

Year 7 PSHE curriculum summary 2023-2024

The PSHE curriculum throughout KS3 and KS4 is divided into the three core themes of Relationships and Sex Education (RSE), Health and Wellbeing, and The Wider World. There is overlap between the three themes. A spiral programme throughout KS3 and KS4 ensures learning is revisited, reinforced and extended in age and stage-appropriate contexts.

RSE:

- Good friendships and toxic friendships
- Bullying, banter and cyberbullying (including online)
- Avoiding dangerous relationships
- Consent and Female Genital mutilation (FGM)

Health and Wellbeing:

- Periods and the menopause (including endometriosis)
- Puberty and personal hygiene
- What is a healthy lifestyle?
- The importance of sleep and good sleep habits
- Different types of drugs

The Wider World:

- The importance of PSHE and how it is studied at SHS
- An introduction to High Performance Learning (HPL) at SHS: philosophy and language
- Resilience and self-regulation: aspiration (planning and goal setting)
- Resilience and self-regulation: optimism and flexible mindset
- Protecting your online identity
- Britishness and diversity
- Careers and your future
- Finance

Year 7 PSHE Learning Journey Map: 2023-2024

