



'Excellence for All'

Y7 - Long Term Plan PSHE



Half term	Unit title	Key knowledge/ Content to learn and retain	Essential skills to acquire (subject & generic) PSHE Critical Content (the most basic knowledge that pupils will take away from each lesson)	Link to subject ethos 'Excellence for All'	Anticipated misconceptions	Links to previous KS	Links to future KS	Opportunity for stretch for high prior attainers	SMSC & British Values	Cultural Capital	Career Link
Y7 HT1	Being Me in My World' (Mental Health and Wellbeing Focus)	Influences, friends and friendship Peer pressure, bullying and	How do I maintain positive friendships ? How do I recognise toxic relationships Define the difference	The value of PSHE as a subject. Importance of positive friendships, positive self image and damaging effects of social media.	Social media is not manipulated Banter is acceptable Language doesn't matter	KS2 PSHE Jigsaw. All Hull primaries use Jigsaw. Being a global citizen, my year ahead, Consequences. Democracy and having a voice benefits the school	Spiral curriculum is built on throughout KS3 and 4	Discussion within the topic allows for higher achievers to thrive whilst scaffolding for those less confident.	Developing personal values and a personal belief system that values self and others. Mutual respect and tolerance. Willingness to reflect on	Visiting speaker opportunity - Cornerhouse and The Warren.	Media

		banter	between bullying, banter and genuine mutual fun			community			their own experiences Developing a sense of enjoyment in the world around them and in themselves	
		Trolling and online identity	To understand what the term 'trolling' mean To identify what cyber bullying is and why people do it - To analyse effective measures to prevent cyber bullying							
		Mental Health and self esteem	Explain what self esteem is How we can improve our self esteem							
		Media Influence and body image	I understand that the media portrays unrealistic body image I know that what I see on social media can be manipulated I can name positive personality and positive physical traits							

		Body image (online)	about myself. Students can signpost to where they can receive help for issues relating to boy image								
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