

Subject PSHE

Year 7

Curriculum Overview

Intent: Students study PSHE because it acts as a bridge between home, school and society. It provides them with the knowledge, skills and experience to be able to thrive both in their academic careers and in their lives as adults. PSHE offers them a safe space to develop as learners and human beings, and to explore their own understanding of the world around them. The overall aim of PSHE is to enable students to make informed choices with their language and behaviour. Within this subject, students will gain an understanding of structures within society, including political structures, financial and legal systems. The aim of this is to help students to be able to navigate these institutions successfully and have access to the resources that they will need to be successful. The content of these lessons is regularly linked to the Fundamental British Values and to developing an understanding of the Protected Characteristics. This curriculum includes statutory Relationships Sex and Health Education and PREVENT education. It also contributes to meeting the Gatsby Standards by looking at careers. Assessment within these lessons aims to ensure that knowledge has been acquired successfully as well as to give opportunities to identify and correct misconceptions.



THE HART SCHOOL
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	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2	
Core Course Topic: These topics are taught through the identified terms. They are taught in small bitesize chunks and revisited regularly.	Friendship and transition <ul style="list-style-type: none"> - Thinking about challenges and opportunities associated with starting secondary school. - Considering strategies for building friendships. - Looking at how to manage emotions, particularly anxious feelings. - Identifying places within school that students can go to find help if they need it. 	Keeping safe, including bullying <ul style="list-style-type: none"> - Identifying what constitutes bullying. - Looking at the different people involved in bullying. - How to keep safe when travelling independently. - Looking at basic first aid. 	Careers, teamwork and bullying <ul style="list-style-type: none"> - Building self-esteem and resilience. - Developing effective teamwork skills. - Researching careers. - Presenting information. 	Health and puberty <ul style="list-style-type: none"> - Healthy lifestyles including sleep, healthy eating, exercise, personal hygiene and gaming. - Developing an understanding of changes in puberty. - Ability to accurately name body parts. 	Relationships and self esteem <ul style="list-style-type: none"> - Difference between healthy and unhealthy relationships. - Differences between friendships and romantic relationships. - Promoting good self esteem and boundaries within relationships. 	Introduction to managing finances. <ul style="list-style-type: none"> - Building understanding of key terms used in finances. - Importance of budgeting. - Sustainable spending. 	
Additional support links: Here are links to additional resources which will help your child	Resources from BBC Bitesize for students and parents: https://www.bbc.co.uk/bitesize/tags/zh4wy9a/starting-secondary-school/1 NSPCC https://www.nspcc.org.uk/ Childline https://www.childline.org.uk/	Links to Anti-Bullying week – wc14th Nov. https://anti-bullyingalliance.org.uk/anti-bullying-week/anti-bullying-week-2022-reach-out NSPCC https://www.nspcc.org.uk/ Childline https://www.childline.org.uk/	Resources from BBC Bitesize for students and parents: https://www.bbc.co.uk/bitesize/careers Unifrog: https://www.unifrog.org/ Students can use their school email address to log in and reset their password using the link if necessary. Barclays Life Skills resources: https://barclayslifeskills.com/	Resources for parents from Barnardos: https://families.barnardos.org.uk/13-16-years/healthy-lifestyles BBC Bitesize information about healthy lifestyles: https://www.bbc.co.uk/bitesize/topics/zhvbt39/articles/zmjkhhbk CEOP: https://www.ceop.police.uk/Safety-Centre/ Childline: https://www.childline.org.uk/	Childline: https://www.childline.org.uk/	Barclays Life Skills resources: https://barclayslifeskills.com/	
Knowledge: Included here is the specific knowledge your child will learn in detail	Identifying the impact of our words and reflecting on the importance on using our words with care. Understanding the impact of kindness, both on others and benefits for the person who is being kind. Looking at how to accurately name emotions and why this is important. Practical strategies about how to manage different emotions effectively.	Understanding the different roles involved in bullying. Strengthening understanding of where to go for help if concerned about themselves or a friend. Identify possible risks when travelling independently and think about how these can be minimised. Understand the dangers of going near to trainlines.	Explaining reasons why people work in teams and identifying strategies to make teamwork more effective. Students will be identifying their own skills and strengths. Students will be researching different careers, using their personality type.	Understand the importance of healthy lifestyle and habits as students are gaining more independence and becoming teenagers. Understand the changes of puberty, including body changes and menstruation. This will be taught in mixed groups to increase understanding. Identify key parts of the reproductive systems for men and women.	Key features of healthy and unhealthy relationships. Understand the importance of boundaries in relationships. Thinking about how relationships change as people get older.	How bank accounts work. Why budgeting is important. Key terms involved in banking and finance. The consequences of our spending choices.	
Skills: Included here is the specific skills your child will learn in detail	Developing strategies for managing emotions and friendships. Giving advice to people about how to build and maintain friendships. Having confidence about where to find help if struggling.	Developing empathy for other people. Developing strategies for finding help for themselves in cases of bullying. Identify strategies to minimise risks when travelling independently. Develop skills for basic first aid and understand when to call an ambulance.	Students will be building their own self esteem and develop strategies for resilience. Researching different careers. Giving presentations about careers.	Building healthy habits for food and exercise, sleep, social gaming and personal hygiene. Having empathy for others during puberty.	Establishing strategies for saying no assertively.	How to budget. How to analyse different options when choosing bank accounts and saving options.	
Common Lexicon: These are the key words and terms learnt. These can be found on knowledge organisers.	Using the Yale Emotion Chart to stretch vocabulary for emotions.	<ul style="list-style-type: none"> - Ringleader - Target - Reinforcer - Assistant - Defender - Bystander 	Resilience Teamwork Co-operation	Puberty Adolescence Penis Testicles Sperm Foreskin Vagina	Vulva Labia Uterus Clitoris Menstruation Periods Taboos	Relationships Boundaries Self-esteem Friendships Healthy Unhealthy Consent	Budget Bank account Statement Direct debit Standing order Debt Credit card Debit card Sustainable

