


# PSHE Year 7 (Long Term Plans)

## 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			
Topic	Managing Change		Managing Change		Managing Change		Skills, Career & Character	
Learning Objectives	<u>Intro to PSHE &amp; Getting to know people</u>		<u>What is a Community?</u>		<u>Sleep and Relaxation</u>		<u>Careers &amp; your future</u>	
Core/Extension/Challenge	<ul style="list-style-type: none"> <li>&gt; Understand the concept of trust.</li> <li>&gt; Explain what I have in common with others across my class.</li> <li>&gt; Evaluate what it would take for society to truly flourish.</li> </ul>		<ul style="list-style-type: none"> <li>&gt; Understand community concept &amp; cohesiveness.</li> <li>&gt; Explore how British communities have changed over the past 60 years.</li> <li>&gt; Evaluate how welcoming your local community is.</li> </ul>		<ul style="list-style-type: none"> <li>&gt; Describe what happens when we sleep.</li> <li>&gt; Explore the benefits of good quality sleep.</li> <li>&gt; Explain how to improve sleep quality to others.</li> </ul>		<ul style="list-style-type: none"> <li>&gt; Dreams &amp; aspirations.</li> <li>&gt; Job &amp; career difference.</li> <li>&gt; Simple career profiler.</li> </ul>	
Teacher (bold is lead)	RAL & JRL		RAL & JRL		RAL & JRL		RAL & JRL	
Assessment	Confidence Checker & Work booklet		Confidence Checker & Work booklet		Confidence Checker & Work booklet		Work sheet	
Tutor Time Unifrog Resources	Term 1A – Online Safety: Media Literacy Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y7</a>				Term 1B – Physical Health: Smoking & Vaping Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y7</a>			

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		
Learning Objectives	<u>What is your identity &amp; Nature Vs Nurture</u>		<u>Multicultural Britain</u>		<u>Prejudice &amp; Breaking down Stereotypes</u>		
(Core/Extension/Challenge)	<ul style="list-style-type: none"> <li>&gt; Understand the wide variety of aspects that make up one's identity.</li> <li>&gt; Understand how different things might influence your identity.</li> <li>&gt; Evaluate what influences our identity most.</li> </ul>		<ul style="list-style-type: none"> <li>&gt; Describe how diverse modern Britain is.</li> <li>&gt; Explore the recent history of migration to UK</li> <li>&gt; Evaluate the concept of Britishness and how far multiculturalism works.</li> </ul>		<ul style="list-style-type: none"> <li>&gt; Define stereotyping and prejudice.</li> <li>&gt; Explore why stereotyping still exists today.</li> <li>&gt; Evaluate what can be done to challenge prejudice.</li> </ul>		
Teacher (bold is lead)	RAL & JRL		RAL & JRL		RAL & JRL		
Assessment	Confidence Checker & Work booklet		Confidence Checker & Work booklet		Confidence Checker & Work booklet		
Tutor Time Unifrog Resources	Term 2A – Physical Health: Maintaining a balanced diet Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y7</a>			Term 2B – Life Skills: Recognising and preventing Bullying Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y7</a>			

# PSHE Year 7 (Long Term Plans)

## 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		
Learning Objectives  (Core/ Extension/ Challenge)	<u>Staying Safe Online, Grooming &amp; Gaming</u> > Explain what a gut feeling is and how it links to intuition. > Define what a gaming addiction is and recognise symptoms of it. > Consider the benefits and risks associated with online gaming including grooming of players.		<u>Energy Drinks</u> > Understand how much sugar and caffeine are in a range of drinks. > Explore the importance of making healthy life choices. > Evaluate the level of health risk associated with energy drinks.		<u>Alcohol &amp; Smoking Vapes included</u> > Examine how alcohol and drugs impact the body. > Explore the consequences of alcohol or drug misuse. > Evaluate the negative impact alcohol use is having on wider society.		
Teacher (bold is lead) Assessment	RAL & JRL  Confidence Checker & Work booklet		RAL & JRL  Confidence Checker & Work booklet		RAL & JRL  Confidence Checker & Work booklet		
Tutor Time Unifrog Resources	Term 3A – Relationships: What makes a healthy relationship  Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y7</a>			Term 3B – Relationships: Coping with change  Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y7</a>			

