



# PSHE Learning Journey

## Year 7



SKILLS DEVELOPED: TEAMWORK & LEADERSHIP, PUBLIC SPEAKING, PROBLEM SOLVING, CREATIVITY & INNOVATION, DECISION MAKING, RESILIENCE & STAYING POSITIVE, PLANNING & ORGANISATION, SKILLS DEVELOPED

YEAR 8

Getting to Know People  
What is a Community?  
Careers and Your Future  
Sleep and Relaxation  
Financial Education  
Transition Points in Your Life



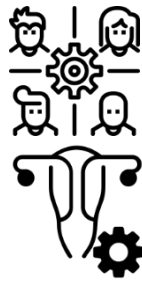
GATSBY BENCHMARKS - CAREERS -  
FINANCIAL EDUCATION  
SMSC & CAREERS

MANAGING CHANGE  
CORE THEME 6

YEAR 7

PUBERTY & BODY DEVELOPMENT  
CORE THEME 5

STATUTORY HEALTH  
PSHE  
WELLBEING



Introduction to Puberty  
Girls Puberty & Periods (Double Lesson)  
Boys Puberty  
Personal Hygiene  
Growing Up  
Self-Esteem  
Tooth Decay & Dental Health

Avoiding Gangs & Criminal Behaviour  
Staying Safe Online  
Online Gaming, Grooming & Addiction  
Alcohol and Risk  
Nicotine and Smoking  
E-Cigs, Vaping and Shisha  
Energy Drinks and Caffeine  
Knife Crime and Safety



STATUTORY HEALTH & RSE  
DRUGS EDUCATION

STAYING SAFE ONLINE & OFFLINE  
CORE THEME 4

YEAR 7

FRIENDS, RESPECT & RELATIONSHIPS  
CORE THEME 3

STATUTORY HEALTH & RSE  
PSHE



Consent and Boundaries  
Respect and Relationships  
What Makes a Good Friend?  
Friendships & Online Relationships  
Being Positive  
Pressure, Influence and Friends  
What Does it Mean to be a Man Today?

What is your Identity?  
Multicultural Britain  
Importance of Being Kind  
Breaking Down Stereotypes  
Learning Disabilities  
Prejudice and Discrimination  
Challenging Islamophobia



CITIZENSHIP  
PSHE  
BRITISH VALUES

CELEBRATING DIFFERENCES  
CORE THEME 2

POLITICS & PARLIAMENT  
CORE THEME 1

CITIZENSHIP  
BRITISH VALUES



Why is Politics Important?  
How is our Country Run?  
The Role of the Prime Minister  
The Monarchy and King Charles III  
Politics, Debates and Parliament  
Elections and Campaigning  
Creating a Political Party

WELCOME

YEAR 7

RSE COMPLIANT

HEALTH COMPLIANT

GATSBY BENCHMARKS

### SPIRAL THEMATIC APPROACH

- 1) Rights, Responsibilities & British Values
- 2) Celebrating Diversity & Equality
- 3) Relationships and Sex Education
- 4) Staying Safe Online and Offline
- 5) Health and Wellbeing
- 6) Life Beyond School

### PERSONAL DEVELOPMENT

#### ASSESSMENT & PROGRESS IN PSHE

- ✓ Themed Projects,
- ✓ Confidence Checkers
- ✓ PSHE App
- ✓ End of Unit Quizzes
- ✓ Graduation Portfolios

