

PSHE – Year 7 Curriculum

Content (Intent)	Links to prior learning	Skills and Assessment (Implementation)	Expected Learning Outcomes (Impact)
Term 1 Building relationships Self-worth, romance and friendships (including online) and relationship boundaries Diversity Diversity, prejudice, and bullying	Build of their knowledge from Y6 of: <ul style="list-style-type: none"> • Attraction to others; romantic relationships; civil partnerships and marriage • Recognising and managing pressure; consent in different situations • Expressing opinions and respecting other points of view, including discussing topical issues 	Developing empathy, compassion and communication: <ul style="list-style-type: none"> • Making and maintaining friendships • Identifying and challenging bullying • 	Building relationships <ul style="list-style-type: none"> • how to develop self-worth and self-efficacy • about qualities and behaviours relating to different types of positive relationships • how to recognise unhealthy relationships Diversity <ul style="list-style-type: none"> • about identity, rights and responsibilities • about living in a diverse society • the signs and effects of all types of bullying, including online • how to respond to bullying of any kind, including online • how to support others
Term 2 Transition and safety Transition to secondary school and personal safety in and outside school Health and puberty Healthy routines, influences on health, puberty, unwanted contact	Build of their knowledge from Y6 of: <ul style="list-style-type: none"> • What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online • Human reproduction and birth; increasing independence; managing transition • Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media 	Developing agency, strategies to manage influence and decision making: <ul style="list-style-type: none"> • Regulating emotions • Diet and exercise • Hygiene and dental health • Sleep • Drugs, alcohol and tobacco • Safety and first aid Developing self-confidence and self-worth: <ul style="list-style-type: none"> • Puberty and managing change • Body satisfaction and self-concept 	Transition and safety <ul style="list-style-type: none"> • how to identify, express and manage their emotions in a constructive way • how to establish and manage friendships • how to identify personal strengths and areas for development Health and puberty <ul style="list-style-type: none"> • how to make healthy lifestyle choices including diet, dental health, physical activity and sleep • how to manage influences relating to caffeine, smoking and Alcohol

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		Developing assertive communication, risk management and support-seeking skills: <ul style="list-style-type: none"> • Rights in the community • Relationship boundaries • Unwanted contact • FGM and forced marriage • Communicating online 	<ul style="list-style-type: none"> • how to manage physical and emotional changes during puberty • about personal hygiene • how to recognise and respond to inappropriate and unwanted contact
Terms 3 & 6 Developing skills and aspirations Careers, teamwork and enterprise skills, and raising aspirations	Build of their knowledge from Y6 of: <ul style="list-style-type: none"> • Valuing diversity; challenging discrimination and stereotypes • Evaluating media sources; sharing things online • Influences and attitudes to money; money and financial risks 	Developing goal setting, organisation skills and self-awareness: <ul style="list-style-type: none"> • Personal identity and values • Learning skills and teamwork • Respect in school 	Developing skills and Aspirations <ul style="list-style-type: none"> • about a broad range of careers and the abilities and qualities required for different careers • how to challenge stereotypes, broaden their horizons and how to identify future career aspirations • about the link between values and career choices

Resources and/or activities to support learning

Websites:

www.nhs.uk/live-well

www.beateatingdisorders.org.uk

www.childline.org.uk

www.youngminds.org.uk

changingfaces.org.uk

Videos: