

Curriculum Map - PSHRE Y7 2025 - 2026

| | Autumn1 6 lessons | Autumn 2 7 lessons | Spring 1 6 lessons | Spring 2 6 lessons | Summer 1 10 lessons | Summer 2 (ROLLOVER) |
|----|---|---|---|---|--|------------------------|
| Y7 | <p>Theme: Transition Big Question: What are the new challenges?</p> <ol style="list-style-type: none"> 1. Why are friendships important? What are respectful relationships? 2. To recognise, predict and assess risks in different situations and decide how to manage them responsibly (including online) <p>Go West Big Question: How can I commit to a healthy life?</p> <ol style="list-style-type: none"> 1. What are the benefits of exercise for physical & mental health? (W) 2. How can we eat healthy on a budget? (E) 3. Why do we need sleep? (S) 4. Why is talking important to your wellbeing? (T) <p>H1 H2 H5 H13 H14 H15 H16 H30 R13L2</p> | <p>Theme: Health & Wellbeing Big question: How can good choices promote my wellbeing?</p> <ol style="list-style-type: none"> 1. What do we mean by a 'healthy lifestyle? 2. What's the big deal with energy drinks? 3. National anti-bullying lesson 4. What is the Lighthouse project in Havant? ASSEMBLY 5. What is sniffing? 6. What are the 4 different categories of drugs? 7. CFU <p>H23 H26 H31 H33</p> | <p>Theme: Relationships Big Question: What are positive relationships? (Safer Internet Day)</p> <ol style="list-style-type: none"> 1. What is trust in relationships? 2. How can I maintain friendships and avoid fallouts? 3. Why are families and long-term relationships important? 4. What would our country be like without mutual respect / tolerance? <p>5. Safer Internet day . 'Inspiring change' Making a difference</p> <p>6 LGBTQ+ Talk from Y Services</p> <p>R3 R38 R39 R40 R41</p> | <p>Theme: RSE Big Question: What are the changes that are happening?</p> <ol style="list-style-type: none"> 1 How can I manage physical & emotional changes during puberty? 2 What changes does menstruation bring about in puberty? 3. Are girls more concerned with changes than boys? 4. What does the term hygiene mean to you? 5. What does the term boundary mean? Can some boundaries be non-physical? Personal space? 6. CFU How do our bodies change? <p>H20 H22 H34 R24 R26</p> | <p>Theme: Careers Big Question: What is careers education?</p> <ol style="list-style-type: none"> 1. What is careers Education? Including STEM 2. What Career would suit you and your aspirations? 3. Job Research - Routes into work, understanding further and higher education (including apprenticeships and enterprise) 4. What will the future look like? How will this impact your career and what impact does stereotyping have? 5. Careers and Finance – How does money effect your future 6. How to plan your savings 7. What is work 8. Linking Careers to your subjects 9. Careers Games (Year 7 camp) 10. How to make decisions & action planning <p>L1, L2, L3, L4, L6, L7 L8, L9, L10, L11. L12, L14, L15, L16, L17</p> | N/A |