

Overview: Year 7

PSHE follows three strands:

Living in the Wider World is a themed area of PSHE content described by the PSHE Association. This theme covers several areas which children and young people need to know, relating to respecting others, being a responsible and contributing citizen of their community, their country and the wider world.

Health and well being is a theme to developing knowledge, skills and attributes students need to keep themselves healthy and safe and prepare for life and work in modern Britain.

Relationships explores different areas in connection to recognising different relationships, building new relationships, and recognising if a relationship is healthy and positive for their wellbeing. **Relationships and Sex Education (RSE)** is a statutory requirement as part of Relationships Education, from which parents have a right to withdraw their child.

<i>Autumn 1 2025</i>	<i>Autumn 2 2025</i>	<i>Spring 1 2026</i>
<p>Content – Living in the Wider World</p> <p>PSHE – AUT 1 <i>British Values</i> British Values: Protected characteristics: Diversity, prejudice, and bullying.</p> <p><i>Fortnight 1: Transition</i></p> <p><i>Fortnight 2: Prejudice, Discrimination and Protected Characteristics</i></p> <p><i>Fortnight 3: Friendship and Child-on-Child Abuse</i></p> <p><i>Fortnight 4: Friendship and Online Relationships</i></p>	<p>Content – Living in the wider World</p> <p>PSHE – AUT 2 Developing skills and aspirations: Careers, teamwork and enterprise skills, and raising aspirations</p> <p><i>Fortnight 1: Managing Change</i></p> <p><i>Fortnight 2: Community</i></p> <p><i>Fortnight 3: Exploring Identity and Similarities</i></p>	<p>Content Health and Wellbeing</p> <p>PSHE SPR 1 Keeping Safe, Online Safety, Managing money.</p> <p><i>Fortnight 1: Respectful Behaviours</i></p> <p><i>Fortnight 2: Becoming Independent at School</i></p> <p><i>Fortnight 3: Becoming Independent Outside of School</i></p>

Year 7 BIG PICTURE 2025-26

<p style="text-align: center;">Spring 2 2026</p>	<p style="text-align: center;">Summer 1 2026</p>	<p style="text-align: center;">Summer 2 2026</p>
<p>Content – Health and Wellbeing</p> <p>PSHE – SPR 2 Theme: <i>Health, healthy routines and influences on health.</i></p> <p><i>Fortnight 1: Personal Safety</i></p> <p><i>Fortnight 2: Ambitions and Goals</i></p> <p><i>Fortnight 3: Developing our Strengths and Interests.</i></p>	<p>Content – Relationships</p> <p>PSHE - SUM 1 Theme: <i>Puberty, building relationships, self-worth, romance and friendships and relationship boundaries.</i></p> <p><i>Fortnight 1: Reproductive Systems and Consent (RSE)</i></p> <p><i>Fortnight 2: Developing Sexuality (RSE)</i></p> <p><i>Fortnight 3: Making Healthy Choices – Personal Hygiene</i></p>	<p>Content - Relationships</p> <p>PSHE - SUM 2 Theme: <i>Positive relationships in families and friendships.</i></p> <p><i>Fortnight 1: Making healthy choices – Food and sleep</i></p> <p><i>Fortnight 2: The opportunities of the internet</i></p> <p><i>Fortnight 3: Fire Safety</i></p> <p><i>Fortnight 4: Expressing Yourself</i></p>