## PSHE SOW YEAR 6&7 – Working Document

Year 7, term 1	Subject topics – Program of Study	Pupils should Learn - Breakdown	Tutor Time (Thurs)	PSHE Class (Tues)	Outside Classroom Learning	Assessment & skills (including ICT)	SEN / EHC / EAL / Gifted & talented	Cell School Awareness days Relating:
Core theme 1 – Health & Wellbeing points H1-5	How to Manage Transition	Recognising strengths and weaknesses, Target Setting, Goals and Aims	Weeks 2-4 (3 lessons) & 8* • Strengths & weaknesses • SMART Targets • Goals & Aims for the Year					September:   Organic September   International Day of   Peace 21 <sup>st</sup> September   International Week of   Happiness 23-30 <sup>th</sup>
		Self Esteem & Confidence		Weeks 2-4 (3				September
H13-17	How to maintain physical, mental and emotional health and wellbeing; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing	Healthy eating and balanced diets, Importance of Exercise, Importance of Sleep and screen time, practise	Weeks 5-7 (3lessons) • Eatwell Plate • Balanced Diet • Food & Mood	lessons) Weeks 5-6 (2 lessons) Exercise Sleep & Screen time	Sarah Upjohn Workshop on Music related Injuries Workshop by HH on nutrition and how the school prepares food to meet pupils needs			October: World Mental Health Day 10 <sup>th</sup> October Conflict Resolution Day October 17 <sup>th</sup>
H7 & H9		Personal Hygiene / puberty		Week 7				Jewish New Year –
H10		Immunisation and Vaccination – history of vaccination – examples smallpox and HPV	H A L F Week 8 – Review Goals Targets *	T E R M Week 8 – National Pathology Week 4 <sup>th</sup> November				October 30th <b>November</b> National Pathology Week
Core theme 2 – Relationships – points R1, 3,4, 6 & 8 R9-11	developing and maintaining a variety of healthy relationships within a range of social/cultural contexts	Different relationships, friendships, team work, music groups – qualities needed to form good relationship,	Week 9 – Anti bullying exercise Week 10 – team building activity	Week 9 -11 (3 lessons) incorporating Anti bullying week	Workshop on resilience and conflict resolution - TBA			4 <sup>th</sup> November National Stress Awareness day 6 <sup>th</sup> November
R27-30		Marriage and civil partnership – why people get married – changing attitudes – family units	Week 11 – What is Marriage – What does it mean?	Week 12 – continuation Marriage, nuclear family, family units				Anti Bullying Week – 11 <sup>th</sup> November Sugar Awareness Week – 11 <sup>th</sup> November
H7		to manage growth and change as normal parts of growing up (including consolidation and reinforcement of Key Stage 2 learning on puberty, human reproduction, pregnancy and the physical and emotional changes of	Week 13 – review of topic mini quiz on Core Theme 1 Week 14 –	Week 13 &14 – Puberty, emotions, how a baby develops through pregnancy				Road Safety week 18 <sup>th</sup> November

## PSHE SOW YEAR 6&7 – Working Document

Year 7, term 2	Subject topics – Program of Study	Pupils should Learn - Breakdown	Tutor Time (Thurs)	PSHE Class (Tues)	Outside Classroom Learning	Assessment & skills (including ICT)	SEN / EHC / EAL / Gifted & talented	Awareness days Relating:
Core Theme 1 – Health & Well Being Points 18 & 19	how to assess and manage risks to health and to stay, and keep others safe; how to respond in an emergency, including administering first aid	Basic First Aid and CPR Skills Dangers around the Home, outside of the home such as road safety, railway safety, Urban Awareness as well as safety in the online world	Week 1 & 2 Dangers around the home – fire, flood, electricity etc Week 3 E&O Week 4	Week 1 & 2 Basic First Aid Skills Including CPR Week 3 E&O Week 4 & 5 follow	CPR Heart Start BHF with HA – during E&O week if no time in lesson Visit from fire service Trip to Hazard Alley			5 <sup>th</sup> February – Safer Internet Day 7 <sup>th</sup> February – Send a card to a friend day
			Reviewing personal settings online safety Week 5 -	up Hazard Alley starting online safety				
			HALF	TERM				
Core theme 2 – Living in the Wider World – points 4, 5 & 7	Rights and responsibilities as members of diverse communities, as active citizens and participants in the local and national economy	Human and Children's Rights different race, religions and cultures – focussing on Christianity, Judaism and Islamic faiths as the basis.	Week 6&7 Human Rights and Children's Rights Week 8 – Science week – debate science vs. religion	Weeks 6-8 Christianity Judaism Islam				8 <sup>th</sup> March Science Week
			Week 9 – Mini Quiz Week 10 – project work	Week 9 & 10 Group Project on a topic from this term				

## PSHE SOW YEAR 6&7 – Working Document

Year 7, term 3	Subject topics – Program of Study	Pupils should Learn - Breakdown	Tutor Time (Thurs)	PSHE Class (Tues)	Outside Classroom Learning	Assessment & skills (including ICT)	SEN / EHC / EAL / Gifted & talented	Awareness days Relating:
Core theme 1 – Health & Wellbeing Points 16 AND Core theme 2 – Relationships -Point 7	The role and influence of the media on lifestyle	What is media; how it influences our everyday lives including diet, lifestyle and relationships	Week 1 Dove video and discussion	Week 1 What is Media – introduction – types, uses, advertising				24 <sup>th</sup> April-24 <sup>th</sup> May – Ramadan May – Skin cancer awareness Month
			Week 2 - Ramadan	Week 2 – media distortions				24 <sup>th</sup> -26 <sup>th</sup> May Eid
			Week 3 E&O Week 4 – Skin Cancer – video sunscreen Week 5 -	Week 3 E&O Week 4 & 5 – Climate Change / environment / plastics				3 <sup>rd</sup> June – Heart Rhythm Week & Wear it Red for Heart Disease
Core theme 3 – Living in the Wider World points 10, 11 & 12	how to develop employability, team working and leadership skills and develop flexibility and resilience; how to make informed choices and be enterprising and ambitious	The workplace, Laws relating to young people and work, including discrimination acts and minimum wage	H A L F Week 6 – Heart Rhythm week – activity on heart Week 7 – Money – how to budget	T E R M Week 6 &7 World of work -	Composition Competition			Pride Month
			Week 8 – Final Lesson	Week 8 – Final Lesson				

