

Scheme of Learning: Year 7 PSHCE

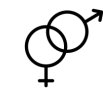
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Health & Wellbeing	Healthy Relationships	Living in the Wider World

Topic Overview:

Relationships and sex education (RSE) is learning about the emotional, social and physical aspects of growing up, relationships, sex, human sexuality and sexual health. It should equip children and young people with the information, skills and values to have safe, fulfilling and enjoyable relationships and to take responsibility for their sexual health and well-being

PSHCE Themes

Healthy Relationships



Health & Wellbeing



British Values addressed

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

SMSC addressed

Moral
Social

Lesson Sequence:

Puberty We are learning about how the emotions are affected by puberty, how this may affect relationships and how to manage this Pupils will learn the main physical and emotional changes experienced during puberty & how relationships can be affected during puberty. We will also look at strategies for managing the emotional aspects of puberty.

Menstrual Wellbeing, We are learning about menstrual (period) wellbeing. They will learn how to challenge assumptions and stereotypes about menstruation

Healthy Relationships

We are learning about the qualities of healthy and unhealthy relationships. Pupils will be able to describe the features of different committed, stable, healthy relationships & how to identify healthy and unhealthy relationship behaviours.

Managing Conflict

We are learning skills to manage relationship conflict in families. Pupils will be able to explain different communication styles and their likely impacts. And give examples of effective communication.

Introduction to Consent

We are learning about what consent means, both legally and ethically, and what it looks like in practice.

Sequence of Lessons:

Topic Resources:

Sequence of Lessons:		Topic Resources:	
1	Puberty	Knowledge Map:	Prescribed Sources:
2	Menstrual Wellbeing	Assessment:	
3	Healthy Relationships	Knowledge:	10 Question Assessment
4	Managing Conflict	Application of Knowledge:	Class Debate
5	Introduction to Consent	Supportive Reading:	
6	Assessment & Class debate	https://pshe-association.org.uk/search?queryTerm=relationships+and+sex+education	