


## Year 7 Topic Plan PSHE 2019-20

<u>Term 1a (8 weeks) New Beginnings</u>	<u>Term 1b (7 weeks) Personal Safety</u>	<u>Term 2a (6 weeks) British Values</u>
<p>Week 1 – Introduction to PSHE at Pensby and Transition to Secondary School</p> <p>Week 2 – My Identity</p> <p>Week 3 - Friendships / Working together (Rules)</p> <p>Week 4 – LGBT</p> <p>Week 5 - Organisation &amp; behaviour</p> <p>Week 6 – Assessments and targets</p> <p>Week 7 – Revision strategies</p> <p>Week 8 – Well-being and environment for learning + assessment</p>	<p>Week 1 - Introduction to safety, cyber bullying. And are you ready for social networking?</p> <p>Week 2 - Cyber bullying situations and social media law.</p> <p>Week 3– Online Dangers and Knife Crime</p> <p>Week 4 – Mobile Devices and pictures - Sexting</p> <p>Week 5 – Can you trust what you see online?</p> <p>Week 6 – Online propaganda</p> <p>Week 7 – Online contact and assessment</p>	<p>Week 1 – Introduction and Tolerance of those with different faiths and beliefs</p> <p>Week 2 – The rule of law</p> <p>Week 3 – Individual liberty</p> <p>Week 4 – Mutual respect</p> <p>Week 5 – Democracy</p> <p>Week 6 – Assessment</p> <div style="text-align: right;">  </div>
<u>Term 2b (6 weeks) Careers and Finance</u>	<u>Term 3a (5 weeks) Relationships</u>	<u>Term 3b (7 weeks) Looking After Yourself</u>
<p>Week 1 – Skills and Qualities</p> <p>Week 2 – Job Stereotypes</p> <p>Week 3 – Exploring jobs in my community</p> <p>Week 4 – My Career</p>	<p>Week 1 - Family</p> <p>Week 2 – Self-esteem and Body Image</p> <p>Week 3 – Bullying</p> <p>Week 4 – Peer pressure</p> <p>Week 5 – Unhealthy relationships</p>	<p>Week 1 Puberty and Hygiene</p> <p>Week 2 FGM &amp; Consent (ICT ROOM)</p> <p>Week 3 Diet &amp; eating disorders</p> <p>Week 4 Drugs</p> <p>Week 5 Self harm/mental health</p>

Week 5 - Money Management		Week 6 Assessment
Week 6 – Assessment		Week 7 Summary of year / awards

## Term 1a: New Beginnings

### Week 1- Introduction to PSHE at Pensby and transition

- To identify our values.
- To understand how these values shape our behaviour.
- To recognise our rights & responsibilities.
- To identify the changes you are experiencing at Secondary School.
- To evaluate the best ways to support each other being new to the school

### Week 2 – My identity

- To understand who you are as a person.
- To identify different influences and factors that makes you unique.
- To reflect on how we all have different backgrounds - as a form group and part of a community.

### Week 3 – Friendships / Working together

- To understand the nature of friendship
- To reflect on our strengths
- To identify the importance of having a variety of social and personal relationships

### Week 4 – LGBT

- To identify what LGBT/ HBT bullying is.
- To understand who is affected by it.
- To reflect on what impact it has.
- To be able to explain why eradicating HBT bullying is so important.

### Week 5 - Organisation & behaviour

- To identify the expectations at Pensby High and the best ways to organise ourselves to MAXIMIZE our education
- To evaluate the behaviour expectations and suggested ways to organise yourself.

### Week 6- Assessments and Targets

- To **reflect** on my first half-term at Pensby High School and check I'm making the most of it.

- To understand the importance of assessments and how they link to my target

#### **Week 7 – Revision strategies**

- I will learn some different revision strategies and understand that everyone revises in different ways

#### **Week 8 – Well-being and environment for learning**

- I will learn how to provide myself with the best environment for learning
- I will learn of the importance of looking after my emotional well being
- I will complete my assessment

## **Term 1b: Personal Safety**

### **Week 1 – Introduction to safety + cyber bullying/ready for social networking**

- To consider the impact of online comments
- To evaluate the risks of lazy or bullying online comments. (refer to LGBT)
- Increase skills and confidence in evaluating the reliability of online information.
- To discover how to identify concerning or risky online behaviour and know where to go for help online.

### **Week 2 – Cyber bullying situations and social media law.**

- To be able to explain the balance between free speech and the law.
- To consider how to avoid situations where you may be drawn into cyber bullying.
- To be aware of their rights, responsibilities and opportunities online

### **Week 3 – Online Dangers and knife crime**

- To understand the dangers and feelings of being impersonated.
- To know what steps to take to protect yourself online.
- To understand the dangers of knives

### **Week 4 – Mobile Devices and pictures – Sexting**

- To understand: what sexting is, how it happens and how to avoid unsafe situations online.
- To understand that the viewing/sharing of indecent images of children online is a criminal offence. This includes those taken by and of themselves.

