

PSHCE

YEAR 7

AUTUMN TERM 2020-2021



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across North Yorkshire and York


































































Name.....
Form.....
Form Tutor.....


































Year 7 PSHCE PROGRAMME 2020-2021

Lesson	Date	Topic and Learning Intent	Self Assessment		
			Circle how confident you feel with this topic before the lesson		
			<u>Underline</u> how confident you feel with this topic after the lesson		
1	Mon 14 th Sept	Introduction to PSHCE and British Values			
		<ul style="list-style-type: none"> Know what PSHCE stands for 			
		<ul style="list-style-type: none"> I understand the importance of laws and rules in my family, school and society 			
		<ul style="list-style-type: none"> I can recognise how to apply British values to my school and everyday life. 			
2	Mon 28 th Sept	Puberty and Sexual Intercourse			
		<ul style="list-style-type: none"> I understand the physical and emotional changes I will go through at puberty and I can look after my body and health as I go through puberty 			
		<ul style="list-style-type: none"> I understand what a period is 			
		<ul style="list-style-type: none"> I can recognise the emotional changes as well as physical changes of puberty 			
3	Mon 12 th October	Keeping Safe from risk			
		<ul style="list-style-type: none"> Be aware of issues surrounding personal safety 			
		<ul style="list-style-type: none"> Identify preventative measures 			
		<ul style="list-style-type: none"> Identify a trusted adult that they could talk to if they were in this situation. 			
4	Monday 2 nd November	Anti bullying			
		<ul style="list-style-type: none"> Think about how to be a good friend- recognise the qualities and behaviours that is expected and demonstrated in a variety of positive relationships · 			
		<ul style="list-style-type: none"> Know that bullying is not acceptable 			
		<ul style="list-style-type: none"> Understand some strategies for dealing with bullying. 			

5	Tues 17 th November	Britain as a multicultural society			
		<ul style="list-style-type: none"> I understand how and why the UK is a multi-cultural, multi-faith society and understand the need for tolerance, mutual respect and understanding 			
		<ul style="list-style-type: none"> I can recognise and challenge stereotypes based on sex, gender, race, religion, sexual orientation or disability as I understand they can cause damage 			
		<ul style="list-style-type: none"> I have explored my own identity and cultural heritage 			
		<ul style="list-style-type: none"> I understand what makes a 'British Citizen' in the 21st Century 			
		<ul style="list-style-type: none"> I understand the potential tensions between human rights, British law and cultural and religious expectations 			
6	Tuesday 1 st December	Careers Lesson 1			
		<ul style="list-style-type: none"> I can recognise and challenge stereotypes that may limit my careers choices and aspirations and know how to stand up to discrimination that is damaging to me and others 			
Assembly		Charity Launch and Global rights			
		<ul style="list-style-type: none"> I can work as part of team to think of solutions to problems 			
		<ul style="list-style-type: none"> I participated in a school based activity to make an improvement in my community 			
		<ul style="list-style-type: none"> I have explored the similarities and differences between the rights of a child in the UK and in the developing world 			
7	Weds 16 th December	Revision techniques			
		<ul style="list-style-type: none"> Techniques on how to revise 			
CHRISTMAS HOLIDAYS					
8	Wednesday 13 th Jan	Hate Crime			
		<ul style="list-style-type: none"> I know how to identify and report hate crime 			
		<ul style="list-style-type: none"> I understand the potential tensions between human rights, British law and cultural and religious expectations and practices (e.g 			

