

Scheme of Work for Year 7 PSHE for 2025-26

Lesson	Year 7 PSHE
1	What is PSHE? Introduction and classroom expectations
2	Feelings and emotions
3	Health and wellbeing introduction
4	Coping with change
5	Mental health: Stress
6	Diversity and Inclusion- Show Racism the Red Card
7	What is resilience?
8	How can I be more resilient? How do I react when things go wrong?
9	Mental health: Self-harm
10	Screen time
11	Energy Drinks
12	Healthy Living
13	Tooth Decay and Dental Health
14	Assessment
15	Christmas Quiz
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	Effective communication
21	Personal communication
22	Communication in learning
23	Proof reading
24	Youth parliament – Getting young voices out there
25	What is taking the initiative?
26	Social media and resilience
27	Revision/Assessment/Reflection
28	Organising friendship groups – the qualities of a good friend
29	Managing relationships - conflict
30	The modern-day family
31	Falling in love and romantic feelings
32	Marriage
33	Sex education- How our bodies change
34	Sex education- Periods and menstruation
35	Sex education- Healthy adult relationships
36	Respecting others
37	What are acts of kindness? What does kindness look like?
38	Cyberbullying

Colour	Key
	Health and Wellbeing
	Living in the wider world
	Relationships and Sex Education
	Assessment