

# YEAR 7 CURRICULUM PLAN FOR PHSCE



TOPIC	KEY LEARNING	ASSESSMENT
<b>Transition, myself and friendships</b>	<ul style="list-style-type: none"> <li>➤ Understand why we study PSHCE and how it relates to the Bede Wheel and the Catholic Ethos of the school</li> <li>➤ Explore the challenges of starting secondary school, support networks and the importance of aspirations</li> <li>➤ Understand the importance of uniqueness and being comfortable with asserting own strengths</li> <li>➤ Understand the importance of failure, including having clear self-concept and knowledge of areas of improvement</li> <li>➤ Explore how we build connections</li> <li>➤ Understand how to establish and maintain safe and strong friendships on and off line</li> </ul>	<p><i>Formative Assessment:</i> Baseline trackers Then and now I can statements RAG statements</p> <p><i>Summative Assessment:</i> Firefly Reflection Page</p>
<b>Staying Safe and Healthy</b>	<ul style="list-style-type: none"> <li>➤ Understand how to make healthy lifestyle choices in relation to sleep hygiene</li> <li>➤ Explore how to maintain excellent oral hygiene and know what is involved in this</li> <li>➤ Know the role of a balanced diet and its importance for a healthy lifestyle</li> <li>➤ Understand the benefits of exercise for physical and mental health</li> <li>➤ Understand how to manage influences about, diet, health and exercise</li> <li>➤ Explore the reasons for childhood obesity epidemic, the role of the media and how obesity links with Type 2 Diabetes</li> <li>➤ Create a Healthy lifestyle campaign</li> </ul>	<p><i>Formative assessment:</i> Questioning Recall and review I can statements</p> <p><i>Summative Assessment:</i> Healthy Lifestyle Campaign</p>
<b>Citizenship: Diversity</b>	<ul style="list-style-type: none"> <li>➤ Understand about identity, rights and responsibilities and the importance of difference and equality.</li> <li>➤ Explore stereotyping, prejudice and discrimination and the importance of living in a racially and culturally diverse society</li> <li>➤ Ableism and disability focusing on ASD</li> <li>➤ Explore gender and sexual identities, including an introduction to language and terminology and the unacceptability of prejudiced-based language on and offline</li> <li>➤ Explore the signs and effects of bullying (on and offline) and its impact, including skills to manage being targeted and how to respond</li> </ul>	<p><i>Formative Assessment:</i> Then and now I can statements RAG statements Mindmaps</p> <p><i>Summative Assessment:</i> Firefly Reflection Page</p>
<b>Self-worth, Friendships &amp; boundaries</b>	<ul style="list-style-type: none"> <li>➤ Explore what a positive relationship looks like, including in school, in the wider community and online, and how to recognise unhealthy relationships</li> <li>➤ Understand how to further develop the skills of active listening, clear communication, negotiation and compromise in order to maintain positive relationships</li> <li>➤ Explore how to make safe financial choices in relation to advertising, consumerism, peer pressure and friendships</li> <li>➤ Evaluate relationship expectations, expectations around gender roles, and intimacy within romantic relationships</li> <li>➤ Introduce consent including how to seek and assertively communicate consent</li> </ul>	<p><i>Formative Assessment:</i> Then and now I can statements RAG statements True or False Mindmaps</p> <p><i>Summative Assessment:</i> Firefly Reflection Page</p>
<b>Developing skills and aspirations: careers</b>	<ul style="list-style-type: none"> <li>➤ Review and revisit aspirations, goals, values and beliefs, exploring how these change with time and in relation to potential work roles</li> <li>➤ Understand career stereotyping and aspects that influence career choices, including how cultural expectations may limit aspirations</li> <li>➤ Practise debating skills, exploring a range of viewpoints and how we are influenced</li> <li>➤ Introduce STEM as a career role and the importance of being a lifelong learner</li> <li>➤ Explore roles within STEM focusing on women in the industry</li> </ul>	<p><i>Formative Assessment:</i> Then and now I can statements RAG statements</p> <p><i>Summative Assessment:</i> Firefly Reflection Page</p>
<b>Citizenship: Community and Law</b>	<ul style="list-style-type: none"> <li>➤ Understand the importance of empathy and compassion in being a good citizen and consider the role of group-think and mob mentality</li> <li>➤ Explore the need for Peer approval and how this influences decision making which can lead to harmful social norms and risk taking</li> <li>➤ Know the characteristics of abusive behaviours, including sexual harassment, violence, emotional abuse, grooming and exploitation</li> <li>➤ Understand what anti-social behaviour is and explore the impact it has on society and the local area</li> <li>➤ Explore moving around the community and the importance of safety and respect on public transport</li> </ul>	<p><i>Formative Assessment:</i> Then and now I can statements RAG statements</p> <p><i>Summative Assessment:</i> Against Anti-Social Behaviour campaign</p>

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