

Subject: PSHE For Year 7, 8 and 9

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