

Year 7 PSHE Overview 2021-22

			PSHE Lesson Focus	Notes	Assembly focus
Autumn 1	06.09.21	Week 1	Transition to Secondary School/Welcome to PSHE education <i>Module 3 – Healthy Minds</i>		
	13.09.21	Week 2	Mental Health To identify what is meant by emotional health Developing resilience <i>Module 1 -Healthy Minds</i>	KO and Knowledge quiz - CME	
	20.09.21	Week 3	Mental Health Promoting emotional well-being/ Healthy coping strategies		
	27.09.21	Week 4	Mental Health To demonstrate understanding of Neuroplasticity and thinking patterns		
	04.10.21	Week 5	Alcohol and Drugs To understand the different units of alcohol To develop understanding of the short and long term effects of alcohol on the To develop understanding of effects and impact of drug use – physically and socially		
	11.10.21	Week 6	Alcohol and Drugs To recognise the legal aspects of drug possessions and offences To develop understanding of strategies to influences regarding drug use	Generic KO send to NPN and quiz to match KO  JHS ?	
	18.10.21	Week 7	Smoking To identify what a cigarette contains To develop understanding of why people smoke To identify diseases/ illnesses associated with smoking To develop knowledge on Vapes, both myths and facts.		
HALF TERM					

Autumn 2	01.11.21	Week 8	Friendships To understand the different types of friendships that exist <i>Module 2- Healthy minds</i>	Add managing conflict lesson	
	08.11.21	Week 9	Friendships To understand what an unhealthy relationship might look like To explore what being a true friend <i>Module 4 – Healthy minds</i>		
	15.11.21	Week 10	Romance and Relationships To identify what can be expected as someone becomes romantically attracted or involved with someone else and the problems which may arise. To demonstrate understanding of difficult romantic situations as well as what is and isn't appropriate. Romance and Relation ships		
	22.11.21	Week 11	To demonstrate understanding of the meanings of new terms and use them in the correct context, analysing whether romantic love even exists at all. Consent		
	29.11.21	Week 12	To understand the term 'consent' To understand the legal aspects of consent	Fearless or Integrate relationships and consent	
	06.12.21	Week 13	To develop self-esteem, through aspects of consent To understand how to withhold/withdraw consent Healthy and Unhealthy relationships		
	13.12.21	Week 14	To understand what a healthy relationship 'looks like' To identify the expectations of having a boy/girlfriend		
<b>CHRISTMAS HOLIDAYS</b>					

Spring 1	03.01.22	Week 15	<p><b>Bullying</b> To identify what it means to bully, why people do this and how we can help prevent and stop bullying.</p> <p>To recognise different ways we can support bullied friends and different ways we can help stop bullying.</p>		
	10.01.22	Week 16	<p><b>Bullying</b> To understand different reasons why people bully and why it is important we learn about bullying.</p>		
	17.01.22	Week 17	<p><b>Peer Pressure</b> To identify strategies to resist peer pressure and reasons this can be so difficult. To recognise and understand the term 'herd mentality'. To explain the difference of herd mentality, herd behaviour and peer pressure, analysing which strategies will work best in which case.</p>		
	24.01.22	Week 18	<p><b>Cyber Bullying</b> To recognise what cyber bullying is To demonstrate understanding of how to deal with cyber bullying and how to report it</p>		
	31.01.22	Week 19	<p><b>Identity and Respect</b> To recognise the terms identity and respect To demonstrate understanding of how we show respect</p>		
	07.02.22	Week 20	<p><b>LGBTQ+</b> To understand the term LGBTQ+ and what it means To develop understanding of gender and trans identity</p>		

	14.02.22	Week 21	LGBTQ+		
<b>HALF TERM</b>					
Spring 2	28.02.22	Week 22	Self Esteem To identify what is meant by self esteem To develop understanding of how to maintain self-confidence and self esteem To recognise what can effect self esteem		
	07.03.22	Week 23	Puberty To develop awareness of the importance of self-care and personal hygiene To understand the physical changes to the body of males and females <i>All about me Module 1 – Healthy minds</i>		
	14.03.22	Week 24	Puberty To be able to recognise emotional changes that may occur during puberty To recognise the brain and emotional changes.	Event – Geraldine?	
	21.03.22	Week 25	Personal Hygiene To demonstrate understanding of the ways in which diet, exercise, hygiene and sleep contribute to being healthy  To demonstrate understanding of how important personal hygiene is and how to achieve it		
	28.03.22	Week 26	Dental Health To recognise the importance of maintain good dental health		
	04.04.22	Week 27	FGM To understand what FGM is and why it is performed To develop understanding of why it is prevalent in certain cultures/countries. To learn about the effects of FGM To learn how to recognise signs that FGM may be happening /going to take place		
<b>EASTER</b>					
Sum mer	25.04.22	Week 28	What are skills and why do they matter? To explore how skills are applied in various aspects of life.	Girton College	

	02.05.22	Week 29	To develop understanding of listening skills		
	09.05.22	Week 30	Identify the hard and soft skills demonstrated in Stephen Seki's story	Event – Mini careers fayre <b>Apprenticeships</b>	
	16.05.22	Week 31	To identify 'your dream job' To identify 'What is success?'		
	23.05.22	Week 32	To recognise the term employability To recognise your local labour market		
	<b>HALF TERM</b>				
Summer 2	06.06.22	Week 33	THIS HALF TERM STUDENTS WILL BE COMPLETING A FINANCE UNIT OF WORK FROM LIBF. THIS IS AN 8 WEEK ONLINE COURSE AND EACH WEEK IS A DIFFERENT TOPIC BASED ON THE THEME OF MANAGING MONEY HALF THE YEAR GROUP AT A TIME WILL COMPLETE THIS UNIT OF WORK (DUE TO NUMBER OF ICT ROOMS NEEDED) THE ROTATION OF WORK WILL HAPPEN WITH SUMMER 1 WORK		
	13.06.22	Week 34			
	20.06.22	Week 35			
	27.06.22	Week 36			
	04.07.22	Week 37			
	11.07.22	Week 38			
	18.07.22	Week 39			

Category Code	Sex and Relationships Education	Careers Education and Guidance	Living in the wider world/ British Values/ safeguarding	Health & Wellbeing	Economic wellbeing	Mental health & wellbeing	Citizenship
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