



## Living Education (PSHE) Year 7 Medium Term Scheme of Work from 2022

Half term	Topic	In this unit of work, students learn...	PSHE Association PoS references: H = Health & Wellbeing R = Relationships L = Living in the Wider World
<b>Autumn 1</b> Sept – Oct half term	<b>Team St Michael's</b> Transition unit  Patrons work  School Council election	<ul style="list-style-type: none"><li>• What to expect from life at St Michael's</li><li>• Who and where to go for help at school</li><li>• What is wellbeing?</li><li>• Coping strategies for dealing with change</li><li>• Ground rules for respectful discussions</li><li>• Who are the people in my tutorial team</li><li>• What it means to be a member of Team St Michael's</li><li>• What makes St Michael's school so special</li><li>• Similarities and differences between primary school and high school</li><li>• What are the school rules that I need to know?</li><li>• How to be prepared for effective learning</li><li>• What is Citizenship and what are the Fundamental British Values?</li> <li>• Who is my tutorial patron and what makes them a good role model</li> <li>• What is the School Council and how can it help me to get my voice heard</li></ul>	Y7 Unit A - H4, H5, H19, R1, R3, R13, R29  Y7 Unit B - R1, R2, R3, R4, R6, R13, R30, R34  Y7 Unit C (in Character for Life) H1, H2, H3, H19, L2, L8, L9
<b>Autumn 2</b> Oct half term - Christmas	<b>Health and Wellbeing 1</b>         <b>Careers 1</b>	<ul style="list-style-type: none"><li>• What is a healthy lifestyle</li><li>• How to have a balanced and healthy diet</li><li>• Why we should reduce sugar intake</li><li>• What is in energy drinks and why they are banned in school</li><li>• How much sleep do I need; strategies for getting more sleep</li><li>• What can I do to maintain good dental health</li><li>• What is meant by a 'career'</li></ul>	Y7 Unit D - H13, H15, H16, H17, H23, H31, H32  Y7 Unit E - H13, H14, H15, H16, H17, H18, H23, H31, H32 R6, R7, R30, R31 Y7 Unit V - H9, H10, H31 Y7 Unit F - L9, L15, L16



	<p><b>(Pupils have one introductory lesson as part of their induction week)</b></p>	<ul style="list-style-type: none"> <li>• Key skills for work</li> <li>• What are my strengths and attributes</li> <li>• Goal setting</li> <li>• Work and my values</li> <li>• Career sectors and ideas</li> <li>• Case studies</li> <li>• Stereotypes and discrimination at work</li> </ul> <p style="text-align: center; color: red;">Information letter sent home to parents.</p>	<p>Y7 Unit G - L10, L12</p> <p>Y7 Unit H - L1, L7</p> <p>Y7 Unit I - L2, L9, L10, L12</p>
<p><b>Spring 1</b> Christmas – Feb half term</p>	<p><b>Relationships 1</b> Friendships and bullying</p> <p><b>Citizenship 1</b> Introduction to citizenship</p>	<ul style="list-style-type: none"> <li>• What makes a good friend</li> <li>• How to be a better friend</li> <li>• How to manage online and real life relationships</li> <li>• What is a 'frenemy'</li> <li>• What is bullying</li> <li>• What is cyberbullying</li> <li>• What are the signs of a healthy or unhealthy relationship</li> <li>• What is discrimination</li> <li>• What is homophobic language and bullying</li> <li>• What are my relationship values</li> </ul> <ul style="list-style-type: none"> <li>• Understanding identity</li> <li>• What are rights and responsibilities when living in a diverse community</li> <li>• What is equality and fairness</li> <li>• What is prejudice and discrimination</li> <li>• How do stereotypes affect us</li> </ul>	<p>Y7 Unit N - R1, R4, R5, R6, R8, R11, R13, R28, R29</p> <p>Y7 Unit O - R1, R3, R4, R5, R6, R8, R11, R13, R28, R29</p> <p>Y7 Unit P - R6, R7</p> <p>Y7 Unit J - H19, R27, R28, L6, L7</p> <p>Y7 Unit K - R27, R28, L3, L4, L6, L7</p> <p>Y7 Unit L - R27, R28, L3, L4, L6, L7</p> <p>Y7 Unit M - H20, R27, R28, R30, R35, R36, L4, L17</p>



<p><b>Spring 2</b> Feb half term - Easter</p>	<p><b>Health and Wellbeing 2</b> Drugs Education 1</p>	<ul style="list-style-type: none"><li>• What do I need to know about caffeine, energy drinks, tobacco and alcohol?</li><li>• What does the law say about alcohol and tobacco use?</li><li>• Recognising and managing the risks associated with using both legal and illegal substances</li><li>• Smoking vs vaping (e-cigarettes)</li></ul>	<p>Y7 Unit Q - H24, H20, H25, H28, H29, H30, H31, R32</p> <p>Y7 Unit R - H25, H26, H28</p> <p>Y7 Unit S - H18, H27, H28, H30, H31, R30, R31</p>
<p><b>Summer 1</b> Easter – May half term</p>	<p><b>Relationships 2</b> Managing puberty and periods. Good stewardship of our bodies. The importance of friendship before romance. Becoming a critical reader of online messages about relationships.</p>	<ul style="list-style-type: none"><li>• What to expect from puberty</li><li>• What do I need to know about periods</li><li>• Choices for dealing with periods and menstrual wellbeing</li><li>• Good personal hygiene</li><li>• Your body and your rights</li><li>• Introduction to consent</li><li>• Expectations of different kinds of relationships</li><li>• Your values and relationships</li><li>• Romance and friendship</li><li>• Relationship messages in the media</li><li>• Self-esteem and your online self</li><li>• Roles and responsibilities in families</li></ul>	<p>Y7 Unit T - H4, H5, H7, H9</p> <p>Y7 Unit U - H8, H31, L5, L6</p> <p>Y7 Unit W - R1, R4, R6</p> <p>Y7 Unit X - H12, R1, R5, R6, R7, R8, R13, R14, R15, R22, R23, R25</p> <p>Y7 Unit Y - R1, R6, R8, R9, R10, R11, R17, R22, R25</p>
<p><b>Summer 2</b> May half term - Summer holiday</p>	<p><b>Living in the Wider World 1</b> Personal safety and road safety. Open water danger (visitors to school)</p> <p>Managing a budget. Identifying needs and wants.</p>	<ul style="list-style-type: none"><li>• Planning for a safe journey to/from school</li><li>• Avoiding distractions and road sense for pedestrians and cyclists</li><li>• The impact of stopping distances</li><li>• Understanding the dangers of open water and staying safe</li></ul> <ul style="list-style-type: none"><li>• What things do I need, and what things do I merely want?</li><li>• How to budget well; recognising positive and negative influences on spending and saving</li></ul>	<p>Y8 Unit A - H20, H22</p> <p>Y8 Unit B - H20, H21, H23, R30, R31</p>



Saint Michael's CE High School

*A Church of England Academy*

**RSE/Health and Wellbeing** are statutory elements of the course.  
For more information please refer to the RSE and Drugs Education policies.

**Other elements within the Year 7 Living Education programme**

Careers Education

Citizenship and British Values

Open Water Danger

Financial capability

Elements of **Citizenship education** are taught cross-curricular.