

PSHE / RSE Framework

Class 6 (Year 7)

PSHE/RSE Curriculum Framework Class 6 (Year 7)							
Term	Autumn Term		Core Theme	Spring Term		Core Theme	Summer Term
Core Theme	Health and Well-Being And Relationships		Core Theme	Relationships, Health and Wider World		Core Theme	Living in the Wider World
HEALTHY LIFESTYLES	Diet and Exercise: <ul style="list-style-type: none"> Understand what healthy eating is and how physical exercise supports health and well-being 			Digital Awareness: <ul style="list-style-type: none"> Understanding different form of digital technology 			Enterprise Skills <ul style="list-style-type: none"> Understanding what are core enterprise skills and how to apply them in a practical context- e.g. teamwork etc.
HEALTHY LIFESTYLES	Understanding how to make healthy choices <ul style="list-style-type: none"> Understanding how to make lifestyle choices to promote physical and mental health: how to promote healthy eating 			Digital Awareness: <ul style="list-style-type: none"> Understanding benefits of digital technology and identifying different contexts for its use 			Careers <ul style="list-style-type: none"> Exploring the world of work and the range of different careers that exist; Challenging career stereotypes

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	and exercise in one's own life						
HEALTHY LIFESTYLES and HEALTHY RELATIONSHIPS	<p>Knowing oneself:</p> <ul style="list-style-type: none"> • Explore what is important to you in your life e.g. family, interests, etc. 			<p>Digital Awareness:</p> <ul style="list-style-type: none"> • Understanding the hazards of digital technology and identifying different situations where difficulties can occur 			<p>Financial Awareness</p> <ul style="list-style-type: none"> • Understanding what budgeting is and to create their own budget; • Understanding the balance between spending and saving to secure financial well-being; • Making ethical financial decisions
HEALTHY LIFESTYLES And FEELINGS & EMOTIONS	<p>How to look after oneself:</p> <ul style="list-style-type: none"> • Understand how to use self knowledge to support one's mental health 			<p>Consolidating understanding about puberty:</p> <ul style="list-style-type: none"> • Understanding emerging feelings of attraction towards others; • Understanding how to manage strong feelings 			
HEALTHY RELATIONSHIPS	Family relationships:			Relationships:			

	<ul style="list-style-type: none"> • understanding how supportive family relationships work – roles, responsibilities, family as a source of love and support 			<ul style="list-style-type: none"> • Understanding and appreciating diversity; • Understanding what is equality • Understanding what is prejudice/ discrimination/bullying and how to combat this 				
HEALTHY RELATIONSHIPS And FEELINGS & EMOTIONS	<p>Family relationships:</p> <ul style="list-style-type: none"> • understanding how to manage potential conflict in family relationships 							
HEALTHY RELATIONSHIPS	<p>Friendships:</p> <ul style="list-style-type: none"> • Explore qualities that is important in a friendship; • understanding how supportive friendships work • understanding how to manage 							

	potential conflict in friendships						
HL1	Daily morning exercise eg run or sports or team game.		HR1	Circle time Nov 2020 unkindness/bullying and being an upstander not a bystander		C1	Oct 2020 Assembly and discussion on Maggie Adherne Pocock – black space scientist.
HL1	Oct 2020 – class discussion about eating lots of sweets at Halloween and how it impacts on health.			Nov 2020 pupil told story of parent losing £2000 through scam via internet. Discussed how to respond when someone asks for your details, who to contact and what to do to prevent this.		C1	Oct 2020 ML work on career of Inge Lehman – female geologist who theorised about centre of earth.
HR	Circle time Oct 2020 Being a bystander or an upstander when unkindness is observed.			Nov 2020 signing IT form. Discussion of how important it is to read the small print, use pen and date.		E1	Sept Class circle time on what makes a good desk partner and how to respect each other.
HR	Circle time March 2021 What makes a person good to play with at break, what makes a person not good to play with.			Jan/Feb 2021 Discussion about Biden/Trump re fact and opinion.			Feb 2021 Main lesson on economics explored different types of value of things eg practical, emotional etc
	Feb/March on line learning regular check in re mood			On-line learning – experience of not being able to control their “chat” and others. Discussion over what could be done to solve – personal choices.			Working through “Just the Job” an initiative to start pupils thinking about careers. Identifying different skills needed