



SUNNYDOWN SCHOOL

PSHE CURRICULUM PLAN

Subject	PSHE	Year Group	7
Subject Intent	<p>The PSHE programme at Sunnydown aims to prepare students for life after school. It promotes students' spiritual, moral, cultural and social development, developing students' cultural capital, especially for the most disadvantaged students. Our aims reflect the PSHE Association syllabus which is to equip pupils to live healthy, safe, productive, capable, responsible and balanced lives through core themes of health and wellbeing, relationships and living in the wider world. Whilst the lessons are planned to be delivered in this order, it is important that we are flexible to align with addressing what is happening among the school and wider community.</p>		

Term	Topic	Core learning	Key concepts	Sequencing
Autumn 1 Health and wellbeing	Transition and safety	<p>In this unit of work, students learn...</p> <ul style="list-style-type: none"> how to identify, express and manage their emotions in a constructive way how to manage the challenges of moving to a new school how to establish and manage friendships how to improve study skills how to identify personal strengths and areas for development personal safety strategies and travel safety, e.g. road, rail and water how to respond in an emergency situation basic first aid 	Transition to secondary school and personal safety in and outside school, including first aid.	<p>Building on topics covered as part of primary PSHE learning. This will vary between students.</p> <p>Building towards becoming more settled at Sunnydown.</p>
Autumn 2 Living in the Wider World	Developing skills and aspirations	<p>In this unit of work, students learn...</p> <ul style="list-style-type: none"> • how to be enterprising, including skills of problem solving, communication, teamwork, leadership, risk management, and creativity 	Careers, teamwork and enterprise skills, and raising aspirations	<p>Building on topics covered as part of primary PSHE learning. This will vary between students.</p> <p>Building towards preparing for a</p>

		<ul style="list-style-type: none"> ● about a broad range of careers and the abilities and qualities required for different careers about equality of opportunity ● how to challenge stereotypes, broaden their horizons and how to identify future career aspirations ● about the link between values and career choices 		life after Sunnydown.
Spring 1 Relationships	Diversity	<p>In this unit of work, students learn...</p> <ul style="list-style-type: none"> about identity, rights and responsibilities about living in a diverse society how to challenge prejudice, stereotypes and discrimination the signs and effects of all types of bullying, including online how to respond to bullying of any kind, including online how to support others 	Healthy routines, influences on health such as smoking, alcohol and drugs.	<p>Building on topics covered as part of primary PSHE learning. This will vary between students.</p> <p>Building towards becoming more independent and making sensible choices.</p>
Spring 2 Health & Wellbeing	Health and puberty	<p>In this unit of work, students learn...</p> <ul style="list-style-type: none"> how to make healthy lifestyle choices including diet, dental health, physical activity and sleep how to manage influences relating to caffeine, smoking and alcohol how to manage physical and emotional changes during puberty about personal hygiene how to recognise and respond to inappropriate and unwanted contact about FGM and how to access help and support 	Healthy routines, influences on health, puberty, unwanted contact, and FGM	<p>Building on topics covered as part of primary PSHE learning. This will vary between students.</p> <p>Building towards being making sensible choices and living healthy lifestyles</p>
Summer 1 Relationships	Building relationships	<p>In this unit of work, students learn...</p> <ul style="list-style-type: none"> how to develop self-worth and self-efficacy about qualities and behaviours relating to different types of positive relationships how to recognise unhealthy relationships how to recognise and challenge media stereotypes how to evaluate expectations for romantic 	Self-worth, romance and friendships (including online) and relationship boundaries	<p>Building on topics covered as part of primary PSHE learning. This will vary between students.</p> <p>Building towards feeling confident communicating with others.</p>

		relationships about consent and how to seek and assertively communicate consent		
Summer 2 Living in the wider world	Financial decision making	<ul style="list-style-type: none"> • how to make safe financial choices • about ethical and unethical business practises and consumerism • about saving, spending and budgeting • how to manage risk-taking behaviour 	Saving, borrowing, budgeting and making financial choices	<p>Building on topics covered as part of primary PSHE learning. This will vary between students.</p> <p>Building towards preparing for a life after Sunnydown.</p>