

Yr 7 PSHE/Citizenship
Schemes of Work 2024-25

<u>Lesson Sequence</u>	<u>Lesson Topic</u>	<u>Brief outline</u>	<u>Theme</u>
1	Intro & Ground rules	Team building, and getting to know the group	Health & Wellbeing
2	Me	Team building, and getting to know the group	Health & Wellbeing
3	Building positive relationships	How to be a good friend	Relationships
4	Respectful relationships	What is a healthy vs Unhealthy friendship	Relationships
5	Managing my emotions	What are emotions and how can we identify different emotions	Health & Wellbeing
6	Feeling vs emotions	What are emotions and how can we identify different emotions	Health & Wellbeing
7	Keeping myself safe online	Online safety debate Is Tiktok good or bad?	Health & Wellbeing
8	Puberty and Menstruation	What is puberty? How does the body change? What are periods?	Health & Wellbeing
HALF TERM			
1	First Aid	Recovery position DRSABCD	Health & Wellbeing
2	First Aid	CPR	Health & Wellbeing
3	Diversity	Prejudice and discrimination	Relationships
4	Antibullying week	Bullying online and offline	Relationships
5	Healthy lifestyle	Diet, dental hygiene, sleep, exercise	Health & Wellbeing
6	Negative influences	Caffeine, sugar, alcohol, smoking	Health & Wellbeing
7	Christmas Fun		Health & Wellbeing
CHRISTMAS HOLIDAY			
1	Understanding your feelings	My Big Life – Mental Health	Health & Wellbeing
2	Calming techniques	My Big Life – Mental Health	Health & Wellbeing
3	How to get a big life	My Big Life – Mental Health	Health & Wellbeing
4	How to think in a big life way	My Big Life – Mental Health	Health & Wellbeing
5	Overcoming problems	My Big Life – Mental Health	Health & Wellbeing
6	Building inner confidence	My Big Life – Mental Health	Health & Wellbeing
HALF TERM			
1	Social Media Awareness	Effects of social media on teenagers	Health & Wellbeing
2	Self Confidence and Physical Activity	How to build confidence through a physical activity campaign	Health & Wellbeing
3	Healthy and Unhealthy Relationships	What is a healthy vs Unhealthy friendship	Health & Wellbeing
4	British Values	What are the British values	Health & Wellbeing
5	Misinformation and Fake News	Do we need to believe everything that is online? Fake news and conspiracy theories	Health & Wellbeing
6	Multicultural March		Health & Wellbeing
EASTER BREAK			
1	How do I view myself?	Understanding our strengths and weaknesses	Living in the wider world
2	Values and Qualities I have	What values and morals are important to me	Living in the wider world
3	Role Models and Influences	What is a role model. Who are my role models.	Living in the wider world
4	Skills, Creativity and Enterprising Skills	Being creative with careers	Living in the wider world
5	Enterprising skills – School Improvement Skills	How would you improve the school?	Living in the wider world
6	Meet the Employers	Meet employers from different industries	Living in the wider world
HALF TERM			
1	Saving and Spending	Finances and Budgeting	Living in the wider world
2	Want vs need	Finances and Budgeting	Living in the wider world
3	Real Game	Finances and Budgeting	Living in the wider world
4	Real Game	Finances and Budgeting	Living in the wider world
5	Real Game	Finances and Budgeting	Living in the wider world
6	Project Week		
7	End of year fun		