

# Scheme of Learning: Year 7 PSHCE

1	2	3
Health & Wellbeing	Healthy Relationships	Living in the Wider World

## Topic Overview:

### PSHCE Themes

Relationship & Sex Education



Health & Wellbeing



Living in the Wider World



### British Values addressed

1. Mutual Respect
2. Tolerance of Others
3. Individual Liberty
4. Rule of Law

### SMSC addressed

- Spiritual  
Moral  
Social  
Cultural

## Lesson Sequence:

### What is PSHCE?

We begin PSHCE at Toynbee with an introduction PSHCE with the pupils learning why it is taught & the ground rules for appropriate & respectful behaviour. This lesson will also give pupils an opportunity to share what life skills they would like to learn at Toynbee.

### Bullying & Understanding Protected Characteristics

Pupils look at the different roles you can play with Bullying & Who, What & Where they can for support both in school & at home. We use this lesson as an opportunity to discuss protected characteristics.

### How to manage friendships

We look at different types of friendships & discuss positive ways to develop new friendships & how to find the confidence to address unhealthy behaviour from a friend.

**Understanding Mental Health in Myself & Others** This lesson pupils look at what wellbeing might look like in someone's life. Pupils will explore strategies to improve my own and others emotional wellbeing. The pupils will create their own wellbeing character -

**Appropriate sources of help** In our final lesson we explore the impact that media and social media can have on how people think about themselves.

We then explore and analyse ethical issues regarding when peers need help and identify and how to access the most appropriate sources of help.

Sequence of Lessons:		Topic Resources:		
1	- What is PSHCE?	Knowledge Map:	Health & Well Being	Prescribed Sources:
2	- Bullying & Understanding Protected Characteristics			
3	- How to manage friendships	<b>Assessment:</b>		
4	- Understanding Mental Health in myself & others	<b>Knowledge:</b>	10 Question Assessment	
5	- Appropriate sources of help	<b>Application of Knowledge:</b>	Class Debate	
6	- Assessment & Class debate	<b>Supportive Reading:</b>		
			<a href="https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1">https://www.bbc.co.uk/bitesize/tags/zh4wy9q/starting-secondary-school/1</a>	
			<a href="https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/worried-about-your-teenager/">https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/worried-about-your-teenager/</a>	
			<a href="https://anti-bullyingalliance.org.uk/">https://anti-bullyingalliance.org.uk/</a>	