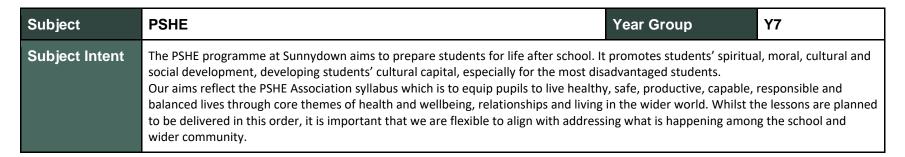
SUNNYDOWN SCHOOL PSHE CURRICULUM PLAN



Term	Торіс	Core learning	Key concepts	Sequencing
Autumn 1 Health and wellbeing	Transition and safety <u>Y7 Health and</u> <u>wellbeing -</u> <u>Transition and</u> <u>safety</u>	 In this unit of work, students learn: how to identify, express and manage their emotions in a constructive way how to manage the challenges of moving to a new school how to establish and manage friendships how to improve study skills how to identify personal strengths and areas for development 	Transition to secondary school and personal safety in and outside school, including first aid.	 Building on topics covered as part of primary PSHE learning. This will vary between students. Building towards becoming more settled at Sunnydown.
Autumn 2 Relationsh ips	Diversity <u>Y7 Relationships -</u> <u>Diversity</u>	 about identity, rights and responsibilities about living in a diverse society how to challenge prejudice, stereotypes and discrimination the signs and effects of all types of bullying, including online how to respond to bullying of any kind, including online how to support others 	Diversity, prejudice and bullying	Building on topics covered as part of primary PSHE learning. This will vary between students. Building towards becoming more settled at Sunnydown.

Spring 1 Health and wellbeing	Healthy choices <u>Y7 Health and</u> <u>wellbeing -</u> <u>Healthy choices</u>	 how to make healthy lifestyle choices including diet, dental health, physical activity and sleep how to manage influences relating to caffeine, smoking and alcohol 	Healthy routines, influences on health such as smoking, alcohol and drugs.	Building on topics covered as part of primary PSHE learning. This will vary between students. Building towards becoming more independent and making sensible choices.
Spring 2 Relationsh ips	RSE - building relationships <u>Y7 RSE - building</u> <u>relationships</u>	 how to develop self-worth and self-efficiency about qualities and behaviours relating to different types of positive relationships how to recognise unhealthy relationships how to recognise and challenge media stereotypes how to evaluate expectations for romantic relationships about consent, and how to seek and assertively communicate consent how to manage physical and emotional changes during puberty about personal hygiene how to recognise and respond to inappropriate and unwanted contact 	Self-worth, romance and friendships (including online) and relationship boundaries	Building on topics covered as part of primary PSHE learning. This will vary between students. Building towards feeling confident communicating with others.
Summer 1& 2 Living in the wider world <u>Y7 Living</u> <u>in the</u> <u>wider</u> <u>world -</u> <u>Developin</u> <u>g skills</u>	Developing skills and aspirations	 how to be enterprising, including skills of problem- solving, communication, teamwork, leadership, risk- management, and creativity about a broad range of careers and the abilities and qualities required for different careers about equality of opportunity how to challenge stereotypes, broaden their horizons and how to identify future career aspirations about the link between values and career choices personal safety strategies and travel safety, e.g. road, rail and water how to respond in an emergency situation basic first aid 	Careers, teamwork and enterprise skills, and raising aspirations	Building on topics covered as part of primary PSHE learning. This will vary between students. Building towards preparing for a life after Sunnydown.

and Financial aspiration making s	 how to make safe financial c about ethical and unethical k consumerism about saving, spending and k how to manage risk-taking b 	business practises and budgeting and making financial choices	part of primary PSHE learning.
---	--	---	--------------------------------