

Scheme of Work Title: Year 7 PSHCE

<u>Lesson</u>	<u>Theme</u>	<u>Topic</u>	<u>Starter</u>	<u>Main learning activities</u>	<u>Key question</u>
1	Relationships and sex	Introduction	What do you think PSHCE is? Defining key terms.	In groups 'peek and sneak' task to create a mind map that shows what PSHCE is all about.	What is PSHCE?
2	Relationships and sex	A good friend	Form time bingo	In new pairs- what makes a positive relationship? What makes a good friend? Are you a good friend?	What makes a good friend?
3	Relationships and sex	Feelings and communication	Use your expressions to express your feelings	Types of communicating- passive, assertive, aggressive. What would you do scenarios?	How is best to communicate your feelings?
4	Relationships and sex	Relationships	List as many different types of relationships as you can think of.	Easy and difficult relationships Thinking about your own relationships Small group discussion about relationships	What are the different types of relationships?
5	Relationships and sex	Bullying or banter	Is this example bullying or banter?	YouTube video- is this bullying or banter? Videos about bullying followed by key questions.	What are the effects of bullying and how can you respond?
6	Relationships and sex	Cyberbullying	What is online bullying and trolling?	Video Why do people cyber bully? Ways to prevent bullying video Four step method	How can we prevent online bullying?

7	Relationships and sex	Falling in love	Sophie and Pavel's relationship questions	Videos Information about falling in love, covering consent and laws about sex. Video about love	What does it mean to fall in love?
8	Relationships and sex	Families	Define family	Video Different types of family Video Your family questions	What are the different types and does it matter what kind of family I have?
9	Relationships and sex	Coping with disappointment	How are these people feeling	When can people get disappointed? How should they act in these scenarios? Top five tips from the video Role play about disappointment	How do I cope with disappointment?
10	Relationships and sex	Friendship	Children on friendship video	Frenemies with Lavender from Harry Potter. Good friend quiz What can you learn from this story video	How do I maintain good friendships and avoid bad ones?
11	Relationships and sex	Influence and pressure	How can we deal with peer pressure?	Emotions Peer pressure Influence How to respond	How can we deal with peer pressure?
12	Relationships and sex	RAG rating and poster work possibly move onto emotional intelligence if time	What is emotional intelligence? Video	Questions about yourself Ranking activity	What is emotional intelligence? Why is it important?

13	Health and wellbeing	Donations	Delivered by G.Bashford OR is no assemblies... lesson to be delivered by form tutors	What is helping? Two case studies Stem cells and other donations Changes to the law What is in blood What is blood donation	What are the different types of donation and why is it important to talk about?
14	Health and wellbeing	Road Safety	Introducing the people	Scenarios Quiz Design a poster	How do we stay safe?
15	Health and wellbeing	E safety	"Whatever you share online forms part of your online reputation" Google video	On line audit task 4 videos for online safety Write top tips Debate afterwards "Online reputations are more important than offline reputations for young people"	How do we stay safe online?
16	Health and wellbeing	Puberty	What is puberty? When will it happen?	Puberty video Summary slide Puberty myths if time	What is puberty?
17	Health and wellbeing	Periods	What do you already know about periods?	Who can you talk to about periods? Periods video Different types of protection and videos to explain them	What are periods?
18	Health and wellbeing	Healthy Eating	Nutrition label task	Favourite foods Healthy eating video Eat well plate Nutrition label task	How do I know if I'm eating healthily?
19	Health and wellbeing	Resilience	What is resilience?	Videos Dictionary definition Frozen clip	What is resilience and how can I be resilient?

				Why is it hard? How can you build resilience?	
20	Health and wellbeing	Physical health	Why should people exercise?	Problem in the UK? Problem in the world? Benefits of exercise Easy ways to exercise	How can I stay physically healthy?
21	Health and wellbeing	Immunisations	Vaccination questions	What is in your blood? Key words NHS recommendations Active and passive immunity Think pair share	What are immunisations?
22	Health and wellbeing	Cigarettes and alcohol	What are the laws surrounding smoking and alcohol	Laws info Why must you be careful videos Drink safe week	Why must we be so careful of cigarettes and alcohol?
23	Health and wellbeing	Keeping clean	Hand washing	Personal Hygiene videos and importance Importance of dental hygiene Importance of intimate hygiene	How can I have good personal hygiene?
24	Health and wellbeing	Mental health	Mental health and symptoms match up	Inside out clip Clip about what depression and anxiety are childline Clip about helping young people	How can we keep good mental health?
25	Living in the wider world: economic wellbeing,	British citizenship	Is Sara British?	Poem by Benjamin Zephania What is Britishness video Why do people migrate to Britain? Citizenship test	What does it mean to be a British Citizen?

	careers and the world of work				
26	Living in the wider world: economic wellbeing, careers and the world of work	British Values	What is a typical British person?	Citizenship test What are the British Values? Poster	What are the British Values?
27	Living in the wider world: economic wellbeing, careers and the world of work	British culture	What is being patriotic?	Pair discussion Ten best things about British culture Celebrating difference video What is culture and cultural differences	What makes up British culture?
28	Living in the wider world: economic wellbeing, careers and the world of work	Poverty	Needs and wants table	Key word definitions Child poverty video Poverty stereotypes How can you help? Taking action	What is poverty? How can I help?
29	Living in the wider world: economic wellbeing, careers and the world of work	Poverty 2	Recap the information from last lesson	Write a story about a child living in poverty in the U.K. or create a respectful and sensitive role play or create a story board for a short video	What is poverty? How can I help?

				clip explaining poverty to year 6 students. Make sure you mention the effects of poverty.	
30	Living in the wider world: economic wellbeing, careers and the world of work	Raising awareness	What is taking action? Who can change the world?	<ul style="list-style-type: none"> ⦿ Letter writing to the government about poverty and how we need to do something to tackle this. ⦿ Arrange a food bank collection ⦿ Create an assembly on poverty ⦿ Come up with a fundraising idea ⦿ Or anything else you can think of 	How can I make a difference?
31	Living in the wider world: economic wellbeing, careers and the world of work	Aspirations	1. Write down what you think the word 'aspiration' means	Goals video Case studies Gimme five summary	How can we be aspirational students and reach our full potential?
32	Living in the wider world: economic wellbeing, careers and the world of work	Money Management	Money makes you happy	Difference between credit and debit cards Personal money videos and tips Government money and austerity	How can I successfully manage my money?
33	Living in the wider world:	Organisation	What is organisation?	What skills are involved? Video How do you spend your time?	What is Organisation? How can I get organised?

	economic wellbeing, careers and the world of work				
34	Living in the wider world: economic wellbeing, careers and the world of work	Needs and wants	Does Noah actually need a PlayStation Pro or does he just want one? Explain what you think the difference is between needing something and wanting something	Key words Video Maslow's hierarchy Case studies	What are needs and wants and why are the differences important?
35	Living in the wider world: economic wellbeing, careers and the world of work	Design a country	What do most countries have in common? What makes a country great? What things make England a good country?	What freedoms do we have? Video How is our country run? Video What are the five British Values? Can you remember?	What makes a country good?
36	Living in the wider world: economic wellbeing,	Design a country	Plan and design a country	<ul style="list-style-type: none"> • Design a map. • What will your country be called? • What rules and laws will it have? 	What makes a country good?

	careers and the world of work			<ul style="list-style-type: none"> • Will you have a government? What type of Government will you have? • How will you make your country good? • What crops will you grow? • How will your country make money? • What will be its 5 main values? • Can you create a national anthem? • Design a flag 	