



Year 7 PSHE Curriculum Map Resilience

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|----------------------------------|---|--|--|--|--|--|
| 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 •Problem Solving 1 | <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 | |
| Key Questions asked (Resilience) | <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? |

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| Assessment opportunities | <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 |
| Literacy/ Numeracy/ SMSC/ Character | <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 |