

Year 7 PSHCE Programme 2022-23



Unit title		Content
Personal & Well-being responsibility & Lifestyle – RSE & SMSC	Monday 12 Sept period 2 Monday 26 Sept period 3 Monday 10 Oct period 4	1. RSE – Girls on Board – HOY 2. RSE - My Body - Changing bodies & Puberty - External speakers BTC 3. FBV - Healthy Eating - External speaker – Simon Squire – Best Ed.
Personal Well-being Informed & positive choices RSE & SMSC	Tuesday 8 Nov period 2 Tuesday 22 Nov period 3 Tuesday 6 Dec period 4 Tuesday 10 Jan period 5 Wednesday 25 Jan period 2	4. RSE - Internal Anti-Bullying Week – Internal competition - Tutor led session 5. FBV - Acceptance of Faiths - External speakers - St Philips Centre 6. RSE - Personal Relationships Family & Friends – 1010 resources – Tutor led session 7. RSE – Self Esteem - 1010 resources – Tutor led session 8. RSE - Internal e-safety wk – My Life on Screen – External speakers - BTC
Economic Wellbeing Careers & Choice	Wednesday 8 Feb period 3 Wednesday 1 March period 4 Thursday 16 March period 2 Thursday 20 April period 3	9. RSE - Children's Mental Health Week - External speakers - BTC - Mindfulness 10. National Careers Week - Step into the NHS Competition 1 11. Careers session - Step into the NHS Competition 2 12. Careers session - Step into the NHS Competition 3
Citizenship Healthier & safe lifestyles & diversity – FBV & SMSC	Thursday 4 May period 4 Friday 19 May period 2 Friday 9 June period 3 Friday 23 June period 4	13. Careers session - Step into the NHS Competition 4 14. Careers session – Unifrog Introduction 15. RSE - Drugs & Alcohol awareness - External speakers - BTC 16. SMSC - National Government – Tutor led session

RSE = Relationships and Sex Education Programme

FBV = Fundamental British Values within *

*SMSC = Spiritual, Moral, Social, Cultural requirements

Themed Weeks