

Year 7

Term	Unit	Key Questions	Knowledge	Assessing Understanding and Other Information
Autumn	Unit 1: Transition and Wellbeing	What makes up our identities? How are we different? How are we the same?	Personal identity and values	A range of assessment for learning tools are used throughout the PSHE and Citizenship curriculum. These include baseline activities, quizzes, self- and peer-assessment and tutor feedback. During this day, students engage with teaching staff and external speakers about topics that are age-related to the risks that they may be affected by. In addition to this, students work on a creative task to display their learning.
		How can I make new friends?	Making and maintaining friendships	
	What is peer pressure?	Identifying and challenging bullying		
	Immersion Day	How can we keep our bodies healthy?	Body satisfaction and self-worth	
		How will our bodies change during puberty?	Menstrual wellbeing	
	Unit 2: Christmas Craft Fair	How do we keep ourselves safe?	Travel Safety Staying safe online Bullying and Peer Pressure	
		What product will we sell at the Christmas Craft Fair? How successful were our fundraising efforts at the Christmas Craft Fair?	Christmas Craft fair product design, creation and evaluation. Budgeting	Key Event: PSA Christmas Craft Fair

Spring	<p>Unit 3: Individual rights and Responsibilities</p>	<p>Why is it important to have rules? Why is it important to speak out if you feel the rules are not fair?</p> <p>What are human rights? How does the Human Rights Act work in the UK?</p> <p>How is the UN Convention on the Rights of the Child maintained?</p> <p>How can human rights be balanced and why do they need to be?</p>	<p>Rules vs Law</p> <p>Human rights in the UK and abroad</p> <p>The UN Convention on the Rights of the Child</p> <p>Balancing rights</p> <p>EDI and language</p> <p>Protected characteristics</p> <p>Recognising and challenging stereotypes</p> <p>Attitudes and pressures on young people</p> <p>International cooperation and shared interests</p>	<p>A range of assessment for learning tools are used throughout the PSHE and Citizenship curriculum. These include baseline activities, quizzes, self- and peer-assessment and tutor feedback.</p> <p>A range of assessment for learning tools are used throughout the PSHE and Citizenship curriculum. These include baseline activities, quizzes, self- and peer-assessment and tutor feedback.</p>
	<p>Unit 4: Equality, Diversity and Respect</p>	<p>How can we communicate respectfully?</p> <p>How are identities diverse?</p> <p>What are the benefits of multi-cultural Britain?</p> <p>How has British society changed?</p> <p>How do British values compare with others internationally?</p>		

Summer	<p>Unit 5: Ready, steady, go - resilience programme</p>	<p>Why is it important to understand/ manage our feelings and thoughts?</p> <p>How can reflecting on our personal strengths develop our confidence?</p> <p>How can we use relaxation techniques to manage our anxiety and feelings?</p> <p>Why is it important to question our inner thoughts?</p> <p>What should we include in our coping plan?</p> <p>How to approach conflict and resolution?</p>	<p>Recognising and naming feelings</p> <p>Confidence – where it comes from and how it develops</p> <p>Relaxation – different strategies for managing complex feelings</p> <p>Recognising inner thoughts and understanding how they can be helpful and unhelpful</p> <p>Exploring solutions and coping step plans</p> <p>Managing conflict and review</p>	<p>Specifically for this unit of work students are encouraged to complete reflection sheets that help them to explore their feelings, inner thoughts and coping strategies. Students are guided to discover their own resilience and coping strategies through the tools modelled.</p> <p>A range of assessment for learning tools are used throughout the PSHE and Citizenship curriculum. These include baseline activities, quizzes, self- and peer-assessment and tutor feedback.</p>
	<p>Unit 6: Health and Physical Wellbeing</p>			