

PSCHEE Curriculum 2019- 2020 Year 7

3 Strands:

1. Health and wellbeing
2. Relationships
3. Living in the wider world



	Title	Intent	Resources
Lesson 1	What is PSCHEE? Transition, Identity and Belonging/Ground rules Strand 3	<ul style="list-style-type: none"> • The purpose of this lesson is to develop an understanding of what PSCHEE is and WHY it is important to study it. • Pupils will explore why ground rules are important during PSCHEE lessons. • Additionally pupils develop a sense of belonging and identity to Wood church High School. 	N:\Woodchurch Year 7 PSHE Booklet Term 1 .docx
Lesson 2	Positive Relationships Bullying Strand 2	<ul style="list-style-type: none"> • The purpose of this lesson is for pupils to understand what bullying is, WHEN it's bullying and the different types of bullying. • Pupils will know what to do if they or a friend are being bullied. • Pupils will know where to go to for advice and guidance. 	C:\Users\millerst\Desktop\PSHE Session 2 (Year 7).pptx
Lesson 3	Abusive Relationships Online/Cyberbullying Strand 2	<ul style="list-style-type: none"> • The purpose of this lesson is for pupils to understand what online bullying/cyberbullying is. • Pupils will know how to recognise and respond to online/cyber bullying. • Pupils will know how online/cyberbullying effects the lives of others. • Pupils will know who to go to for advice and guidance. 	C:\Users\millerst\Desktop\Year 7 PSHE Session 3 .pptx
Lesson 4	E-Safety Strand 1/2/3	<ul style="list-style-type: none"> • The purpose of this lesson is for pupils to understand how to stay safe online. • Pupils will know how to protect their digital footprint. • Pupils will understand how to respond to online bullying. • Pupils will know where to go for help. 	C:\Users\millerst\Desktop\Year 7 Session 4 .pptx
Lesson 5	E-Safety Strand 1/2/3	<ul style="list-style-type: none"> • The purpose of this lesson is for pupils to understand how to stay safe online. • Pupils will know how to protect their digital footprint 	Year 7 PSHE Session 5 .pptx
			PSHE RSE Session

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Lesson 6	RSE Strand 1/2/3	<ul style="list-style-type: none"> The purpose of this session is to understand that different kinds of relationships lead to different kinds of feelings and emotions. Pupils will know that there are different types of relationships including those within families, friendships, romantic and intimate relationships. 	1.pptx
Lesson 7	RSE (CSE) Strand 1/2/3	<ul style="list-style-type: none"> The purpose of this lesson is to recognise the features of positive stable relationships. To recognise the features of unhealthy relationships. 	PSHE RSE Session 2.pptx Signs that a friendship is becoming toxic.docx
Lesson 8	RSE 2.2, 2.3 Strand 1/2/3	<ul style="list-style-type: none"> The purpose of this lesson is to talk about when a friendship turns into a romantic relationship. Pupils will practice expressing these types of feelings. Pupils will understand how to deal with rejection. What is Consent? 	PSHE RSE Session 3.pptx
Lesson 9	Careers Education Strand 3	<ul style="list-style-type: none"> Enterprise skills and introduction to careers. How to set realistic and ambitious targets and goals. (Link to Christian values) Pupils will understand the skills and attributes that employer's value. 	
Lesson 10	Careers Education Strand 3	<ul style="list-style-type: none"> Pupils will learn about the skills and qualities required to engage in enterprise Pupils will understand the benefits of being a lifelong learners. Pupils will investigate the different options available to them at the end of Key Stage 3. 	
Lesson 11	Careers Education Strand 3	<ul style="list-style-type: none"> Pupils will investigate the various routes into work, training and other vocational and academic opportunities and progression routes. What skills and qualities are required for your chosen careers? Pupils should be encouraged to be mindful of their chosen careers throughout their learning journey in Woodchurch. 	
Lesson 12	Health and wellbeing	<ul style="list-style-type: none"> What is Mental Health? Causes and symptoms of mental and emotional health disorders. Pupils will be taught strategies on how to manage these and build 	

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		resilience.	
Lesson 13	Health and wellbeing	<ul style="list-style-type: none"> • Managing mental health : coping strategies • The benefits of mindfulness/exercise/mood boosters/positive relationships 	
Lesson 14	Risky behaviour	<ul style="list-style-type: none"> • Introduction to appropriate and inappropriate behaviour • Roles and responsibilities. • Consequences of risky behaviour. 	
Lesson 15	Risky Behaviour	<ul style="list-style-type: none"> • Drugs/alcohol abuse • What is a drug? • What are the consequences of taking drugs? • How does this impact on your quality of life and relationships? 	
Lesson 16	Money Management	<ul style="list-style-type: none"> • Pupils should know what a budget is • How to manage a budget • To understand the purpose of banks 	
Lesson 17	Money Management	<ul style="list-style-type: none"> • Pupils will know what debt is • How to manage debt 	
Lesson 18	Healthy Choices	<ul style="list-style-type: none"> • County Lines 	
Lesson 19	Healthy Choices	<ul style="list-style-type: none"> • Diet/exercise 	
Lesson 20	9.2	<ul style="list-style-type: none"> • Washing and cleaning teeth 	