



Year 7 Curriculum

Personal, Social & Health Education (PSHE)



	Term 1 (Autumn)		Term 2 (Spring)		Term 3 (Summer)	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Topic	Settling In Learning Habits 1 Advice for Life 1 Mental Wellbeing 1 Personal Wellbeing 1	Anti-bullying Citizenship 1 Relationships 1 Online Safety and Awareness 1	Physical Health 1 Personal Wellbeing 3 Citizenship 2 Personal Wellbeing 2	Bookfest 1 Nature and the Environment 1 Advice for Life 2	Online Safety and Awareness 2 Relationships 2 Mental Wellbeing 2 Citizenship 3	Physical Health 2 Citizenship 4 Advice for Life 3 Bookfest 2 Learning Habits 2
Key Concepts	• Getting to know Kennet and each other • My learning habits and goal setting • Identifying and exploring early career aspirations • Responding to mental health worries and seeking support • First Aid training	• Anti-Bullying week • Remembrance • Understanding feelings and recognising others' feelings • Positive Masculinity • Sharing online and consent • Trusting AI & online sources •	• Physical changes during puberty • Consent and boundaries • Holocaust memorial • Children's mental health week Understanding the difference between legal and illegal drugs, and the associated risk	• Bookfest – world book day • Science week: Nature and the environment • Budgeting and saving	• The law and the online world • Healthy friendships: What is trust? • Positive Masculinity • Mental health awareness month • Cultural diversity • How are laws made?	• Why is physical health important? • Why are British Values important? • Life skills • Summer reading challenge • Target setting for Year 8

Our PSHE curriculum represents our Kennet values: respect; integrity; kindness; endeavour; resilience; and courage. Our lessons ensure pupils have the knowledge and skills required to enter healthy and fulfilling relationships, assess risk both online and offline to keep themselves safe and understand how the fundamental British Values apply to their lives.