



PSHE

Intent - The year 7 curriculum builds upon the key themes covered in Key Stage 2. In year 7 students will study 5 key topics (outlined below) focusing on health, citizenship and relationship/sex education. They will focus on developing their understanding and developing their own opinions on key issues. Each topic covered will provide opportunities for pupils to develop their skills of inference, recognising fact from fiction, forming opinions and working with others.

Year 7	Unit 1 – Healthy Relationships (Sep – Oct)	Unit 2 – Citizenship (Oct – Nov)	Unit 3 – Smoking (Nov – Dec)	Unit 4 – Emergency First Aid (Jan – March)	Unit 5 – Sex Education (April – June)
<p>Knowledge (facts, information, concepts and key terminology)</p> <p>Understanding (ability to connect and synthesise knowledge within a context)</p>	<ul style="list-style-type: none"> Different types of relationships. What marriage is and the characteristics and legal status of other types of long-term relationships. The roles and responsibilities of parents. Also includes unsafe practices within the family e.g FGM How to determine whether relationships with adults and peers are safe or unsafe. How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage. Different types of bullying and where to get help. Safe online behaviours. friends online. 	<ul style="list-style-type: none"> Understand what it means to be a citizen and how to be an active citizen Distinguish between rights and responsibilities Understand actions that individuals, groups and organisations can take to influence decisions affecting communities and the environment Explain what is a democracy Understand how the government and parliament is structured Describe the role of an MP 	<ul style="list-style-type: none"> Develop our awareness of the prevalence of smoking and to be aware of how many people smoke in the UK and in families. Understand the dangers of smoking/passive smoking and the reasons why people smoke. Understand the UK smoking law. 	<ul style="list-style-type: none"> Develop an understanding of emergency procedures: DRABC, emergency phone calls, recovery position, choking procedures, asthma, bleeding, poisons, burns and scalds, heart attacks and CPR. 	<ul style="list-style-type: none"> Discuss and review the life changes we have already experienced and hope to experience in the future. Develop knowledge and understanding about the physical and psychological changes teenagers go through Develop knowledge and understanding about puberty. Understand what it means to be healthy: what contributes to a healthy diet. Understand what eating disorders are and the dangers of extreme diets
<p>Skills (successful application of knowledge and understanding to a specific task)</p>	<ul style="list-style-type: none"> Engage with and reflect on different ideas, opinions and beliefs to help develop personal opinion. Can express and explain opinions through discussion and written work. Develop empathy with others and an understanding of how to safely and respectfully interact. 	<p>-Is reflective about the knowledge and skills needed for setting realistic targets and personal goals.</p> <p>-Engage with and reflect on different ideas, opinions and beliefs to help develop personal opinion.</p> <p>-Can express and explain opinions through discussion and written assessments.</p>	<p>-Engage with and reflect on different ideas, opinions and beliefs to help develop personal opinion.</p> <p>-Reflect on the knowledge and skills needed for setting realistic targets and personal goals.</p> <p>-Work individually and with others to negotiate, plan and take action.</p>	<p>-Has a basic knowledge of First aid and can recognise and reduce risk, minimising harm and getting help in emergency and risky situations</p> <p>-Work individually and with others to negotiate, plan and take action.</p> <p>-Analyse and reflect upon action taken and progress made.</p>	<p>-Develop skills of enquiry and advocacy via research and group work</p> <p>-Engage with and reflect on different ideas, opinions and beliefs to help develop personal opinion.</p> <p>-Can express and explain opinions through discussion and written assessments.</p> <p>-Develop empathy with the situations others may find themselves in</p>