

# Curriculum Overview

Subject: PSHE

Year Group: 7



It is the aim of the PSHE/RSE department to help students develop the necessary knowledge and skills needed for their journey to and throughout adulthood. We encourage questioning, debate, listening to each other and empathy within the lessons. Self-reflection is encouraged and sharing feelings confidently. Students will be able to make healthy choices, keep themselves safe online, understand the need to respect and embrace diversity as well as form positive relationships both in school and in the wider community.

TERM 1	TERM 2	TERM 3
<p><b>KNOWLEDGE/SKILLS</b>  <b>Discussion</b> – knowing how to listen and respect the points of views of others.  <b>Key terms</b> – Physical, intellectual, emotional, social, safety, empathy, trust, communication.                      Healthy lifestyles (P.I.E.S) – to recognise and incorporate different factors that create a healthy lifestyle.                      Mental health – to know how to manage and maintain good mental health.                      Online safety – to know how to keep safe online and where to report abuse if needed.</p>	<p><b>KNOWLEDGE/SKILLS</b>  <b>Discussion</b> – building good communication skills through structured discussion.  <b>Key terms</b> – Addiction, social, culture, identity, respect, liberty, democracy.                      Smoking – to know the risks of smoking and long term health issues.                      British Values – to recognise the values that underpin society both on a micro and macro scale.                      Respect – to know the importance of respecting others and earning respect.</p>	<p><b>KNOWLEDGE/SKILLS</b>  <b>Discussion</b> – continued development of discussion and debate skills through examples and participation.  <b>Key terms</b> – trust, relationships, friendships, puberty, self-esteem, aspirations.                      RSE (relationships, sex education) – to understand features of both positive and negative friendships/relationships. To identify the challenges faced with growing up physically, mentally and socially.                      Raising aspirations – to know how to raise their aspirations for the future and reach their full potential through analysing and evaluating both long and short term goals.                      Comfort zones/self esteem – to know how to believe in themselves and in others.</p>
<p><b>KEY ASSESSMENTS</b>                      N/A                      No official assessments but knowledge and understanding checked through Q and A and work books.</p>	<p><b>KEY ASSESSMENTS</b>                      N/A                      No official assessments but knowledge and understanding checked through Q and A and work books.</p>	<p><b>KEY ASSESSMENTS</b>                      N/A                      No official assessments but knowledge and understanding checked through Q and A and work books.</p>

Extended reading suggestions and external resources:

Survivors-David Long (a story focusing on resilience)  
 The Dot-Peter Reynolds (a story that helps with self-esteem issues)  
 How to grow up and feel amazing-Dr Ranj Singh and David O Connell  
 CEOP  
 NSPCC  
 Young Minds Charity  
 Cultural capital is addressed with CEOP educational videos, additional reading material and film club.