

PSHE Long Term Plan Year 7 2021-2022

Temperance Term

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	HALF TERM
Core Theme	Life Beyond School		Life Beyond School		Life Beyond School		Life Beyond School	
Topic	Managing Change		Managing Change		Managing Change		Careers	
Core	Intro to PSHE & Getting to know people Understand the concept of trust. Explain what I have in common with others across my class.		What is a Community? Understand community concept & cohesiveness Explore how British communities have changed over the past 60 years		Sleep and Relaxation Describe what actually happens when we sleep. Explore the benefits of good quality sleep.		Careers & your future Unifrog Interests Profiler Careers explorer	
Challenge	Evaluate what it would take for society to truly flourish.		Evaluate how welcoming your local community is.		Explain how to improve sleep quality to others.		Investigate three career options in greater depth	
Assessment	Being a good citizen (boardgame): Google Confidence Checker pre-post, Star Analysis							

W/C	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	CHRISTMAS
Core Theme	Celebrating Diversity & Equality		Celebrating Diversity & Equality		Celebrating Diversity & Equality		
Topic	Celebrating Differences		Celebrating Differences		Celebrating Differences		
Core	What is your identity & Nature Vs Nurture Understand the wide variety of aspects that make up one's identity Understand how different things might influence your identity		Multicultural Britain Describe how diverse modern Britain is. Explore the recent history of migration to Britain.		Prejudice & Breaking down Stereotypes Define stereotyping and prejudice. Explore why stereotyping still exists today.		
Challenge	Evaluate what influences our identity the most.		Evaluate the concept of Britishness and whether multiculturalism works		Evaluate what can be done to challenge prejudice		
Assessment	Identity Collage (Bunting): Google Confidence Checker pre-post, Star Analysis						

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Justice Term

W/C	Week 14	Week 15	Week 16	Week 17	Week 18	Week 19	HALF TERM
Core Theme	Staying Safe Online & Offline		Staying Safe Online & Offline		Staying Safe Online & Offline		
Topic	Staying Safe		Staying Safe		Staying Safe		
Core	Staying Safe Online, Grooming & Gaming Explain what a gut feeling is and how it links to intuition. Define what a gaming addiction is and recognise symptoms of it.		Energy Drinks Understand how much sugar and caffeine are in a range of drinks. Explore the importance of making healthy life choices.		Alcohol & Smoking (E-Cigs included) Examine how alcohol and drugs impact the body. Explore the consequences of alcohol or drug misuse.		
Challenge	Consider the benefits and risks associated with online gaming including grooming of players.		Evaluate the level of health risk associated with energy drinks.		Evaluate the negative impact alcohol use is having on wider society.		
Assessment	Display stand for a new mobile phone (App): Google Confidence Checker pre-post, Star Analysis and						

W/C	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	EASTER
Core Theme	Health & Wellbeing		Health & Wellbeing		Health & Wellbeing		
Topic	Puberty & Body Development		Puberty & Body Development		Puberty & Body Development		
Core	Intro to Puberty (Boy/Girls focus) Describe the emotional, social, and physical changes that happen during puberty. Understand that boys and girls develop differently during puberty.		Personal & Oral Hygiene Understand the ways in which diet, exercise, hygiene, and sleep contribute to being healthy. Understand how important personal hygiene is and how to achieve it.		Self Esteem & Empowerment Describe the concept of self-esteem and recognise behaviours linked to high/low self-esteem. Develop strategies to help someone who has low self esteem		
Challenge	Complete your 'body outline'		Complete the Hygiene Cube		Examine the wide range of influences on self-esteem		
Assessment	Teenagers guide to Puberty: Google Confidence Checker pre-post, Star Analysis						

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Courage Term

W/C	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	HALF TERM
Core Theme	Rights, Responsibilities & British Values		Rights, Responsibilities & British Values		Rights, Responsibilities & British Values		
Topic	Politics, Parliament & Me		Politics, Parliament & Me		Politics, Parliament & Me		
Core	Why is politics important, how is our country run & inside Parliament Understand the impact politics has on everyday life. Describe the makeup of parliament and the main roles it performs.		Politics & debating Investigate the terms advocate and devil's advocate. Practice the art of debating.		Create a Political Party! Name the main parties that represent the UK in Parliament. Explore what makes a good political party.		
Challenge	Evaluate why it is better to live in a democracy rather than a dictatorship		Evaluate recent law changes in the UK.		Create and present a new political party for the UK.		
Assessment	Building Parliament: Google Confidence Checker pre-post, Star Analysis and						

W/C	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	SUMMER
Core Theme	Relationships & Sex Education		Relationships & Sex Education		Relationships & Sex Education		
Topic	Friendships, Respect & Relationships		Friendships, Respect & Relationships		Friendships, Respect & Relationships		
Core	What makes a good friend, friendships & managing them Understand the importance of friendship and the qualities that make a good friend. Examine what is needed to make positive relationships with friends.		Respect, Relationships, Consent & Boundaries Understand the wide range of relationships young people have. Consider the differences between people and learn how to respect those differences.		Being positive, Pressure & Influence Understand that people can all feel the same range of emotions, but do not necessarily respond in the same way. Celebrate personal strengths and achievements		
Challenge	Consider the differences between people and learn how to respect those differences.		Evaluate why personal space and boundaries are important when growing up.		Examine when peer pressure goes wrong and how it can make someone else feel.		
Assessment	Building a time capsule: Google Confidence Checker pre-post, Star Analysis and Lesson Reflection sheets						