

Year 7 PSHE/RE

Curriculum



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Introduction

The Year 7 RSE/PSHE curriculum is designed to help students develop a strong foundation for their future by focusing on key learning outcomes such as self-awareness, empathy, and decision-making. Students will explore a variety of topics, including body image, relationships, and online safety.

Aims:

- To promote students' personal, social, and emotional development.
- To equip students with the knowledge, skills, and understanding to make informed decisions about their health and well-being.
- To help students develop positive relationships with others.
- To foster students' understanding of themselves and the world around them.

Curriculum Content:

1. Term 1: Self-Awareness and Identity

- Understanding emotions: Identify and label a range of emotions, such as happiness, sadness, anger, fear, and excitement. Explore the causes and effects of different emotions.
- Developing self-esteem: Understand the importance of self-esteem and how to build and maintain it. Develop positive self-talk and affirmations.
- Body image and identity: Explore the concept of body image and how it is influenced by media and societal expectations. Discuss the importance of body positivity and self-acceptance.
- Goal setting and motivation: Set personal goals and develop strategies for achieving them. Explore the importance of motivation and perseverance.
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2. Term 2: Healthy Relationships

- Types of relationships: Identify different types of relationships, such as family, friends, romantic, and online relationships.
- Communication skills: Develop effective communication skills, including active listening, assertive communication, and non-verbal communication.
- Conflict resolution: Learn strategies for resolving conflicts peacefully, such as negotiation, compromise, and mediation.
- Online safety and cyberbullying: Understand the risks and dangers of online communication, including cyberbullying, online predators, and inappropriate content.
- Consent and boundaries: Explore the concept of consent and its importance in all relationships. Set and maintain personal boundaries.

3. Term 3: Health and Well-being

- Healthy eating and nutrition: Learn about the importance of a balanced diet and the different food groups. Explore the benefits of healthy eating and the risks of unhealthy eating habits.
- Physical activity and exercise: Understand the benefits of regular physical activity and exercise. Explore different types of physical activity and how to set fitness goals.
- Mental health and wellbeing: Learn about the importance of mental health and how to promote positive mental health. Identify signs and symptoms of common mental health conditions.
- Substance abuse and addiction: Understand the risks and dangers of substance abuse and addiction. Learn about the different types of substances and their effects on the body and mind.
- Personal safety and first aid: Learn basic first aid skills and how to stay safe in different situations. Understand the importance of personal safety and how to protect yourself from harm.
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Learning Objectives:

By the end of Year 7, students will be able to:

- Understand the basic concepts of health and well-being.
- Identify and manage their own emotions.
- Develop positive relationships with others.
- Understand the importance of healthy eating and exercise.
- Make informed decisions about their personal safety.
- Recognize and challenge stereotypes and discrimination.

Assessment:

- Students will be assessed through a variety of methods, including:
- Group discussions
- Role-plays
- Written assignments
- Presentations
- Self-assessments

Resources

- Age-appropriate books and resources
- Guest speakers
- Online resources
- Videos and films

Evaluation and Review

The curriculum will be reviewed annually to ensure its effectiveness. Feedback from students, teachers, and parents will be considered in the review process.

Updated August 2024

Next review: August 2025