

**Subject: PSHE For Year 7, 8 and 9 (2022 – 23)**

	Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
7	<b>Healthy Lifestyle:</b> <i>What is PSHE</i> <i>What is Health</i> <i>Healthy Eating</i>  <b>The Big Question: What makes you healthy?</b>	<b>Healthy Lifestyle:</b> <i>Exercise</i> <i>Health organizations</i> <i>When Health Goes Wrong</i>  <b>The Big Question: Why isn't health just left to the individual?</b>	<b>Emotional Wellbeing and Mental Health:</b> <i>What are 'emotional wellbeing' and 'mental health'</i> <i>What is resilience?</i> <i>Feelings and how to manage them.</i>  <b>The Big Question: How can I help control my wellbeing and that of others?</b>	<b>Emotional Wellbeing and Mental Health:</b> <i>What impacts on emotional wellbeing?</i> <i>How do I cope with loss and bereavement?</i> <i>Recognizing the signs of poor mental health.</i>  <b>The Big Question: How can I help control my wellbeing and that of others?</b>	<b>Emotional Wellbeing and Mental Health:</b> <i>Ways to look after emotional wellbeing and who can help?</i> <b>Growing up:</b> <i>How is year 7 different?</i> <i>What happens at puberty? (Not during Ramadan 2/4 - 1/5)</i> <i>Menstrual wellbeing (Not during Ramadan 2/4 - 1/5)</i>  <b>The Big Question: What does growing up mean to me?</b>	<b>Growing up:</b> <i>Personal Hygiene</i> <i>Why am I feeling like this?</i> <i>Why are friends important?</i>  <b>The Big Question: What does growing up mean to me?</b>
	Skill development Describe, explain, justify, evaluate. Discussion based activities Listening and oracy skills	Development of global awareness and cultural capital of place. Development of health awareness and variance globally Development of extended writing Listening and oracy skills	Describe, explain, justify, evaluate. Discussion based activities Listening and oracy skills	Describe, explain, justify, evaluate. Discussion based activities Listening and oracy skills	Describe, explain, justify, evaluate. Discussion based activities Listening and oracy skills	Describe, explain, justify, evaluate. Discussion based activities Listening and oracy skills
8	<b>Risk and Safety:</b> <i>What do we mean by risk?</i> <i>How do we manage risky situations?</i> <i>Bullying &amp; gambling.</i>  <b>The Big Question: How do you manage risk?</b>	<b>Relationships:</b> <i>What are the different types of relationships?</i> <i>What is a healthy relationship?</i> <i>Communication skills.</i> <i>Is commitment important in relationships?</i>  <b>The Big Question: Why do some relationships not work?</b>	<b>Relationships:</b> <i>Abuse in relationships.</i> <b>Alcohol, tobacco and other drugs:</b> <i>Drugs – What are they?</i> <i>Drugs and the law</i> <i>Alcohol</i>  <b>The Big Question: What impact can substances have on my future life?</b>	<b>Alcohol, tobacco and other drugs:</b> <i>Smoking &amp; what it does to your body.</i> <i>What is the impact of drug taking?</i> <i>How do I manage situations involving drugs?</i>  <b>The Big Question: What impact can substances have on my future life?</b>	<b>Identity:</b> <i>Who am I and what does family mean to me?</i> <i>How do I contribute to family life?</i> <i>Gender identity.</i> <i>Stereotypes.</i>  <b>The Big Question: Who am I and what are my rights and responsibilities?</b>	<b>Identity:</b> <i>Faith and values.</i> <i>How am I doing?</i> <i>What are my rights and responsibilities?</i>  <b>The Big Question: Who am I and what are my rights and responsibilities?</b>
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9	<b>Money and Me:</b> <i>How do I save and how do I budget?</i> <i>What influences our spending?</i> <i>How enterprising am I?</i>	<b>Sex, sexuality and sexual health:</b> <i>Choices around sex.</i> <i>Pornography and sexting.</i> <i>Sex and the law.</i> <i>Conception, pregnancy and birth.</i>	<b>Sex, sexuality and sexual health:</b> <i>What is contraception?</i> <i>What are STI's?</i> <b>Communities:</b> <i>Understanding our communities.</i>	<b>Communities:</b> <i>How do I feel about 'difference'?</i> <i>How can we value each other?</i> <i>What makes a successful community?</i>	<b>Communities:</b> <i>What can cause problems in our community?</i> <i>Hate crime and radicalization.</i> <i>How can I contribute to my community?</i> <i>What do voluntary agencies do?</i>	<b>Planning for the Future:</b> <i>What are my aspirations?</i> <i>How do I plan for my future?</i> <i>Skills for working with others.</i>
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