		arranged marriage, Shria law).			
		<ul style="list-style-type: none"> I understand the terms associated with sex, gender identify and sexual orientation (lesbian, gay, bisexual or trans) and are aware of accepted terminology . 			
9	Weds 27 th January	Cultures living together <ul style="list-style-type: none"> I understand the potential tensions between human rights, British law and cultural and religious expectations and practices (e.g arranged marriage, Shria law) 			
10	Weds 10 th February	Careers Lesson 2 <ul style="list-style-type: none"> I can identify different kinds of jobs, careers and ways of working and understand how they develop and can give examples from people I know 			
		<ul style="list-style-type: none"> Managing a personal, household and school budget 			
		<ul style="list-style-type: none"> Negotiate plans and decisions carefully when it comes to qualifications, skills and experience 			
		<ul style="list-style-type: none"> I know the difference between a job and a career 			
		<ul style="list-style-type: none"> I am aware of the kinds of jobs and careers available in my local community 			
11	Thurs 4 th March	Smoking and Vaping <ul style="list-style-type: none"> I can explain the short and long term impacts of both a healthy and unhealthy lifestyle choices 			
		<ul style="list-style-type: none"> I can describe how to make healthy choices as part of a balanced lifestyle understanding why it is important to make positive choices about my physical and emotional health 			
		<ul style="list-style-type: none"> I understand about the range of legal and illegal substances including alcohol, volatile substances, tobacco (including e-cigarettes), their effects, the law and explain the risks associated with their use, including the impact on mental health 			
12	Thurs 18 th March	E safety <ul style="list-style-type: none"> I am aware of unacceptable and acceptable physical contact and I am able to identify when someone may be putting pressure on me to do something I am not comfortable with including from my peers 			

		<ul style="list-style-type: none"> I can differentiate between positive and negative risks both on and offline 			
		<ul style="list-style-type: none"> I understand what 'sexting' means and involves, the consequences of sexting including the laws on possession of images of children and where to get help if I experience sexting 			
		<ul style="list-style-type: none"> I understand that any material a person provides on line has the potential to be shared and therefore may always be accessible on line and that I have a responsibility not to share my own or other people's personal material or information 			
13	Friday 16 th April	Stress and resilience <ul style="list-style-type: none"> I can recognise my personal strengths and areas for development and know how this affects my mental health. 			
		<ul style="list-style-type: none"> I understand what resilience means and I have some strategies which I can apply when managing disappointments and setbacks in different situations 			
EASTER HOLIDAYS					
14	Friday 30 th April	Careers lesson 3 <ul style="list-style-type: none"> I can reflect on how past successes were attained and I am able to use this information to influence my future wellbeing, progress and achievement 			
		<ul style="list-style-type: none"> I can articulate my hopes and aspirations for the future and have begun to consider what I need to do to make these a reality 			
		<ul style="list-style-type: none"> I can identify the skills and qualities for needed to be enterprising 			
15	Tuesday 4 th May	Body Image <ul style="list-style-type: none"> I can explain the impact of the media / social media on people's actions including body image and how this can affect how I feel about myself 			
16	Monday 17 th May	Personal hygiene <ul style="list-style-type: none"> I can take responsibility for my own personal hygiene including oral hygiene and flossing and the importance of regular visits to the dentist 			

		<ul style="list-style-type: none"> I understand the physical and emotional changes I will go through at puberty and I can look after my body and health as I go through puberty 			
17	Monday 7 th June	First Aid <ul style="list-style-type: none"> I have knowledge of basic first aid and life-saving skills and can put them into practice 			
18	Tuesday 22 nd June	Credit, debit and bank accounts <ul style="list-style-type: none"> I understand the function and uses of money 			
		<ul style="list-style-type: none"> I know some of the financial products that are available to me including bank accounts and insurance e.g mobile phone / travel insurance 			
		<ul style="list-style-type: none"> I know the difference between a credit and debit card 			
		<ul style="list-style-type: none"> I can use financial information from bank statements, pay slips and utility bills to prepare budgets and financial plans 			
19	Weds 7 th July	Economics lesson- pay slips etc <ul style="list-style-type: none"> I can recognise the ways in which media, companies and individuals may try to influence how I spend and save my money 			
		<ul style="list-style-type: none"> I know that there are a number of ways of calculate value of money—price is only one factor 			
		<ul style="list-style-type: none"> I can resist unwanted pressure to spend or save unwisely 			
		<ul style="list-style-type: none"> I can use financial information from bank statements, pay slips and utility bills to prepare budgets and financial plans 			
		<ul style="list-style-type: none"> I know that people buy things online and have online bank accounts and passwords to keep money safe 			

SUMMER HOLIDAYS

