



Living Education (PSHE) Year 7 Medium Term Scheme of Work from 2023

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
Autumn 1 Sept – Oct half term	Team St Michael's Transition unit Patrons work School Council election	<ul style="list-style-type: none"> • What to expect from life at St Michael's • Who and where to go for help at school • What is wellbeing? • Coping strategies for dealing with change • Ground rules for respectful discussions • Who are the people in my tutorial team • What it means to be a member of Team St Michael's • What makes St Michael's school so special • Similarities and differences between primary school and high school • What are the school rules that I need to know? • How to be prepared for effective learning • What is Citizenship and what are the Fundamental British Values? • Who is my tutorial patron and what makes them a good role model • What is the School Council and how can it help me to get my voice heard 	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
Autumn 2 Oct half term - Christmas	Health and Wellbeing 1	<ul style="list-style-type: none"> • What is a healthy lifestyle • How to have a balanced and healthy diet • Why we should reduce sugar intake • What is in energy drinks and why they are banned in school • How much sleep do I need; strategies for getting more sleep • What can I do to maintain good dental health • What is meant by a 'career' 	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>Careers 1 (Pupils have one introductory lesson as part of their induction week)</p>	<ul style="list-style-type: none"> • Key skills for work • What are my strengths and attributes • Goal setting • Work and my values • Career sectors and ideas • Case studies • Stereotypes and discrimination at work <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>Spring 1 Christmas – Feb half term</p>	<p>Relationships 1 Friendships and bullying</p> <p>Citizenship 1 Introduction to citizenship</p>	<ul style="list-style-type: none"> • What makes a good friend • How to be a better friend • How to manage online and real life relationships • What is a 'frenemy' • What is bullying • What is cyberbullying • What are the signs of a healthy or unhealthy relationship • What is discrimination • What is homophobic language and bullying • What are my relationship values <ul style="list-style-type: none"> • Understanding identity • What are rights and responsibilities when living in a diverse community • What is equality and fairness • What is prejudice and discrimination • How do stereotypes affect us 	<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>Spring 2 Feb half term - Easter</p>	<p>Relationships 2 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"> • What to expect from puberty • What do I need to know about periods • Choices for dealing with periods and menstrual wellbeing • Good personal hygiene • Your body and your rights • Introduction to consent • Expectations of different kinds of relationships • Your values and relationships • Romance and friendship • Relationship messages in the media • Self-esteem and your online self • Roles and responsibilities in families 	<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>Summer 1 Easter – May half term</p>	<p>Health and Wellbeing 2 Drugs Education 1</p>	<ul style="list-style-type: none"> • What do I need to know about caffeine, energy drinks, tobacco and alcohol? • What does the law say about alcohol and tobacco use? • Recognising and managing the risks associated with using both legal and illegal substances • Smoking vs vaping (e-cigarettes) 	<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>Summer 2 May half term - Summer holiday</p>	<p>Living in the Wider World 1 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"> • Planning for a safe journey to/from school • Avoiding distractions and road sense for pedestrians and cyclists • The impact of stopping distances • Understanding the dangers of open water and staying safe • What things do I need, and what things do I merely want? • How to budget well; recognising positive and negative influences on spending and saving 	<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.