

Year 7

**Wednesday 27th
September
High School Ready**

- Why do we do careers education?
- PHS house system/activities
- The history of PHS houses
- Anti-bullying

Health and wellbeing PSHE association core theme 1

Students learn . . .

- H4. simple strategies to help build resilience to negative opinions, judgements and comments
- H6. how to identify and articulate a range of emotions accurately and sensitively, using appropriate vocabulary

Relationships PSHE association core theme 2

Students learn . . .

- R10. the importance of trust in relationships and the behaviours that can undermine or build trust
- R13. how to safely and responsibly form, maintain and manage positive relationships, including online
- R15. to further develop and rehearse the skills of team working
- R16. to further develop the skills of active listening, clear communication, negotiation and compromise

Living in the wider world PSHE association core theme 3

Students learn . . .

- L7. about the options available to them at the end of key stage 3, sources of information, advice and support, and the skills to manage this decision-making process

**Thursday 23rd
November
Living in the Wider World**

- UK law and me
- ASB
- Equality / human rights
- Social media/language
- The local community

Health and wellbeing PSHE association core theme 1

Students learn . . .

- H30. how to identify risk and manage personal safety in increasingly independent situations, including online

Relationships PSHE association core theme 2

Students learn . . .

- R14. the qualities and behaviours they should expect and exhibit in a wide variety of positive relationships (including in school and wider society, family and friendships, including online)
- R38. to recognise bullying, and its impact, in all its forms; the skills and strategies to manage being targeted or witnessing others being bullied
- R42. to recognise peer influence and to develop strategies for managing it, including online

	<p>Living in the wider world PSHE association core theme 3 <i>Students learn . . .</i> L3. the similarities, differences and diversity among people of different race, culture, ability, disability, sex, gender identity, age and sexual orientation and the impact of stereotyping, prejudice, bigotry, bullying, and discrimination on individuals and communities</p>
<p>Tuesday 23rd January All About Me</p> <ul style="list-style-type: none"> • Railway safety • Smoking • Dentist • Personal care • First Aid training 	<p>Health and wellbeing PSHE association core theme 1 <i>Students learn . . .</i> H10. a range of healthy coping strategies and ways to promote wellbeing and boost mood, including physical activity, participation and the value of positive relationships in providing support H14. the benefits of physical activity and exercise for physical and mental health and wellbeing H17. the role of a balanced diet as part of a healthy lifestyle and the impact of unhealthy food choices H19. the importance of taking increased responsibility for their own physical health including dental check-ups, sun safety and self-examination (especially testicular self-examination in late KS3); the purpose of vaccinations offered during adolescence for individuals and society H20. strategies for maintaining personal hygiene, including oral health, and prevention of infection H26. information about alcohol, nicotine and other legal and illegal substances, including the short-term and long-term health risks associated with their use H33. how to get help in an emergency and perform basic first aid, including cardio-pulmonary resuscitation (CPR) and the use of defibrillators</p>
<p>Thursday 29th February Diversity</p> <ul style="list-style-type: none"> • Hate crime • Poynton Youth Network peer education • Fair football • Diversity • Disability 	<p>Relationships PSHE association core theme 2 <i>Students learn . . .</i> R39. the impact of stereotyping, prejudice and discrimination on individuals and relationships R40. about the unacceptability of prejudice-based language and behaviour, offline and online, including sexism, homophobia, biphobia, transphobia, racism, ableism and faith-based prejudice R41. the need to promote inclusion and challenge discrimination, and how to do so safely, including online</p>

<ul style="list-style-type: none"> Show Racism the Red Card competition 	<p>Living in the wider world PSHE association core theme 3 <i>Students learn . . .</i> L2. the knowledge and skills needed for setting realistic and challenging personal targets and goals (including the transition to Key Stage 3) L3. the similarities, differences and diversity among people of different race, culture, ability, disability, sex, gender identity, age and sexual orientation and the impact of stereotyping, prejudice, bigotry, bullying, and discrimination on individuals and communities L4. strategies for safely challenging stereotyping, prejudice, bigotry, bullying, and discrimination when they witness or experience it in their daily lives</p>
<p>Tuesday 16th July Environment</p> <ul style="list-style-type: none"> Environmental crime The Wildlife Trust The National Trust Eco care Recycling Plastic waste 	<p>Living in the wider world PSHE association core theme 3 <i>Students learn . . .</i> L1. study, organisational, research and presentation skills L4. the importance of having compassion towards others; shared responsibilities we all have for caring for other people and living things; how to show care and concern for others L5. ways of carrying out shared responsibilities for protecting the environment in school and at home; how everyday choices can affect the environment (e.g. reducing, reusing, recycling; food choices)</p>