultures and beliefs.	<ul style="list-style-type: none">• Developing self-confidence and self-worth as a valuable member of the community	<ul style="list-style-type: none">• Developing assertive communication• Identification and maintenance of rights and healthy boundaries• Water safety assembly	<ul style="list-style-type: none">• Developing agency confidence and decision making skills• First Aid and CPR training
Literacy	<ul style="list-style-type: none">• Definitions of key terminology• Reading comprehension• Oracy: Focus on how to be an active listener, group discussion and reading aloud	<ul style="list-style-type: none">• Definitions of key terminology• Reading comprehension• Different communication styles• Oracy: Focus on how to be an active listener, group discussion and reading aloud	<ul style="list-style-type: none">• Definitions of key terminology• Critical analysis of health guidance from a variety of sources• Oracy: Focus on how to be an active listener, group discussion and reading aloud	<ul style="list-style-type: none">• Definitions of key terminology• Reading comprehension• Oracy: Focus on how to be an active listener, group discussion and reading aloud	<ul style="list-style-type: none">• Definitions of key terminology• Reading comprehension• Oracy: Focus on how to be an active listener, group discussion and reading aloud	<ul style="list-style-type: none">• Definitions of key terminology• Critical analysis of health guidance from a variety of sources• Oracy: Focus on how to be an active listener, group discussion and reading aloud
Numeracy	<ul style="list-style-type: none">• Time management	N/A	<ul style="list-style-type: none">• Time management• Nutritional values calculations	N/A	N/A	<ul style="list-style-type: none">• Calculating alcohol units
Careers Education, Information, Advice and Guidance (CEIAG)	<ul style="list-style-type: none">• Identifying transferable skills for different career pathways.• Exploring ambitions for the future	<ul style="list-style-type: none">• Positive online presence for future careers. Critical analysis of online career opportunities	<ul style="list-style-type: none">• Careers within the health industry	N/A	N/A	<ul style="list-style-type: none">• Careers within the health industry
Spirituality	<ul style="list-style-type: none">• Identity, self-worth, belonging, relationships, culture, sense of purpose	<ul style="list-style-type: none">• Identity, self-worth, belonging, relationships, sense of purpose	<ul style="list-style-type: none">• Relationships, self-worth, culture	<ul style="list-style-type: none">• Identity, self-worth, belonging, culture	<ul style="list-style-type: none">• Identity, self-worth, belonging, relationships, culture	<ul style="list-style-type: none">• Identity, self-worth, belonging, relationships
How can parents/carers support the curriculum	<ul style="list-style-type: none">• Encourage healthy discussion of the topics covered• Monitor online activity• BBC Bitesize has a Parents toolkit website dedicated to helping parents navigate and discuss these issues https://www.bbc.co.uk/bitesize/parents• This part of the toolkit contains advice and information for online safety• https://www.bbc.co.uk/bitesize/groups/c8dp5jz9z19t• This part of the toolkit contains advice and information for careers• https://www.bbc.co.uk/bitesize/careers• MediaSmart contains advice and information for online safety• https://mediasmart.uk.com/parents/	<ul style="list-style-type: none">• Encourage healthy discussion of the topics covered• Monitor online activity• BBC Bitesize has a Parents toolkit website dedicated to helping parents navigate and discuss these issues https://www.bbc.co.uk/bitesize/parents• This part of the toolkit contains advice and information for online safety• https://www.bbc.co.uk/bitesize/groups/c8dp5jz9z19t	<ul style="list-style-type: none">• Encourage a healthy lifestyle and discussion of the topics covered• Monitor online activity• BBC Bitesize has a Parents toolkit website dedicated to helping parents navigate and discuss these issues https://www.bbc.co.uk/bitesize/parents• This part of the toolkit contains advice and information on emotional well-being• https://www.bbc.co.uk/bitesize/groups/cw9v6l8d0q6t	<ul style="list-style-type: none">• Encourage healthy discussion of the topics covered• Monitor online activity• BBC Bitesize has a Parents toolkit website dedicated to helping parents navigate and discuss these issues https://www.bbc.co.uk/bitesize/parents• This part of the toolkit contains advice and information for online safety• https://www.bbc.co.uk/bitesize/groups/c8dp5jz9z19t	<ul style="list-style-type: none">• Encourage healthy discussion of the topics covered• Monitor online activity• BBC Bitesize has a Parents toolkit website dedicated to helping parents navigate and discuss these issues https://www.bbc.co.uk/bitesize/parents• This part of the toolkit contains advice and information for online safety• https://www.bbc.co.uk/bitesize/groups/c8dp5jz9z19t	<ul style="list-style-type: none">• Encourage a healthy lifestyle and discussion of the topics covered• Monitor online activity• This NHS website has advice and information for First Aid and CPR• https://www.nhs.uk/tests-and-treatments/first-aid/• https://www.nhs.uk/tests-and-treatments/first-aid/cpr/• The NSPCC website below contains advice and information for parents/carers concerned about drugs or underage drinking

	<ul style="list-style-type: none">• NSPCC has a dedicated website with advice and information for parents• https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/• MIND has advice and information for supporting young people• https://www.mind.org.uk/for-young-people/how-to-get-help-and-support/useful-contacts/	<ul style="list-style-type: none">• CEOP (Child Exploitation Online Protection) website contains advice and information on online safety and reporting• https://www.ceopeducation.co.uk/parents/	<ul style="list-style-type: none">• This part of the toolkit contains advice and information on food choices and influences• https://www.bbc.co.uk/bitesize/groups/cvg5kl2nklgt• This part of the toolkit has advice and information on activities• https://www.bbc.co.uk/bitesize/groups/ceq8p90x033t	<ul style="list-style-type: none">• This part of the toolkit contains advice and information on emotional well-being• https://www.bbc.co.uk/bitesize/groups/cw9v6l8d0q6t	<ul style="list-style-type: none">• This part of the toolkit contains advice and information on emotional well-being• https://www.bbc.co.uk/bitesize/groups/cw9v6l8d0q6t	<ul style="list-style-type: none">• https://www.nspcc.org.uk/keeping-children-safe/talking-drugs-alcohol/• The website below contains advice and information about energy drinks• https://www.lancashire.gov.uk/media/899545/energy-drinks-leaflet.pdf
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