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| **Year 7 Curriculum Overview [2022-2023]**  **Subject - PSHE** | | | | | | | |
| **Autumn Term** | **Knowledge & Understanding** | | |  | **Literacy Skills**  **Opportunities for**  **developing**  **literacy skills** | **Employability Skills**  **[if any]** | **Assessment Opportunities** |
| **Composites** | **Components**  **[KEY concepts & subject specific vocab]** | **Formal Retrieval**  **[if any]** | **PSHE Refs** |
| Health and Wellbeing | Transition to school  Healthy Friendships  Toxic Friendships  Expressing and managing emotions  Social Media Safety  Personal Safety  First Aid | * Identify, manage, and express emotions in a constructive way * Manage the challenges of moving to a new school * Establish and manage friendships * Identify personal strengths and areas for development * Personal safety strategies and travel safety e.g. Road, rail and water * Responding to an emergency * Basic first aid training | * What a friendship is * What an emotion is * What Social Media is * About safety at home | H1  H2  H30  H33  R13  L1  L2 | * Listening to others * Sharing ideas orally in small groups and as a class * Long answer questions * Opportunities to read aloud * Creating resources for others | * Communication and interpersonal skills * Problem solving * Team working * Ability to learn and adapt * Debate | * Discussion to show understanding of the concepts discussed * Written responses in books show clear understanding of pupils |
| **Spring** | Self Worth  Types of Relationships  Positive and Negative Relationships  Romantic Relationships  Consent | * How to develop self-worth and self-efficacy * About qualities and behaviours relating to different types of positive relationships * How to recognise unhealthy relationships * How to recognise and challenge media stereotypes * How to evaluate expectations for romantic relationships about consent, * How to seek and assertively communicate consent | * Toxic and positive friendships * The dangers of social media * Different types of relationships * Challenges people face during change | H1  R2  R9  R11  R13  R14  R16  R24 | * Listening to others * Sharing ideas orally in small groups and as a class * Long answer questions * Opportunities to read aloud * Creating resources for others | * Communication and interpersonal skills * Problem solving * Team working * Ability to learn and adapt * Debate | * Discussion to show understanding of the concepts discussed * Written responses in books show clear understanding of pupils |