

## Curriculum Map - PSHRE Y7 2023 - 2024

	Autumn1 6 lessons	Autumn 2 7 lessons	Spring 1 6 lessons	Spring 2 6 lessons	Summer 1 10 lessons	Summer 2 (ROLLOVER)
Y7	<p><b>Theme: Transition</b> <b>Big Question: What are the new challenges?</b></p> <ol style="list-style-type: none"> <li>1. Why are friendships important? What are respectful relationships?</li> <li>2. To recognise, predict and assess risks in different situations and decide how to manage them responsibly (including online)</li> </ol> <p><b>Go West</b> <b>Big Question: How can I commit to a healthy life?</b></p> <ol style="list-style-type: none"> <li>1. What are the benefits of exercise for physical &amp; mental health? (W)</li> <li>2. How can we eat healthy on a budget? (E)</li> <li>3. Why do we need sleep? (S)</li> <li>4. Why is talking important to your wellbeing? (T)</li> </ol> <p><b>H1 H2 H5 H13 H14 H15 H16 H30 R13L2</b></p>	<p><b>Theme: Health &amp; Wellbeing</b> <b>Big question: How can good choices promote my wellbeing?</b></p> <ol style="list-style-type: none"> <li>1. What do we mean by a 'healthy lifestyle?</li> <li>2. What's the big deal with energy drinks?</li> <li>3. National anti-bullying lesson</li> <li>4. What is the Lighthouse project in Havant? ASSEMBLY</li> <li>5. What is sniffing?</li> <li>6. What are the 4 different categories of drugs?</li> <li>7. CFU</li> </ol> <p><b>H23 H26 H31 H33</b></p>	<p><b>Theme: Relationships</b> <b>Big Question: What are positive relationships?</b> (safer internet day 6<sup>th</sup> Feb 2024)</p> <ol style="list-style-type: none"> <li>1. What is trust in relationships?</li> <li>2. How can I maintain friendships and avoid fallout?</li> <li>3. Why are families and long-term relationships important?</li> <li>4. What would our country be like without mutual respect / tolerance?</li> </ol> <p><b>5. Safer Internet day .</b> 'Inspiring change' Making a difference</p> <p><b>6 LGBTQ+ Talk from Y Services</b></p> <p><b>R3 R38 R39 R40 R41</b></p>	<p><b>Theme: RSE</b> <b>Big Question: What are the changes that are happening?</b></p> <ol style="list-style-type: none"> <li>1 How can I manage physical &amp; emotional changes during puberty?</li> <li>2 What changes does menstruation bring about in puberty?</li> <li>3. Are girls more concerned with changes than boys?</li> <li>4. What does the term hygiene mean to you?</li> <li>5. What does the term boundary mean? Can some boundaries be non-physical? Personal space?</li> <li>6. CFU How do our bodies change?</li> </ol> <p><b>H20 H22 H34 R24 R26</b></p>	<p><b>Theme: Careers</b> <b>Big Question: What is careers education?</b></p> <ol style="list-style-type: none"> <li>1. What is careers Education? Including STEM</li> <li>2. What Career would suit you and your aspirations?</li> <li>3. Job Research - Routes into work, understanding further and higher education (including apprenticeships and enterprise)</li> <li>4. What will the future look like? How will this impact your career and what impact does stereotyping have?</li> <li>5. Careers and Finance – How does money effect your future</li> <li>6. How to plan your savings</li> <li>7. What is work</li> <li>8. Linking Careers to your subjects</li> <li>9. Careers Games (Year 7 camp)</li> <li>10. How to make decisions &amp; action planning</li> </ol> <p><b>L1, L2, L3, L4, L6, L7 L8, L9, L10, L11. L12, L14, L15, L16, L17</b></p>	N/A

**Curriculum Map - PSHRE Y7 2023 - 2024**