



Curriculum Plan PSHEE



Year 7	Golden Treads: State the big ideas that will be taught across the year (Threshold concepts)				Enrichment: What is offered through the year to support learning in the classroom?		Review and evaluation:	
	Students learn how to make healthy choices and informed decisions that enable them to keep themselves and other people safe.				Year 7 Relationships – enrichment visit from school councillor to cover emotions during puberty, focus on dealing with stress and anxiety.		Give date for review of the curriculum	
Term 1	Topics	Assessment	Substantive Knowledge	Disciplinary Knowledge	Misconceptions	Key Vocabulary		Knowledge tracking
	Using Time	Student self-assessment. Students RAG rate their knowledge and understanding of the key themes at the outset of the module and then at the end they do the same. They also reflect and comment on things they have learnt/thought about in the module, what they have done well/pleased with, other things they would like to have learnt about in the module. They also grade their effort and give evidence to support their grade and then write targets to improve. This is then followed up by a teacher WWW and HTI.	List the key facts that students need to learn. Substantive vs disciplinary knowledge Understand the importance of time management within their own lifestyle and for their future career. Evaluate their lifestyle and make decisions about their free time and be able to set realistic goals. Assess own organisational skills, suggesting ways of improving. Preparation and delivery of a presentation thinking about becoming effective communicators.	What skills, procedures, thinking is required to use substantive knowledge to progress understanding and application. Substantive vs disciplinary knowledge Develop organisational skills which will enable them to make good decisions about how to spend their free time. Develop their presentation skills. They will practise how to deliver a presentation confidently and will be able to improve following feedback given. Learn how to review their strengths, skills and qualities and know how to develop them.	What are the key misconceptions that students have in this curriculum area? Misconceptions around how students manage their time. For example, may think that leaving homework till the last minute is a good idea. Students may have misconceptions based on how much time is appropriate to be on a screen, for example spending hours on a computer game.	List the Tier 2 and Tier 3 words that will be encountered in this term. Organisation Priority Presentation Leisure Time management		What prior learning does this term’s curriculum link to and what future learning does this term’s curriculum link to? Students will build on previous knowledge from primary school about the importance of hobbies and how to use mobile phones safely. Links to year 9 careers module.



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Term 2	Protection	<p>Student self-assessment. Students RAG rate their knowledge and understanding of the key themes at the outset of the module and then at the end they do the same. They also reflect and comment on things they have learnt/thought about in the module, what they have done well/pleased with, other things they would like to have learnt about in the module. They also grade their effort and give evidence to support their grade and then write targets to improve. This is then followed up by a teacher WWW and HTI. Self-assessment to be completed in term 2 week 4</p>	<p>Able to identify potential hazards in any situation and understand the idea that prevention is better than cure.</p> <p>Learn about risks associated with cycling, rail safety travelling to school, risks around the home and online risks.</p> <p>Understand how to protect their identity online and the law regarding online safety and where to get help if they need it.</p> <p>Understand where to get support and help in and outside of school. Agencies such as Childline will be covered.</p>	<p>Learn how to risk assess and make informed decisions to help them in for their future.</p> <p>Build their confidence in how to navigate the online world and where to get help if they need it.</p>	<p>Misconceptions around the importance of wearing a cycle helmet. For example, students may believe it is not necessary to wear a helmet. May also have misconceptions around using smart phones and using age-appropriate apps.</p>	<p>Protection risk Hazard Personal safety Prevention Safeguarding Privacy Inappropriate content</p>	<p>Sexual grooming</p> <p>Cyber bullying Sexting</p> <p>Online reputation</p>	<p>Links to Y6 curriculum on road safety and online safety. Links to year 8 Respect, Y8 Relationships.</p>
Term 3	Healthy Heart	<p>Student self-assessment. Students RAG rate their knowledge and understanding of the key themes at the outset of the module and then at the end they do the same. They also reflect and comment on things they have learnt/thought about in the module, what they have done well/pleased with, other things they would like to have learnt about in the</p>	<p>Learn about the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health.</p> <p>Learn about the positive association between physical activity and the promotion of mental well being, including as an approach to combat stress.</p> <p>Understand the importance of good quality sleep for good health and how a lack of sleep</p>	<p>Improve their confidence in how to say no and resist peer pressure, for example smoking and vaping.</p> <p>Develop practical skills regarding how to look after themselves. For example, hygiene, exercise, diet, reducing stress etc.</p>	<p>Misconceptions around vaping and believe it is a safe drug.</p> <p>General misconceptions around healthy eating.</p>	<p>Diet Responsibility Peer pressure Vaping Smoking Exercise Stress Obese</p>	<p>Addiction Nicotine</p> <p>Nutrition</p> <p>Cardiovascular</p>	<p>Links to content covered in Primary school about healthy eating, exercise and smoking.</p> <p>Y9 drugs module</p>



		<p>module. They also grade their effort and give evidence to support their grade and then write targets to improve. This is then followed up by a teacher WWW and HTI. Self-assessment to be completed in term 3 week 7</p>	<p>can affect weight, mood and ability to learn.</p> <p>Understand facts about smoking tobacco, the benefits to quitting and how to assess support to do so. Students will also learn about the risks of vaping, particularly addiction.</p>					
Term 4	Relationships	<p>Student self-assessment. Students RAG rate their knowledge and understanding of the key themes at the outset of the module and then at the end they do the same. They also reflect and comment on things they have learnt/thought about in the module, what they have done well/pleased with, other things they would like to have learnt about in the module. They also grade their effort and give evidence to support their grade and then write targets to improve. This is then followed up by a teacher WWW and HTI. Self-assessment to be completed in term 5 week 4</p>	<p>Understand key facts about puberty, the changing adolescent body and menstrual wellbeing.</p> <p>Learn about the main changes which take place in males and females, and the implications for emotional and physical health.</p> <p>Understand the characteristics of positive and healthy friendships, including trust, boundaries consent and respect. This includes different (non-sexual) types of relationships.</p> <p>Understand that there are different types of families and the importance of diversity.</p> <p>Understand that there are different types of committed stable relationships.</p> <p>Learn how to talk about their emotions accurately and sensitively, using appropriate vocabulary.</p>	<p>Improve their confidence in how to say no and resist peer pressure, for example in unhealthy friendships.</p> <p>Build their confidence in understanding their emotions and know where to access support if they need it.</p>	<p>General misconceptions around puberty and changes.</p> <p>Misconceptions around things they have seen online regarding sex.</p>	<p>Puberty Adolescence Healthy Unhealthy Relationships Consent Emotional Conflict Loyalty Trust Honesty Respect Self esteem</p>	<p>Menstruation Reproduction Conception</p>	<p>Students will build on primary knowledge of puberty and the changes. Links to year 8 Relationships</p> <p>Links to year 7 Science reproduction</p>



Term 5								
Term 6	<p>N/A – working on an RE module</p> <p>List the key topics taught in this term. Have you checked that the curriculum the department is teaching links to the National Curriculum where this is appropriate?</p>							