

Year 7 - PSHE/RSE Curriculum Road Map

In **Key Stage 3**, students build on the knowledge and understanding, skills, attributes and values they have acquired and developed during the primary phase. PSHE education acknowledges and addresses the changes that young people experience, beginning with transition to secondary school, the challenges of adolescence and their increasing independence. It teaches the knowledge and skills which will equip them for the opportunities and challenges of life. Students learn to manage diverse relationships, their online lives, and the increasing influence of peers and the media.

• Transition and safety

• Developing skills and aspirations

• Diversity

• Health and puberty

• Building relationships

• Financial decision making

Key Skills:

How to identify, express and manage their emotions in a constructive way. How to manage the challenges of moving to a new school. How to establish and manage friendships. How to improve study skills. How to identify personal strengths and areas for development. Personal safety strategies and travel safety, e.g. road, rail and water. How to respond in an emergency. Basic first aid

Key words:

emotion, character, friendship, resilience, change, personal safety.

Assessment Unit Title:

HEALTH AND WELL BEING – DEVELOPING YOUR CHARACTER THROUGH KEY STAGE TRANSITION.

Key Skills:

Students learn about identity, rights and responsibilities. Students learn about living in a diverse society. Students learn how to challenge prejudice, stereotypes and discrimination. Students learn about the signs and effects of all types of bullying, including online. Student learn how to respond to bullying of any kind, including online. Students learn how to support others.

Key words:

prejudice, discrimination, rights, responsibility, CEOP, diversity, support, society, community

Assessment Unit Title:

RELATIONSHIPS-DIVERSITY, PREJUDICE AND BULLYING.

Key Skills:

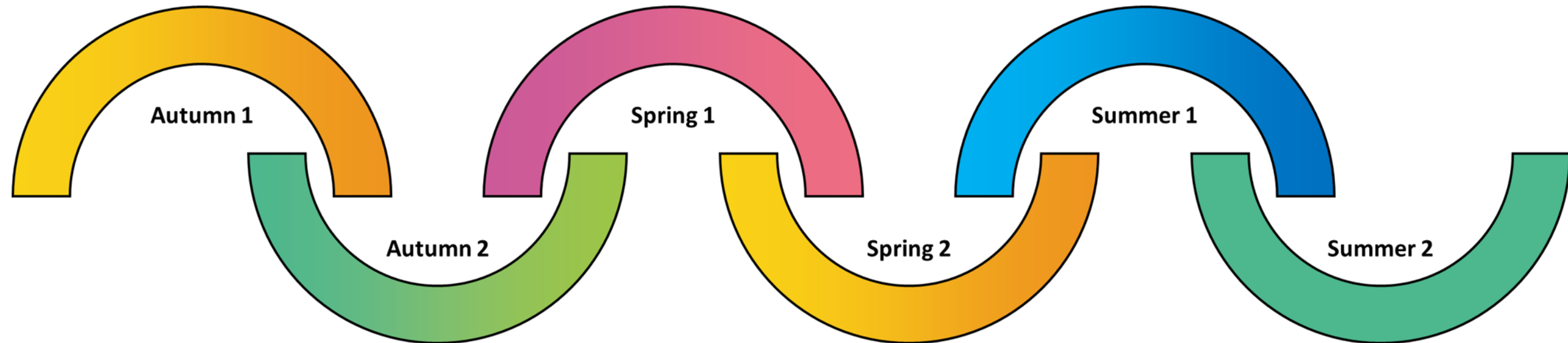
Students learn how to develop self-worth and self-efficacy. Students learn about qualities and behaviours relating to different types of positive relationships. Students learn how to recognise unhealthy relationships. Students learn how to recognise and challenge media stereotypes. Students learn how to evaluate expectations for romantic relationships. Students learn about consent, and how to seek and assertively communicate consent.

Key words:

self-efficacy, effective communication, stereotypes, expectation, consent, permission, assertiveness

Assessment Unit Title:

RELATIONSHIPS-SELF-WORTH, ROMANCE AND FRIENDSHIPS (INCLUDING ONLINE) AND RELATIONSHIP BOUNDARIES.



Key Skills:

Students learn how to be enterprising, including skills of problem-solving, communication, teamwork, leadership, risk-management, and creativity. Students learn about a broad range of careers and the abilities and qualities required for different careers. Students learn about equality of opportunity. Students learn how to challenge stereotypes, broaden their horizons and how to identify future career aspirations. Students learn about the link between values and career choices

Key words:

effective communication, stereotypes, aspiration, teamwork, leadership, opportunity, target setting

Assessment Unit Title:

LIVING IN THE WIDER WORLD-CAREERS, TEAMWORK AND ENTERPRISE AND RAISING ASPIRATIONS.

Key Skills:

Students learn how to make healthy lifestyle choices including diet, dental health, physical activity and sleep. Students learn how to manage influences relating to caffeine, smoking and alcohol. Students learn how to manage physical and emotional changes during puberty. Students learn about personal hygiene. Students learn how to recognise and respond to inappropriate and unwanted contact. Students learn about FGM and how to access help and support.

Key words:

Influence, hygiene, puberty, routine, health, exercise, physical activity, legal substances, consent

Assessment Unit Title:

HEALTH AND WELL BEING-HEALTHY ROUTINES, INFLUENCES ON HEALTH, PUBERTY, UNWANTED CONTACT AND FGM.

Key Skills:

Students learn how to make safe financial choices. Students learn about ethical and unethical business practices and consumerism. Students learn about saving, spending and budgeting. Students learn how to manage risk-taking behaviour.

Key words:

financial choice, mortgage, ethical, unethical, consumer, budget, interest, balance, borrowing

Assessment Unit Title:

LIVING IN THE WIDER WORLD-SAVING, BORROWING, BUDGETING AND MAKING FINANCIAL CHOICES.