

## YEAR 7 PSHE Curriculum 2021 - 2022

<b>Content</b>	<b>Learning Intentions / Outcomes</b>	<b>Key Questions</b>
Introduction to PSHE	To get to know each other a little better To appreciate what PSHE is and will be	What is PSHE and why do we need it?
Confidentiality	To create a class contract. To examine what it means to be SMARTER.	What is confidentiality and why do we need a safe room?
Anxieties about School	To explore individual anxieties about school. To describe ways to overcome anxieties.	What emotions did I have about starting school?
Anxieties about School	To examine methods of dealing with feelings and anxieties.	How can we deal with change?
Anxieties and Emotions	To appreciate how anxiety can affect us. To understand who the right person is to talk to.	How do extreme emotions affect our ability to perform?
Challenges of transitioning from primary to secondary school	To understand the skills developed throughout the Pioneer Award Be familiar with the award challenges Identify challenges of transitioning from primary to secondary school	What is and why do I need the Pioneer Award?
Challenges of transitioning from primary to secondary school	To know more about one another Understand how to work together Identify what makes an effective team	What are the characteristics of a successful team?
Understanding your place in your new environment	To become more self-aware Identify what they would like to achieve throughout the year Become aware of their personal experiences of transitioning for primary to secondary schools Understand their own positive attributes and qualities	What am I good at and how do I celebrate my success?
Developing confidence in your new environment	To support one another to gain confidence within their school Identify their own positive traits and how these can support their peers throughout the year	How can my positivity affect others?
Being able to deal with change	To become more self-aware Identify what they would like to achieve throughout the year	What do I want from my time in Year 7?

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	Become aware of their personal experiences of transitioning for primary to secondary schools Understand their own positive attributes and qualities	
Being respectful towards new people	To understand the importance of respect and uniqueness within their class Identify similarities and difference throughout the class Identify ways to display respect throughout the year	What makes us similar yet different?
Helping a friend become more confident	To be aware of the impact of complementing one another Identify how they can support one another in their new environment	Do I understand the difference I can make by being kind?
Creating a welcome message	To identify how their confidence could have been improved at the start of the academic year Work with peers to create 'Welcome to your new school' message for the next group of Year 7 students	What would I have liked to hear when I was in Year 6?
Presenting the welcome message	To understand the importance of verbal and non-verbal communication Present their welcome message (created in Session 8) to the rest of the class	What is the important aspect of transition from primary to secondary school?
Think about how you have developed your personal skills	To reflect on their journey to date in their new school Identify their skill development throughout the Pioneer Award	How have I changed since starting secondary school?
Puberty	To appreciate the changes the body will go through To understand how to cope with the changes of puberty	What is puberty and how does it affect me and others?
Who are you?	To explore how personal identity is affected by a range of factors.	Who are you and what influences you who you are?
What makes me unique?	To examine how personal identity and individuals in society are different. To appreciate what personality is and how we are different.	What are my own unique talents?
Beliefs	To explore how cultural and religious identity can impact on our own beliefs, identity, roles and responsibilities	What is my personal role and responsibility?
Dealing with change	To examine changes in our lives and how we cope with them. To explore the idea of resilience	Why does being resilient help?

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Support each other	To examine how we can support friends and what our role is in helping each other.	How and where can we seek help?
Personal Identity	To recognise your own personal values. To understand what British values are.	What makes me, me?
Personal Identity	To understand what British values are. To recognise how our own personal values link to the British Values.	What small changes can we make to make our community the best it can be?
Children's Rights	To explore the rights of a child. To appreciate where we can find help.	Why do we need to have rights?
Child Labour	To appreciate that rights are not consistent around the world. To understand why children may need to work.	How are my rights different to people my own age around the world?
Assertiveness	In this session we will learn to recognise how being assertive can help in expressing feelings, to speak assertively and how being assertive can help manage conflict.	How do I say no and not feel concerned or sorry to do so?
<b>TERM 3</b>		
Budgeting	Examine our attitudes towards money to help understand how we can get into difficult situations with money. Examine where money comes from to appreciate the need to manage money well. Learn about appropriate ways to pay for things we want or need. Explore the language around credit and debt.	What does money management look like?
Resilience	To understand what resilience is and to appreciate why resilience is important. To experiment in resilience?	Am I resilient?
RSHE – Who am I?	Explore that we are a completely unique person in body and soul, we are created and loved by God.	What makes us unique?
RSHE – Changing Bodies	Appreciate that puberty involves physical, emotional and sexual development. That it is natural.	How do I look after and accept my changing body?
RSHE – Healthy inside and out	To explore self-esteem: what contributes to it, how it can affect their lives and how to increase it.	What contributes to my self-esteem?

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RSHE – Where we come from	To understand how sexual intercourse leads to procreation. To understand the menstrual cycle	How are babies made?
RSHE – My life on screen	To appreciate that we all have online 'lives'. Understand that we need to take steps to safeguard our online life.	
RSHE – Living responsibly	Appreciate the effects of our actions on others and understand the concept of social responsibility.	How can I be responsible and play a positive part in the community.