### **Week 5 – Can you trust what you see online?**

- To understand the concept of critical thinking and apply it to examples online
- To recognise some of the differences between fact and opinion
- To think of ways to evaluate what is trustworthy online
- To evaluate whether it is healthy to compare ourselves to images/information online

### **Week 6- Online propaganda**

- To understand the term propaganda and how it can impact on their opinions
- To identify and understand different propaganda techniques and analyse the reasons behind them
- To use selected criteria to critically assess different media and messages
- To be aware that information put online is there forever

### **Week 7– Online contact and assessment**

- To understand why people may contact them online
- To identify the hidden agendas or motives of why people may contact them online
- To understand how to report if they have any concerns about someone online

## **Term 2a: British Values**

### **Week 1 – Introduction and Tolerance of those with different faiths and beliefs**

- To understand what the 5 British values are
- To understand the importance of tolerance towards others with different faiths and beliefs

### **Week 2 – The rule of law**

- To understand the importance of rules and why it is important to always be honest

### **Week 3 – Individual liberty**

- To understand that I have the right to believe, act and express myself freely (refer to LGBT)

### **Week 4 – Mutual respect**

- To learn what respect means and different ways to show it

- To understand equality and that everyone has the right to be unique (equality act 2010)

#### **Week 5 – Democracy**

- To explore democracy and find out how people take part in it

#### **Week 6 – Assessment**

- To complete British values assessment

## **Term 2b: Careers and Finance**

#### **Week 1 – Skills and qualities**

- To understand the difference between a skill and a quality
- To list their own skills and qualities
- To link them to career paths

#### **Week 2 – Job Stereotypes (LGBT reference)**

- To challenge preconceptions about who does certain jobs
- To explore a wide range of different jobs
- To identify stereotypes and challenge stereotypical thinking

#### **Week 3 – Exploring Jobs in my Community**

- To understand that they belong to different groups and communities, including school and family
- To recognise that there are different people in the community who can help us in different ways at different times
- To recognise and respect diversity within their local community
- To identify and describe some of the jobs in the community survey members of the local community and present back results
- To analyse and discuss data understand that jobs are different during different periods of history.

#### **Week 4 – My Career**

- To recognise that the harder I work at school, the more options I will have for career paths
- To research some careers that I am interested in and make a plan to get there

## **Week 5 – Money Management**

- To identify the different ways of making a payment
- To describe the advantages and disadvantages of each payment method

## **Week 6 – Assessment**

- To complete my end of unit assessment

# **Term 3a: Relationships**

## **Week 1 – Family**

- To understand that families come in lots of different shapes and sizes (LGBT reference)
- To recognise what your family does for you and the importance of showing your respect.

## **Week 2 – Self-Esteem and Body Image**

- To learn what self-esteem is;
- To be able to show one way to help improve self-esteem;
- To help improve the self-esteem of your classmates and yourself.

## **Week 3 – Bullying**

- To discuss the definition and understanding of bullying
- To understand the impact of bullying on others

## **Week 4 – Peer Pressure**

- To explore what Peer Pressure is and how it affects you
- To consider strategies for responding to pressure from peers

## **Week 5 – Unhealthy Relationships**

- To understand abuse in all its forms and recognise the signs of abuse
- To know how to protect themselves from all forms of abuse
- To know how to get help, and the sources of help available to them, including Childline.
- To complete end of unit assessment

## **Term 3b – Looking after Yourself**

### **Week 1 - Puberty and Hygiene**

- To learn about the changes that happen to our bodies as we enter adulthood.
- To be aware of how bacteria can be spread, minimising it and use of antibiotics

### **Week 2 – FGM and Consent (Book ICT room)**

- To identify what to look out for when a victim may have, or may be soon to experience FGM.
- To describe how girls are encouraged into the process and reasons why it's often unreported.
- To explain why girls feel so much pressure, analyse the link between FGM and patriarchal societies and the main factors for why there are no prosecutions yet.
- To explore key topics including consent, rape, sexting, sexual harassment and abuse

### **Week 3 – Diet and Eating Disorders**

- To explain the importance of a balanced diet
- To explain what anorexia is and why some people develop eating disorders

### **Week 4 – Drugs**

- To recall how different drugs affect the body

### **Week 5 – Self Harm and Mental Health**

- To correctly identify cases of self-harm, dermatillomania, anxiety and depression.
- To describe the characteristics of the above and how we can help support the different conditions.
- To explain the difference between self-harm and dermatillomania and how we should support sufferers of either condition.

#### **Week 6 – Assessment/Awards**

To complete the end of unit assessment

#### **Week 7 – Summary and Awards (possibly on trips/sports day etc)**

Catch up on all topics and Bronze/Silver/Gold award given