

Year 7 PSHE Programme

2023-2024

Curriculum lessons

Year 7
Health and wellbeing - Mental health
Living in the wider world – Careers
Health and wellbeing – Puberty and risk
Relationships

BIG PICTURE

As Year 7 make the transition from primary to secondary school they experience a great deal of change in their lives; from social changes to greater independence and freedom.

The focus of the Year 7 PSHE plan is to ensure that students are equipped with practical skills to help them navigate these changes as well as emotional resilience. It is therefore essential that they understand the physical, health and wellbeing challenges of growing up and the impact these will have on their relationship with others through the RSE curriculum.

CURRICULUM LINKS																	
SMSC:	SPIRITUAL					MORAL			SOCIAL			CULTURAL					
	1	2	3	4	5	1	2	3	1	2	3	1	2	3	4	5	6
BRITISH VALUES:	DEMOCRACY					RULE OF LAW			INDIVIDUAL LIBERTY			RESPECT AND TOLERANCE					
OTHER SUBJECTS:	PE, Science, RE, Computing																

YEAR 7: Health and well being - Mental Health

Lesson Number	Lesson Title	Outline Content	PSHE Association Links					
Block 1	*Extra	CPR	• To understand and practice how to give CPR.					
	1	What is resilience?	• Explore the concept of resilience and how this can be developed throughout school					
	2	Self esteem and emotions	• Explore the impacts of resilience and self-esteem on different scenarios.					
	3	Positive language and growth mind-set	• To explore language and the meaning of words/phrases.					

*An additional CPR session scheduled in – dates to be sent out by EBR

YEAR 7: Living in the wider world – Careers

Lesson Number		Lesson Title	Outline Content	PSHE Association Links		
Block 2	1	Enterprise and creativity skills	<ul style="list-style-type: none"> To understand the skills and qualities associated with enterprise and employability. To explore unifrog 			
	2	How can social media impact opportunities?	<ul style="list-style-type: none"> Online reputation and digital footprint 			
	3	Workplace behaviours	<ul style="list-style-type: none"> Learning to understand behaviours for a workplace 			
	*Extra	Career Pilot Session	<ul style="list-style-type: none"> To explore different pathways for your future careers 			

*An additional Careers session scheduled in to be delivered from a outside agency – dates to be sent out by EBR

YEAR 7: Health and Wellbeing

Lesson Number		Lesson Title	Outline Content	PSHE Association Links		
Block 3/4	1	Puberty and Hygiene	<ul style="list-style-type: none"> • What emotional/mental and physical changes take place as part of growing up? • Menstrual Welling – Period awareness • Strategies for taking responsibility for personal hygiene. • Managing oral health. • Responsibility for preventing spread of infection. 	H34		
	2	What is risk? ASSESS	<ul style="list-style-type: none"> • What is risk? • Why do we take risks? • What risks am I exposed to? • ASSESSMENT – Create a poster/guide that reflects students understanding of risks and why teenagers take more risks. 	R17		
	3	Risk behaviours and staying safe	<ul style="list-style-type: none"> • Intro to the risk: Understanding drugs 	H5		

YEAR 7: Relationships and Sex Education - RSE

Lesson Number	Lesson Title	Outline Content	PSHE Association Links			
Block 4/5 - SUMMER TERM	1	What is discrimination and what does the law say?	<ul style="list-style-type: none"> Understand what equality means and why it is important Understand the Equality Act 2010 and how it can be applied in different cases 	R1	R13	
	2	Timeline of LGBTQ+ rights in England & Wales Use of Language LGBTQ+	<ul style="list-style-type: none"> To explore LGBTQ+ rights in the UK and beyond Students will describe the importance of respecting the many different aspects of our identities. Students will examine the concept of intersectionality and evaluate its utility in discussing equality issues. 	R2	R14	R13
	3	Disability Discrimination and Hidden Disabilities	<ul style="list-style-type: none"> To explore what a disability is How disability can impact peoples' lives How to overcome adversity 	R2		
	4	Exploring the concept of self-esteem.	<ul style="list-style-type: none"> Students can reflect on how life online can idealised and may not reflect reality Students can empathise with others and offer advice to those who may be struggling online Students can devise strategies to boost their self-esteem and consider 'how to be happy' 	R19		
	5	To explore the social and psychological impacts of peer pressure	<ul style="list-style-type: none"> Students can consider how a good friend should behave and assess if they are a good friend online Students can give advice to others about how to resist peer pressure online and offline 	R3	R4	
	6	To explore the effects of cyber bullying ASSESS – SCEARIO	<ul style="list-style-type: none"> Students can define cyber bullying and recognise examples of it Students can identify which actions cross the line between 'banter' and cyber bullying Students can find help and know who to speak to if they're worried about something online Students can give advice about how to prevent or stop cyber bullying 	R19		
	7	The importance of positive wellbeing	<ul style="list-style-type: none"> Understand how diet and exercise can help physical and mental health Recognise ways of improving their own personal lifestyle Know where to get advice and support related to food 	R2	R17	