

Scheme of Work for Year 7 PSHE for 2024-25

| Lesson | Year 7 PSHE |
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| 1 | What is PSHE? Introduction and classroom expectations |
| 2 | Organisation at Westbourne and at home |
| 3 | Feelings and emotions |
| 4 | Organising friendship groups – the qualities of a good friend |
| 5 | Managing relationships - conflict |
| 6 | Diversity and Inclusion- Show Racism the Red Card |
| 7 | Health and wellbeing introduction |
| 8 | The modern-day family |
| 9 | Falling in love and romantic feelings |
| 10 | Marriage |
| 11 | Sex education- How our bodies change |
| 12 | Sex education- Periods and menstruation |
| 13 | Sex education- Healthy adult relationships |
| 14 | Revision /Assessment/Reflection |
| 15 | What are acts of kindness? What does kindness look like? |
| 16 | Kindness and values at Westbourne |
| 17 | Charity and helping others |
| 18 | British values and the rule of law |
| 19 | British values – freedom of faith |
| 20 | Oracy/What do we mean by effective communication? |
| 21 | Improving my own communication skills |
| 22 | Communicating in learning |
| 23 | It's ok to proof-read |
| 24 | Youth parliament – Getting young voices out there |
| 25 | Coping with change |
| 26 | Revision /Assessment/Reflection |
| 27 | What is resilience? |
| 28 | What is taking the initiative? |
| 29 | How can I be more resilient? How do I react when things go wrong? |
| 30 | Mental health: Self-harm |
| 31 | Screen time |
| 32 | What is leadership and why is it important? |
| 33 | Good and bad leaders |
| 34 | Democracy |
| 35 | Who am I as a leader? |
| 36 | Road safety |
| 37 | Summer safety |
| 38 | Revision /Assessment /Reflection and Review of the year |

| Colour | Key |
|--------|---------------------------------------|
| | Organisation/Careers |
| | Wellbeing, mental health and e-safety |
| | Kindness and values |
| | Communication |
| | Resilience and initiative |
| | Leadership |
| | Living without harm |
| | Assessment |