

## Year 7 PSCHE Lessons

As part of the PSCHE curriculum students are taught about a variety of personal, social, cultural and health related modules, as part of this they will consider health and wellbeing, relationships and fundamental British values.

### **Half term 1- Health and wellbeing**

Lesson 1 – Friends (Key objective: To think about what friendship means and how to cope when friendship runs into problems)
Lesson 2 – Bullying (Key objective: To look at bullying, what it is, why it happens and how you can deal with it)
Lesson 3 - Cyber Bullying (Key objective: To know what cyber bullying is and how to be respectful of other people's feelings online)
Lesson 4 - Online Safety (Key objective: To know how to stay safe online and learn to recognise and avoid or deal with potentially dangerous situations online)
Lesson 5 - Keeping Healthy (Key objective: To explore the importance of sensible eating habits and exercise)
Lesson 6 - Keeping Clean (Key objective: To understand the importance of personal hygiene and know how to achieve it)
Lesson 7 - Assessment

### **Half term 2- Health and wellbeing**

Lesson 1 - Road Safety (Key objective: To learn to recognise and avoid or deal with potentially dangerous situations)
Lesson 2 - Managing your Money (Key objective: To learn how to manage your money responsibly)
Lesson 3 – Emergency (Key objective: To learn how to cope in an emergency)
Lesson 4 – Drugs (Key objective: To gain an awareness of the effects and risks associated with drug abuse)
Lesson 5 - Standing up for Yourself (Key objective: To examine smoking and practise the skills to make personal decisions about smoking)
Lesson 6 - Media Influence (Key objective: To become aware of the ways in which the media can influence young people's lives)
Lesson 7 – Praising (Key objective: To think about your own strengths and to learn how to give and accept praise)
Lesson 8 - Assessment