

PSHE Curriculum Overview

Year 7

| Knowledge Overview | Topic 1 (7 weeks) | Topic 2 (7 weeks) | Topic 3 (6 weeks) | Topic 4 (6 weeks) | Topic 5 (7 weeks) | Topic 6 (6 weeks) |
|--------------------|--|--|---|--|--|--|
| CORE THEME | HEALTH AND WELLBEING | LIVING IN THE WIDER WORLD | RELATIONSHIPS | HEALTH AND WELLBEING | RELATIONSHIPS | LIVING IN THE WIDER WORLD |
| Topic | Personal Wellbeing | Careers | Diversity | Emotional Wellbeing | Healthy Relationships | Financial decision making |
| <i>Overview</i> | <i>Transition to secondary school, maintaining friendships, managing emotions and personal safety in and outside school.</i> | <i>Careers, teamwork and enterprise skills and raising aspirations</i> | <i>Diversity, our identities, prejudice and bullying.</i> | <i>Healthy routines, influences on health, drugs awareness, managing our anger and FGM</i> | <i>Self-worth, recognising healthy and unhealthy relationships, relationship boundaries and consent.</i> | <i>Saving, borrowing, budgeting and making financial choices</i> |
| Skills Overview | Topic 1 (7 weeks) | Topic 2 (7 weeks) | Topic 3 (6 weeks) | Topic 4 (6 weeks) | Topic 5 (7 weeks) | Topic 6 (6 weeks) |
| Focus* | T, Di, CS | T, Di, Db, | T, Di, Q, CS | Di, Q, DM, CS | Di, Db, Q | DM, T, Q |

Skills Key

(T) *Teamwork*: Students develop the skills necessary to work effectively and efficiently as part of a group.

(Di) *Discussion*: Students know how to talking about something in order to reach a decision or to exchange ideas in a civil manner.

(Db) *Debate*: Students understand how to engage in an effective formal discussion on a particular matter.

(Q) *Questioning*: Students know how to question so as to elicit information in a manner which does not cause offence.

(DM) *Decision making*: Students understand how to reach a conclusion or resolution after consideration of issues or facts.

(CS) *Coping strategies*: Students develop the skills required to deal effectively with difficulties including stress and anxiety.

* All key skills are built in and explored to varying degrees in all topics delivered. The ones identified in the overview are those which are the biggest focus in that particular topic