



Year 7 PSHE Curriculum Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<ul style="list-style-type: none"> • Relationships • Resilience 	<ul style="list-style-type: none"> • Social Awareness • Being Safe Online • Resilience 	<ul style="list-style-type: none"> • Social Awareness • Health Education • Resilience 	<ul style="list-style-type: none"> • Social Awareness • Resilience 	<ul style="list-style-type: none"> • Health Education • Resilience 	<ul style="list-style-type: none"> • Health and Economic Education • Resilience
Content PSHE	<ul style="list-style-type: none"> • Healthy relationships • Conflict and friendships • Gender stereotyping • Peer Pressure (Bullying) 	<ul style="list-style-type: none"> • Being safe online • Social Media • School and our community • Why do we have rules 	<ul style="list-style-type: none"> • Who is in my community? • Causes of racism • Billy' s wish- knife crime 	<ul style="list-style-type: none"> • Managing Peer Pressure • Gangs • What is mental health? 	<ul style="list-style-type: none"> • Understanding my emotions • What are drugs • Balanced diet 	<ul style="list-style-type: none"> • Puberty • Needs and wants • Having a bank account
Content resilience	<ul style="list-style-type: none"> • Introduction to self-talk • Link between thoughts and feelings • Thinking Styles • Alternative and Evidence 	<ul style="list-style-type: none"> • The File Game (looking for evidence) • Putting it into Perspective • Real-Time • The Hot Seat 	<ul style="list-style-type: none"> • Review of Lessons One to Seven • Assertive Communication • Negotiation 	<ul style="list-style-type: none"> • Coping Strategies • Solving Dilemmas and Visualised Relaxation • Overcoming Procrastination and Social Skills Training 	<ul style="list-style-type: none"> • Review of Lessons 9-13 • Decision-making 	<ul style="list-style-type: none"> • Problem-solving • Review of Lessons 9-13 Problem solving • Problem solving review and skills practice
Skills learnt	<ul style="list-style-type: none"> • Managing emotions • Challenging negative thoughts • Generating alternative thoughts 	<ul style="list-style-type: none"> • Putting things into perspective • Using evidence to challenge negative thoughts 	<ul style="list-style-type: none"> • Assertiveness • Communication skills • Negotiation skills 	<ul style="list-style-type: none"> • Coping skills • Problem solving skills • Overcoming procrastination 	<ul style="list-style-type: none"> • Managing own emotions • Decision making skills • Problem solving skills 	

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Key Questions Asked (PSHE)</p>	<ul style="list-style-type: none"> •What does a healthy relationships look like? •How do boys relate to girls? •What are the positives and negatives of friendships? •What are some of the examples of gender stereotypes? •What are some of the negatives of stereotypes? •What are some of the examples of bullying? 	<ul style="list-style-type: none"> •What are digital footprints? •How can you protect yourself online? •What is sexting? •What are the advantages and disadvantages of social media? •What is meant by child participation? •How do schools make sure that young people's voices are heard? •What is the point of having rules? 	<ul style="list-style-type: none"> •What are human rights? •What rights do children have? •What rights and responsibilities do I have? •What are the main causes of racism? •How can we challenge racism? •What are the effects of knife crime? 	<ul style="list-style-type: none"> •What is peer pressure? •How can young people manage peer pressure? •Why do people join gangs? •How could those who are in gangs be helped? •What is mental health? 	<ul style="list-style-type: none"> •What examples of different emotions can you give? •What examples of negative emotions can you give? •What are drugs? •How do drugs affect behaviour? •What is a balanced diet? •What constitutes a balanced diet? •What are the benefits of eating a balanced diet? •What is puberty? •What are the signs of puberty in boys? •What are the signs of puberty in girls? 	<ul style="list-style-type: none"> •What is puberty? •What are the signs of puberty in boys? •What are the signs of puberty in girls? •What are the differences between needs and wants? •How do people open a bank account?
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<p>Key Questions asked (Resilience)</p>	<ul style="list-style-type: none"> •What is self-talk? •What are links between thoughts and feelings? •What is the ABC model? •What is optimistic thinking? •What is pessimistic thinking? •Why was Sherlock Holmes a better detective than Merlock Worms? •What can we learn from the story of Sherlock and Merlock 	<ul style="list-style-type: none"> •Why is it important to look for evidence? •What is the evidence to support Paul’s self-talk or beliefs? •What is the evidence against Paul’s self-talk? •What are optimistic thoughts? •What are pessimistic thoughts? •How can we use the ‘tags’ to challenge negative or pessimistic thoughts? 	<ul style="list-style-type: none"> •What does assertiveness mean? •What is the difference between assertiveness and passiveness? •What is aggressive communication? •What is compromise? •How do people negotiate? •Why is compromise key in negotiations? 	<ul style="list-style-type: none"> •What are some of the examples of coping strategies? •Why is visualisation important? •When can you use relaxation techniques? •What is procrastination? •Why do people procrastinate? •How could you stop procrastination? 	<ul style="list-style-type: none"> •How do people make decisions? •How would people make decisions in given situations? •How did they arrive to that decision? •What is problem solving? •What do people consider when faced with problems? 	<ul style="list-style-type: none"> •What is problem solving? •What are some of the strategies for solving problems?
<p>Assessment opportunities</p>	<ul style="list-style-type: none"> •Questioning •Using quick starts at the beginning of the lesson •Feedback provided •Self-assessment 	<ul style="list-style-type: none"> •Questioning •Using quick starts at the beginning of the lesson •Feedback provided •Self-assessment 	<ul style="list-style-type: none"> •Questioning •Using quick starts at the beginning of the lesson •Feedback provided •Self-assessment 	<ul style="list-style-type: none"> •Questioning •Using quick starts at the beginning of the lesson •Feedback provided •Self-assessment 	<ul style="list-style-type: none"> •Questioning •Using quick starts at the beginning of the lesson •Feedback provided •Self-assessment 	<ul style="list-style-type: none"> •Questioning •Using quick starts at the beginning of the lesson •Feedback provided •Self-assessment
<p>Literacy/ Numeracy/ SMSC/ Character</p>	<ul style="list-style-type: none"> •Resilience- managing emotions •Self-regulation- managing peer pressure 	<ul style="list-style-type: none"> •Resilience, •Self-regulation •Problem solving 	<ul style="list-style-type: none"> •Key words; negotiation, compromise, •Self-regulation 	<ul style="list-style-type: none"> •Social awareness •Self-regulation •Citizenship •Key words- procrastination 	<ul style="list-style-type: none"> •Problem solving skills, 	<ul style="list-style-type: none"> •Problem solving •Social awareness •Wisdom and judgement