



Curriculum Map 2021/2022

Year 7 PSHCE

We are the ‘rich soil in which seeds flourish and roots grow’. Therefore, our PSHCE curriculum at St Mary’s is designed so pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepared for life and work after leaving school. It is designed to have an impact on both academic and non-academic outcomes for pupils, allowing all our students the chance to flourish and grow in all aspects of life. Our vision for PSHCE lessons are that they enable students to make informed life choices outside of the classroom when in their local communities.

Our programme of study aims to develop skills and attributes such as resilience, self-esteem, risk-management, team working and critical thinking in the context of four core themes: Living in the wider world, Relationships and sex education, Citizenship and British values and physical and mental wellbeing. Our curriculum takes our students on a journey building on previous lessons as they move through Key Stage 3 and into Key Stage 4. Key Stage 3 pupils receive one hour per week timetabled PSHCE lesson and KS4 PSHCE is taught through a 20 minute session in tutorial time each week.

Term	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Concept	Physical and Mental Wellbeing	Physical and Mental Wellbeing	Relationships and Sex Education	Relationships and Sex Education	Living in the wider world	Citizenship and British Values
SOL Question	Am I my own worst enemy? What choices do I have regarding mental health?	What informed choices can I make about my eating habits?	What changes will my body go through and what choices might I face?	What choices should I consider when developing respectful relationships?	What choices will I face when using the internet?	What choices does our political system offer us?

	Mental wellbeing	Healthy eating	Changing adolescent bodies	Respectful relationships including friendships	Internet safety and harms	Political systems
	<p>7 lessons</p> <ul style="list-style-type: none"> 1. What's all about me? 2. Am I my own worst enemy? 3. How can I deal with unhelpful thoughts? 4. What is happiness linked to? 5. How can we recognise the signs of mental wellbeing concerns? 6. What are anxiety and depression? 7. What activities can improve mental well-being? 	<p>7 lessons</p> <ul style="list-style-type: none"> 1. How can we eat healthily? 2. How can food affect your weight? 3. What are the dangers associated with energy drinks? 4. Why are food labels important? 5. What causes tooth decay? 6. What are the links between food and cancer? 7. Assessment lesson 	<p>6 lessons</p> <ul style="list-style-type: none"> 1. What is the menstrual cycle? 2. What facts do I need to know about periods? 3. What changes occur during puberty? 4. How can my mood be affected by puberty? 5. What emotional challenges can puberty bring? 6. How can puberty impact your physical health? 	<p>6 lessons</p> <ul style="list-style-type: none"> 1. What are the characteristics of a respectful relationship? 2. How can stereotyping damage respectful relationships? 3. Why is it important to treat people with respect? 4. Why is bullying disrespectful? 5. What types of behaviour in relationships are disrespectful? 6. How does the Equality Act 2010 help develop respectful relationships? 	<p>6 lessons</p> <ul style="list-style-type: none"> 1. How can I ensure personal safety online? 2. What is the link between social media and body image? 3. What are the risks associated with online gambling? 4. What is cyberbullying? 5. How can you protect your identity online? 6. How can you identify harmful behaviours online? 	<p>7 lessons</p> <ul style="list-style-type: none"> 1. What is the role of the monarch? 2. What is the role of parliament? 3. What is the role of political parties? 4. Why is Democracy so important? 5. How do elections and the voting system work? 6. What liberties do we enjoy as citizens of the U.K? 7. Assessment lesson