

Year 7 PSHE Curriculum Map Overview

Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8
Transition and Safety (Health and Wellbeing)							
October Half Term 28 Oct – 1 Nov							
Wk9	Wk10	Wk11	Wk12	Wk13	Wk14	Wk15	
Developing Skills and Aspirations (Living in the Wider World)							
Christmas Holidays 23 Dec – 3 rd Jan							
Wk16	Wk17	Wk18	Wk19	Wk20	Wk21	Wk22	
Diversity (Relationships)							
February Half Term 24 Feb – 28 Feb							
Wk23	Wk24	Wk25	Wk26	Wk27	Wk28		
Health and Puberty (Health and Wellbeing)							
Easter Holidays 14 Apr – 25 Apr							
Wk29	Wk30	Wk31	Wk32				
Building Relationships (Relationships)							
May Half Term 26 May – 30 May							
Wk33	Wk34	Wk35	Wk36	Wk37	Wk38	Wk39	
Financial Decision Making (Living in the Wider World)							

Year 7 PSHE Curriculum Map Autumn 1

Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8
Transition and Safety (Health and Wellbeing)							

PoS Refs	Transition and Safety - Transition to secondary school and personal safety in and outside school, including first aid	Resource Bank
H1, H2, H30, H33, R13, L1, L2	<ul style="list-style-type: none"> • how to identify, express and manage their emotions in a constructive way • how to manage the challenges of moving to a new school • how to establish and manage friendships • how to improve study skills • how to identify personal strengths and areas for development • personal safety strategies and travel safety, e.g. road, rail and water • how to respond in an emergency situation • basic first aid 	<ul style="list-style-type: none"> • Every Mind Matters – Dealing with change • St John Ambulance: ‘First Aid Training in School’ lesson plans, KS3 • PSHE Association - Firework safety • NSPCC – Talk Relationships • British Heart Foundation Classroom RevivR • Motor Insurers’ Bureau – Staying safe on the roads



Student Voice;

Pupils assigned with a Form Tutor;

Opportunity to visit Hartlepool RNLI as part of Water Safety (Challenge Passport);

Year 7 PSHE Curriculum Map Autumn 2

Wk9	Wk10	Wk11	Wk12	Wk13	Wk14	Wk15
Developing Skills and Aspirations (Living in the Wider World)						

PoS Refs	Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Resource Bank
R15, R39, L1, L4, L5, L9, L10, L12	<ul style="list-style-type: none"> • how to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity • about a broad range of careers and the abilities and qualities required for different careers • about equality of opportunity • how to challenge stereotypes, broaden their horizons and how to identify future career aspirations • about the link between values and career choices 	<ul style="list-style-type: none"> • Bank of England - EconoME • Changing Faces - A World of Difference • Environment Agency - Careers for change • PSHE Association – Developing learning skills • Sure – Breaking Limits



Student Voice; Personal Development (communication);
 Opportunities to speak to local employers as part of Careers curriculum;
 Political Issues (equality in society);

Year 7 PSHE Curriculum Map Spring 1

Wk16	Wk17	Wk18	Wk19	Wk20	Wk21	Wk22
Diversity (Relationships)						

PoS Refs	Diversity Diversity, prejudice, and bullying	Resource Bank
R3, R38, R39, R40, R41	<ul style="list-style-type: none"> • about identity, rights and responsibilities • about living in a diverse society • how to challenge prejudice, stereotypes and discrimination • the signs and effects of all types of bullying, including online • how to respond to bullying of any kind, including online • how to support others 	<ul style="list-style-type: none"> • Every Mind Matters – Bullying and cyberbullying • Home Office - Something's Not Right (abuse disclosure) • Changing Faces - A World of Difference • NSPCC Talk Relationships • PSHE Association – Friendship and bullying



Student Voice; Personal Development (Supporting Others);
Anti-Bullying Week (13 – 17 Nov 2024); British Values (Individual Liberty);

Year 7 PSHE Curriculum Map Spring 2

Wk23	Wk24	Wk25	Wk26	Wk27	Wk28
Health and Puberty (Health and Wellbeing)					

PoS Refs	Health and puberty Healthy routines, influences on health, puberty, unwanted contact, and FGM	Resource Bank
H5, H13, H14, H15, H16, H17, H18, H20, H22, H34	<ul style="list-style-type: none"> • how to make healthy lifestyle choices including diet, dental health, physical activity and sleep • how to manage influences relating to caffeine, smoking and alcohol • how to manage physical and emotional changes during puberty • about personal hygiene • how to recognise and respond to inappropriate and unwanted • Contact about FGM and how to access help and support 	<ul style="list-style-type: none"> • PSHE Association - The Sleep Factor • PSHE Association - Health Education: food choices, physical activity & balanced lifestyles • AYPH - A fair and equal opportunity to be healthy



Student Voice; Cross Curriculum (Science);
Cross Curriculum (Healthy Me); Political Issues (FGM);

Year 7 PSHE Curriculum Map Summer 1

Wk29	Wk30	Wk31	Wk32
Building Relationships (Relationships)			

PoS Refs	Building relationships Self-worth, romance and friendships (including online) and relationship boundaries	Resource Bank
H1, R2, R9, R11, R13, R14, R16, R24	<ul style="list-style-type: none"> • how to develop self-worth and self-efficacy • about qualities and behaviours relating to different types of positive relationships • how to recognise unhealthy relationships • how to recognise and challenge media stereotypes • how to evaluate expectations for romantic relationships • about consent, and how to seek and assertively communicate • consent 	<ul style="list-style-type: none"> • Every Mind Matters - Puberty; Sleep • PSHE Association - Dental Health • PSHE Association – Drug and Alcohol Education • Medway Public Health Directorate – Relationships and Sex Education • PSHE Association – ‘Keeping safe’ FGM guidance & lesson plan (Year 7-8) • Freedom Chairty - Forced marriage and FGM • Canesten – The Truth, Undressed • University of Bristol – EDUCATE (the HPV vaccine) • Highgate School & NHS Barts – Testicular Health



Student Voice; Personal Development (Self Worth);

Year 7 PSHE Curriculum Map Summer 2

Wk33	Wk34	Wk35	Wk36	Wk37	Wk38	Wk39
Financial Decision Making (Living in the Wider World)						

PoS Refs	Financial decision making Saving, borrowing, budgeting and making financial choices	Resource Bank
H32, L15, L16, L17, L18	<ul style="list-style-type: none"> • how to make safe financial choices • about ethical and unethical business practices and consumerism • about saving, spending and budgeting • how to manage risk-taking behaviour 	<ul style="list-style-type: none"> • Bank of England – EconoME • Media Smart - Piracy: what's the big deal?



Cross Curriculum (Numeracy/Maths);