

Curriculum Map Year 7 PSHE

<p>YE AR 7</p>	<p>Content</p> <p>How do I fit into the world I live in?</p> <p>Key Vocabulary:</p> <p>Unique me, differences & conflict, my influences, peer pressure, online safety, sexting, consequences, online legislation.</p> <p>Key Knowledge</p> <p>Who am I? My influences. Peer pressure and belonging. My online identity. What are the consequences of what I say and do online.</p> <p>Curriculum links PHSE key stage 2 Primary school.</p> <p>Cultural Capital</p> <p>PSHE enables our pupils to become healthy, independent and responsible members of a society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of becoming young adults.</p>	<p>Content</p> <p>Do we need to feel 'the same as' to belong?</p> <p>Key Vocabulary :</p> <p>Bullying, prejudice & discrimination, Equality Act, bystanders, stereotyping, challenging negative behaviour and attitudes.</p> <p>Key Knowledge</p> <p>Prejudice and Discrimination. Challenging stereotypes. Discrimination in school. Bullying.</p> <p>Curriculum Links</p> <p>How do I fit into the world I live in?</p> <p>Cultural Capital</p> <p>PSHE enables our pupils to become healthy, independent and responsible members of a society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of becoming young adults.</p>	<p>Content</p> <p>Can my choices affect my dreams and goals?</p> <p>Key Vocabulary:</p> <p>Celebrating success, identifying goals, employment, learning from mistakes, overcoming challenges, planning skills, safe & unsafe choices, substances, gangs, exploitation, emergency first aid.</p> <p>Key knowledge</p> <p>What are my dreams and goals? Achieving my dreams and goals. Coping strategies. How responsible and irresponsible choices affect my dreams and goals. How making an irresponsible choice could affect a person's dreams and goals.</p> <p>Curriculum Links</p> <p>Do we need to feel 'the same as' to belong?</p>	<p>Content</p> <p>To what extent am I responsible for my mental and physical health?</p> <p>Key Vocabulary</p> <p>Stress and anxiety, managing mental health, physical activity and mental health, effects of substances, nutrition, sleep, vaccination and immunisation, importance of information on making health choices.</p> <p>Key Knowledge</p> <p>How to recognise and deal with anxiety and stress. Healthy choices on managing stress. Healthy choices on substances. Healthy lifestyle choices: Good nutrition, exercise and sleep. Healthy choices on medicines and immunisation.</p> <p>Curriculum Links</p> <p>Can my choices affect my dreams and goals?</p> <p>Cultural Capital</p>	<p>Content</p> <p>What can make a relationship healthy or unhealthy?</p> <p>Key Vocabulary</p> <p>Characteristics of healthy relationships, healthy romantic relationships, consent, relationships and change, emotions within friendships, being discerning, assertiveness, sexting.</p> <p>Key Knowledge</p> <p>Positive qualities of healthy relationships. My changing supportive relationships. Getting on and falling out. Discerning external factors in relationships. Assertiveness in relationships.</p> <p>Curriculum Links</p> <p>To what extent am I responsible for my mental and physical health?</p>	<p>Content</p> <p>How do I feel about becoming an adult?</p> <p>Key Vocabulary</p> <p>Puberty changes, FGM, breast flattening/ironing, responsibilities of parenthood, types of committed relationships, happiness and intimate relationships, media and self-esteem, self-image, brain changes in puberty, sources of help and support.</p> <p>Key Knowledge</p> <p>My changing body. Having a baby. Types of relationships and their impact. Image and self-esteem. My changing feelings.</p> <p>Curriculum Links</p> <p>What can make a relationship healthy or unhealthy?</p> <p>Cultural Capital</p>
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