

Year 7 – PSHE Programme of Study

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Unit 1: Health and Wellbeing Enquiry question: How can I look after my body and brain?</p> <p>Key content covered:</p> <ul style="list-style-type: none">• What does it mean to be resilient? How can I be resilient?• How can I communicate about emotions in a healthy way?• How do diet and exercise contribute to a healthy body?• How will my body change as I go through puberty?	<p>Unit 2: Relationships and Sex Education. Enquiry question: What is a healthy relationship? (Online and offline)</p> <p>Key content covered:</p> <ul style="list-style-type: none">• How can I judge that something/someone is trustworthy?• Managing friendships, both online and offline.• What do positive and healthy friendships look like?• My body, my rules: What is meant by consent, online and offline?• What is bullying and what can be done about it?• Different types of families and the role of the family	<p>Unit 3: Living in the Wider World. Enquiry question: How can I contribute positively to my community?</p> <p>Key content covered:</p> <ul style="list-style-type: none">• What rights and responsibilities do I have within my community?• What can I do to make a positive impact?• Why should I participate in my community?• Beginning to think about my goals for the future.• Finances: the dream versus reality			