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| **YEAR 7** | Autumn 1Physical & Emotional Health & Wellbeing | Autumn 2Physical & EmotionalHealth & Wellbeing | Spring 1Living in the wider world | Spring 2Living in the wider world | Summer 1Relationships | Summer 2Relationships |
| PSHE Topics | * 1. New Beginnings
* 2. Learning 2 Learn + Friendships/self-esteem
* 3. Online safety & mental health
* 4. Healthy Routines
 | * 1. Learning 2 Learn + Healthy Eating Presentation
* 2. Healthy Eating Research + Anti-Bullying Week
* 3. Christmas PSHE
 | * 1. Learning 2 Learn & Introduction to philosophy
* 2. Introduction to Economics
* 3. Introduction to careers
 | * 1. Learning 2 Learn & Introduction to UK Government and Politics
* 2. Introduction to Unifrog
* 3. Easter PSHE
 | * 1. Learning 2 Learn & Active Listening
* 2. Student-led anti-bullying activities
 | * 1. Learning 2 Learn & Community Life
* 2. How to recognise consent
* 3. Conflict management and resolution
 |
| Students will learn | * The impact of stereotyping, prejudice and discrimination on individuals and

relationships* The need to promote inclusion and challenge discrimination, and how to do

so safely, including online* The importance of, and strategies for, maintaining a balance between school, leisure, exercise, and online activities
 | * The importance and benefits of being a lifelong learner
* About different work roles and careers, including clarifying their own early aspirations
* An introduction to the principles of philosophy, UK politics and economics
* To assess and manage risk in relation to financial decisions that young people might make
 | * About different types of relationships, including those within families,

friendships, and the factors that can affect them* The importance of trust in relationships and the behaviours that can undermine or build trust
* To develop conflict management skills and strategies to reconcile after conflict
* Indicators of positive, healthy relationships and unhealthy relationships
* That relationships are a social and emotional commitment that should be entered into freely, and never forced upon someone through threat or coercion
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| Link to UN Declaration on the Rights of the Child | * 2. No discrimination
* 8. Identity
* 24. Health, water, food, environment
* 30. Minority culture, language and religion
 | 6. Life, survival and development27. Food, clothing, a safe home | * 4. Making rights real
* 6. Life, survival and development
 | 26. Social and economic help | * 12. Respect for children’s views
* 13. Sharing thoughts freely
* 15. Setting up or joining groups
 | 9. Keeping families together |