

Year 7

Term	Unit	Key Questions	Knowledge	Assessing Understanding and Other Information
Autumn	Unit 1: Transition and Wellbeing	<p>What makes up our identities? How are we different? How are we the same?</p> <p>How can I make new friends?</p> <p>What is peer pressure?</p> <p>How can we keep our bodies healthy?</p> <p>How will our bodies change during puberty?</p>	<p>Personal identity and values</p> <p>Making and maintaining friendships</p> <p>Identifying and challenging bullying</p> <p>Body satisfaction and self-worth</p> <p>Menstrual wellbeing</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.
	Immersion Day	How do we keep ourselves safe?	<p>Travel Safety</p> <p>Staying safe online</p> <p>Bullying and Peer Pressure</p>	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
	Unit 2: Christmas Craft Fair	<p>What product will we sell at the Christmas Craft Fair?</p> <p>How successful were our fundraising efforts at the Christmas Craft Fair?</p>	<ul style="list-style-type: none"> Christmas Craft fair product design, creation and evaluation. Budgeting 	Key Event: PSA Christmas Craft Fair
	Digital Unit	What is AI	An introduction to AI	

Spring	Unit 3: Ready, steady, go - resilience programme	<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>
	Unit 4: Equality, Diversity and Respect	<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>	<ul style="list-style-type: none"> ● EDI and language ● Protected characteristics ● Recognising and challenging stereotypes ● Attitudes and pressures on young people ● International cooperation and shared interests 	<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>

Summer	Unit 5: Individual rights and Responsibilities	<p>How can human rights be balanced and why do they need to be?</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>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>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>
	Unit 6: Health and Physical Wellbeing	<p>How can I make healthy choices?</p> <p>How can I help others?</p>	<p>Making Choices and Maintaining Physical Health</p> <p>Managing Influence and Dental Health</p> <p>First Aid - Asthma and Allergies</p> <p>First Aid - Bleeding and choking</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>