W/C	Week 20	Week 21	Week 22	Week 23	Week 24	Week 25	EASTER
Core Theme	Skills, Career & Character		Skills, Career & Character		Health & Wellbeing		
Topic	Unifrog Onboarding		Unifrog Activities & Skills		Puberty & Body Development		
Learning Objectives  (Core/ Extension/ Challenge)	<u>Unifrog introduction &amp; Interests profiler</u> > Every child has access to their own personal Unifrog account. > Complete 'Interest profile' and 'like' a minimum of 6 possible careers from it. > Continuation at home and pupil introduction to parents.		<u>Unifrog Activities &amp; Skills introduction</u> > 'Activities' from Primary and early Secondary recorded into personal accounts. > Review 'skills' section of the platform and consider level to the first four skills > Continuation at home and pupil introduction to parents.		<u>Personal &amp; Oral Hygiene</u> > 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. > Complete the Hygiene Cube		
Teacher (bold is lead) Assessment	RAL & JRL Unifrog progress		RAL & JRL Unifrog progress		RAL & JRL Confidence Checker & Work booklet		
Tutor Time Unifrog Resources	Term 4A – Diversity: What is Diversity?  Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y7</a>			Term 4B – Sexual Health: Growing up and changes  Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y7</a>			

# PSHE Year 7 (Long Term Plans)

## Courage Term

W/C	Week 26	Week 27	Week 28	Week 29	Week 30	Week 31	HALF TERM
Core Theme	<b>Rights, Responsibilities &amp; British Values</b>		<b>Rights, Responsibilities &amp; British Values</b>		<b>Skills, Career &amp; Character</b>		
Topic	Politics, Parliament & Me		Politics, Parliament & Me		Teamwork, Leadership & Communication		
Learning Objectives  (Core/ Extension/ Challenge)	<u>Important Politics- inside Parliament &amp; why politics</u> > Understand the impact politics has on everyday life. > Describe the makeup of parliament and the main roles it performs. > Evaluate why it is better to live in a democracy rather than a dictatorship		<u>Politics &amp; debating</u> > Investigate the terms advocate and devil's advocate. > Practice the art of debating. > Evaluate recent law changes in the UK.		<u>Teamwork and being a team player</u> > Understand what these key skills are and how to progress in them > Work with others to unravel situations, making decisions along the way > Together present findings to class in a brief and succinct way		
Teacher (bold is lead) Assessment	RAL & JRL  Confidence Checker & Work booklet		RAL & JRL  Confidence Checker & Work booklet		RAL & JRL  Unifrog review task		
Tutor Time Unifrog Resources	Term 5A – Wellbeing: What is mental health?  Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y7</a>			Term 5B – Wellbeing: Social media & mental health  Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y7</a>			

W/C	Week 32	Week 33	Week 34	Week 35	Week 36	Week 37	SUMMER
Core Theme	<b>Relationships &amp; Sex Education</b>		<b>Relationships &amp; Sex Education</b>		<b>Relationships &amp; Sex Education</b>		
Topic	Friendships, Respect & Relationships		Friendships, Respect & Relationships		Friendships, Respect & Relationships		
Learning Objectives  (Core/ Extension/ Challenge)	<u>What makes a good friend, friendships &amp; managing them</u> > Understand the importance of friendship and the qualities that make a good friend. > Examine what is needed to make positive relationships with friends. > Consider the differences between people and learn how to respect those differences.		<u>Respect, Relationships, Consent &amp; Boundaries</u> > Understand the wide range of relationships young people have. > Consider the differences between people and learn how to respect those differences. > Evaluate why personal space and boundaries are important when growing up.		<u>Being positive, Pressure &amp; Influence</u> > 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. > Examine when peer pressure goes wrong and how it can make someone else feel.		
Teacher (bold is lead) Assessment	RAL & JRL  Confidence Checker & Work booklet		RAL & JRL  Confidence Checker & Work booklet		RAL & JRL  Confidence Checker & Work booklet		
Tutor Time Unifrog Resources	Term 6A – British Values: Researching  Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y7</a>			Term 5A – British Values: Presenting an assembly  Location: <a href="#">One Drive&gt; CFS Staff&gt; PSHE&gt; Tutor Time PSHE resources from Unifrog&gt; Y7</a>			