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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 schoolHealthy FriendshipsToxic FriendshipsExpressing and managing emotionsSocial Media SafetyPersonal SafetyFirst 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
 | H1H2H30H33R13L1L2 | * 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
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| **Spring** | Self WorthTypes of Relationships Positive and Negative RelationshipsRomantic RelationshipsConsent | * 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
 | H1R2R9R11R13R14R16R24 | * 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
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