



Year 7 Curriculum Map

Subject: PSHE

Unit 1 Topic: RSE <i>(Relationships)</i>	Unit 2 Topic: Bullying <i>(Health and well-being and Living in the wider world)</i>	Unit 3 Topic: Healthy Lifestyles <i>(Health and well-being)</i>	Unit 4 Topic: British Values <i>(Living in the wider world - Citizenship)</i>	Unit 5 Topic: Substance awareness <i>(Health and well-being)</i>
Overall focus for the unit: To understand what a healthy relationship is and the roles these relationships have. To include; ○ Personal identity - diversity ○ Forming good friendships – trust, respect, honesty etc ○ Different types of family relationships – addressing stereotypes and roles/responsibilities ○ Love and relationships – leading to marriage and forced marriage Vs arranged	Overall focus for the unit: To consider what bullying is, the types of bullying and the consequences of bullying on others. To include; ○ Bullying or banter – including bullying others and peer on peer abuse ○ Why do people bully online? ○ Peer-pressure ○ How do we keep safe – on and off-line, including school.	Overall focus for the unit: To understand the importance of what we eat on our body. To include; ○ What is a healthy lifestyle? ○ Keeping healthy – food groups ○ Keeping active ○ Balanced diet – including consequences of not doing so and seeking help	Overall focus for the unit: To consider what it means to be British and the diverse culture pupils live in. To include; ○ What does it mean to be British? ○ What is democracy? ○ The justice system – Including dealing with law breakers ○ What does promoting tolerance teach us?	Overall focus for the unit: To explore what cigarettes are, why they are dangerous, the consequences of using them and the rise in people using vapes. To include; ○ Dangers of cigarettes ○ Is vaping better or worse? ○ What are drugs? ○ Managing risks associated with drug use.



Intent behind the unit: When pupils start a new school they have to form new friendship groups quite quickly. This unit is designed to help pupils discover who they are and understand what is essential when establishing a new friendship group. As well as this it is also designed to build on the relationship aspect of the primary curriculum.	Intent behind the unit: This unit is best suited to follow the previous unit as when trying to establish new friendship groups, pupils might find they feel they 'don't fit in'. This unit is designed to help them understand that bullying is not okay and where to go for support should they experience bullying or indeed witness any bullying, of any nature. 'Peer on Peer abuse' is an ongoing issue within the county and therefore we feel the need to address this whilst pupils are forming relationships.	Intent behind the unit: When pupils start at secondary school they do PE once a week. It is important for the pupils to understand that being healthy is not just being 'physically healthy' through the use of exercise, they also need to learn the importance of a balanced diet.	Intent behind the unit: It is important that pupils in Britain learn what it means to be British and understand that living in today's world, you don't have to be white to be British, or Christian to be British. At this stage in the year, pupils are more settled and are more tolerant and understanding of others options.	Intent behind the unit: For many of our pupils, they grow up in a house where cigarettes and vaping are the 'norm'. It is our job to inform pupils of the risks of doing so.
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