

# PSHE – Year 7

Our inclusive curriculum introduces our three key areas of study: Personal Wellbeing, Living in the Wider World and Relationships and Diversity. All students are introduced to Fundamental British Values, the Protected Characteristics and other key concepts to support their transition into high school.

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Knowledge & Skills	<p><b>Personal Wellbeing (7 Lessons)</b></p> <p>Transition to secondary school, maintaining friendships, managing emotions and personal safety in and outside school.</p> <p>Skills: Teamwork, Discussion, Coping Strategies.</p>	<p><b>Living in the Wider World: Careers (7 Lessons)</b></p> <p>Careers, teamwork and enterprise skills and raising aspirations.</p> <p>Skills: Teamwork, Discussion, Debate.</p>	<p><b>Relationships and Diversity (6 Lessons)</b></p> <p>Diversity, what is meant by identity, prejudice and bullying.</p> <p>Skills: Teamwork, Discussion, Questioning, Coping Strategies.</p>	<p><b>Emotional Wellbeing (6 Lessons)</b></p> <p>Healthy routines, influences on health, drugs awareness, how to manage our anger.</p> <p>Skills: Discussion, Questioning, Decision Making, Coping Strategies.</p>	<p><b>Healthy Relationships (7 Lessons)</b></p> <p>Self-worth, recognising healthy and unhealthy relationships, relationship boundaries and consent, the law around FGM.</p> <p>Skills: Discussion, Debate, Questioning.</p>	<p><b>Living in the Wider World: Finance (5 Lessons)</b></p> <p>Financial decision making: saving, borrowing, budgeting and making financial choices.</p> <p>Skills: Decision Making, Teamwork, Questioning.</p>
Beyond The Curriculum	<p><b>Enrichment Clubs –</b> when you start Y7 why not meet new friends by joining any of our Enrichment Clubs. From card making, to lego robotics, from rugby to gardening – We’ve got something for everyone to get involved with!</p>	<p><b>Enrichment Clubs –</b> What do you love doing? Crafting? Playing Sport? Why not join a club linked to your hobby and find out how you can turn it into a career?</p> <p><b>Website:</b> Have a look at BBC Bitsize careers pages for interactive quizzes, videos, podcasts and more all linked to career choices. <a href="#">Careers - BBC Bitesize</a></p>	<p><b>Diversity in Literature –</b> Why not visit the library and choose a book that explores the themes of diversity, identity and prejudice. <i>“Noughts and Crosses”</i> by Malorie Blackman would be a good choice!</p>	<p><b>Enrichment Clubs –</b> Doing an enrichment club is a great way to promote positive emotional well being. From getting active in PE or creative down in Music – we’ve got lots of clubs that might help you relax as well as regulate your emotions. Which one will you try?</p>	<p><b>Time for a video?</b> Watch these clips on consent and positive friendships:</p> <p><a href="#">What is Consent?</a></p> <p><a href="#">Xavi talks about positive friendships</a></p>	<p><b>Let’s go shopping!</b> Shopping with a budget. Can you plan and buy all the things for a daily menu within the budget you set yourself?</p> <p><b>Time for a video?</b> Budgeting and Saving:</p> <p><a href="#">Sticking to a budget challenge</a></p> <p><a href="#">Long-term saving challenge</a></p>