

PSHE Year 7 Curriculum Map

Term	I am learning	By the end of this topic I will be able to
<p><b>Autumn</b></p>	<p><b>Transition and safety</b> Transition to secondary school and personal safety in and outside school, including first aid</p> <p><b>Diversity</b> Diversity, prejudice, and bullying</p>	<p>Identify, express and manage emotions in a constructive way</p> <p>Manage the challenges of moving to a new school</p> <p>Establish and manage friendships</p> <p>Improve study skills</p> <p>Identify identity, rights and responsibilities</p> <p>Understand living in a diverse society</p> <p>Challenge prejudice, stereotypes and discrimination</p>
	<p><b>Developing skills and aspirations</b> Careers, teamwork and enterprise skills, and raising aspirations</p>	<p>Be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity</p> <p>Know about a broad range of careers and the abilities and qualities required for different careers</p> <p>Identify the signs and effects of all types of bullying, including online</p> <p>Respond to bullying of any kind, including online</p> <p>Know how to support others</p> <p>Develop self-worth and self-efficacy</p> <p>Identify personal strengths and areas for development</p>

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<b>Spring</b>	<p><b>Building relationships</b> Self-worth, romance and friendships (including online) and relationship boundaries</p>	<p>Recognise qualities and behaviours relating to different types of positive relationships</p> <p>Recognise unhealthy relationships</p> <p>Recognise and challenge media stereotypes</p> <p>Evaluate expectations for romantic relationships</p>
	<p><b>Transition and safety</b> Transition to secondary school and personal safety in and outside school, including first aid</p> <p><b>Developing skills and aspirations</b> Careers, teamwork and enterprise skills, and raising aspirations</p>	<p>Identify personal safety strategies and travel safety, e.g. road, rail and water</p> <p>Respond in an emergency situation</p> <p>Administer basic first aid</p> <p>Understand equality of opportunity</p> <p>Challenge stereotypes</p> <p>Identify future career aspirations</p> <p>Link between values and career choices</p>

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<p><b>Summer</b></p>	<p><b>Health and puberty</b> Healthy routines, influences on health, puberty, unwanted contact and FGM</p> <p><b>Financial decision making</b> Saving, borrowing, budgeting and making financial choices</p>	<p>Make healthy lifestyle choices including diet, dental health, physical activity and sleep</p> <p>Know how to manage influences relating to caffeine, smoking and alcohol</p> <p>Know how to manage physical and emotional changes during puberty</p> <p>Maintain excellent personal hygiene</p> <p>Make safe financial choices</p> <p>Identify ethical and unethical business practices and consumerism</p> <p>Manage my saving, spending and budgeting</p> <p>Know how to manage risk-taking behaviour</p>
	<p><b>Health and puberty</b> Healthy routines, influences on health, puberty, unwanted contact and FGM</p>	<p>Recognise and respond to inappropriate and unwanted contact</p> <p>Understand FGM and how to access help and support</p> <p>Understand consent, and how to seek and assertively communicate consent</p>