

Year 7 – PSHE Overview

Half Term	Topic	In this unit of work, you will learn...	Skills
<u>Autumn 1</u> (September-October) <u>Unit: Health & Wellbeing</u>	<u>Transition & Safety</u> 	<ul style="list-style-type: none"> - how to identify, express and manage your emotions in a constructive way - what is good mental health & how can you take action to promote this - zones of regulation; how do you feel and why? - how to manage the challenges of moving to a new school - how to make friends and maintain positive relationships - personal safety strategies and travel safety (journey to & from school) - how to respond in an emergency situation - how to make responsible choices in relation to drugs, alcohol and smoking 	<ul style="list-style-type: none"> - Communication - Discussion - Groupwork - Critical thinking - Collaboration - Self-awareness - Personal safety
<u>Autumn 2</u> (October-December) <u>Unit: Living in the Wider World</u>	<u>Dreams & Goals</u> 	<ul style="list-style-type: none"> - knowing your strengths, developing confidence and recognising your personal goals - understanding the difference between a dream and a goal - how past ex All Saints students have achieved their goals - how to build your self-esteem - who are you? What is your place within your family, school, our community and the wider world? - how to challenge prejudice, stereotypes and discrimination 	<ul style="list-style-type: none"> - Self-awareness - Self belief - Reflection - Developing aspirations - Self-esteem
<u>Spring 1</u> (January-February) <u>Unit: Relationships</u>	<u>Bullying & Negative behaviour</u> 	<ul style="list-style-type: none"> - how to develop self-worth and self-belief - qualities and behaviours linked to different types of positive relationships - how to recognise unhealthy relationships & bullying in all its forms - what to do, where to access support if you are a victim of bullying - what are your rights and how do they link with your responsibilities - how to recognise how your behaviour affects others 	<ul style="list-style-type: none"> - Self-worth - Self-belief - Communication - Assertiveness - Self-awareness
<u>Spring 2</u> (February-April) <u>Unit: Health & Wellbeing</u>	<u>My body, My choice</u> 	<ul style="list-style-type: none"> - how to make healthy lifestyle choices - understanding that diet, dental and physical health are all linked - how to look after your body and your mind - how to incorporate physical activity and good sleep into your daily routine - the importance of the outdoors and its link to wellbeing - how to manage influences relating to caffeine and energy drinks - how to recognise physical changes during puberty - how to respond to unwanted physical or negative emotional contact 	<ul style="list-style-type: none"> - Healthy lifestyle choices - Self-awareness - Mindfulness - Organisation and routine building - Wellbeing - Personal safety
<u>Summer 1</u> (April-May) <u>Unit: Living in the Wider World</u>	<u>Making life choices</u> 	<ul style="list-style-type: none"> - developing your skills for 21st century learning and education - recognising how people gain information, how do they develop their skills and increase knowledge - ethical and unethical business practices and consumerism - acts of kindness and how to contribute to a fairer society both locally and on a global scale 	<ul style="list-style-type: none"> - Computer safety/literacy - Problem solving - empathy