



Year Group	7	Subject	PSHCE	Taught in	Autumn
Title	Being Me in My World				
Summary	Personal identity; being unique, identifying strengths and understanding how our history has shaped who we are, identifying things that are important, having a choice about whether to allow others to influence us, understanding how are personal history can influence our emotions.				
Key Skills	Understanding personal qualities, attitudes and skills and what can influence these. Understanding boundaries around personal privacy, focussing on how to stay safe online. Mindfulness practice				
Cross-Curricular					

Year Group	7	Subject	PSHCE	Taught in	Autumn
Title	Celebrating Difference				
Summary	Challenging prejudice, challenging others attitudes and values, understanding the potential impact of stereotyping, understanding positive and negative discrimination, understanding bullying and some of the motivations behind it, recognising when people are being excluded and how to help change the situation.				
Key Skills	Respect for others' rights. Learning to identify links between beliefs, values, actions and decisions. Understanding that with rights are responsibilities, including the ideas of fairness and justice. Mindfulness practice				
Cross-Curricular					

Year Group	7	Subject	PSHCE	Taught in	Spring
Title	Dreams and Goals				
Summary	Identifying dreams and goals, setting criteria for success, understanding that dreams and goals can change, identifying barriers to success and how to overcome these. Learning to break goals into achievable steps.				
Key Skills	Learning to set personal targets Self-evaluation of performance Finding solutions to problems that could prevent success Mindfulness practice				
Cross-Curricular					



<b>Year Group</b>	7	<b>Subject</b>	PSHCE	<b>Taught in</b>	Spring
<b>Title</b>	Healthy Me				
<b>Summary</b>	Ways to keep ourselves happy, the link between emotions and health, identifying what makes you feel good, taking responsibility for our own lives and believing that you can influence what happens. Effects of alcohol and other substances on the body. Good nutrition. The role of vaccinations and different views on this.				
<b>Key Skills</b>	Learning to express our feelings in a way that does not harm others Taking responsibility for our thoughts, choices and actions Making informed decisions about healthy choices based upon accurate information				
<b>Cross-Curricular</b>					
<b>Extra-Curricular</b>	Internet Safety Play and Workshops				

<b>Year Group</b>	7	<b>Subject</b>	PSHCE	<b>Taught in</b>	Summer
<b>Title</b>	Relationships				
<b>Summary</b>	Recognise the benefits of positive, strong, equal relationships. Understand the different qualities a range of friends may bring to the group. Discuss that media portrayal of relationships may not reflect real life. Recognise the changes that may occur in families. Understand the role played by each person in a family. Discuss what the expectations a romantic/special relationship may bring.				
<b>Key Skills</b>	Valuing and respecting diversity. Learning to assertive Active listening and communication skills. Understanding our individual rights and responsibilities.				
<b>Cross-Curricular</b>					

<b>Year Group</b>	7	<b>Subject</b>	PSHCE	<b>Taught in</b>	Summer
<b>Title</b>	Changing Me				
<b>Summary</b>	Changes in puberty, awareness of self-image and how others may see you, how to adapt to changing circumstances, know some ways the brain changes and recognise the different moods that may be experienced as change and growth occurs.				
<b>Key Skills</b>	Learning to cope with transitions Becoming confident with your own image Learning from our mistakes Learning to self-regulate thoughts and behaviours.				
<b>Cross-Curricular</b>					