



PSHE Overview Years 7 & 8

Term 1

	Year 7		Year 8	
Theme	RSE	RSE	HEALTH & WELLBEING	HEALTH & WELLBEING
Unit	Friends, Respect and Relationships	Friends, Respect and Relationships	Physical Health & Mental Wellbeing	Physical Health & Mental Wellbeing
Session	Tutor Time	Hourly Session	Tutor Time	Hourly Session
1	What Makes a Good Friend?	Consent & Boundaries	Types of Bullying	Health & Wellbeing
2	What Makes a Good Friend?	Consent & Boundaries	Types of Bullying	Health & Wellbeing
3	Friendships & Online Relationships	Respect & Relationships	What is Mental Health?	Healthy Eating & Cholesterol
4	Friendships & Online Relationships	Respect & Relationships	What is Mental Health	Healthy Eating & Cholesterol
5	Being Positive	Pressure, Influence & Friendships	Stress Management	Positive Body Image
6	Being Positive	Pressure, Influence & Friendships	Stress Management	Positive Body Image

Spiral Thematic Approach

1. Rights, Responsibilities & British Values
2. Celebrating Diversity & Equality
3. Relationships and Sex Education
4. Staying Safe Online and Offline
5. Health and Wellbeing
6. Life Beyond School



Term 2

	Year 7		Year 8	
Theme	RIGHTS, RESPONSIBILITIES & BRITISH VALUES	RIGHTS, RESPONSIBILITIES & BRITISH VALUES	RIGHTS, RESPONSIBILITIES & BRITISH VALUES	RIGHTS, RESPONSIBILITIES & BRITISH VALUES
Unit	Politics & Parliament	Politics & Parliament	Law, Crime & Society	Law, Crime & Society
Session	Tutor Time	Hourly Session	Tutor Time	Hourly Session
1	Why is Politics important?	The Monarchy	Criminals, Laws & Society	Desert Island: Living
2	Why is Politics important?	The Monarchy	Criminals, Laws & Society	Desert Island: Living
3	How is our country run?	Political Debates & Parliament	How are laws made?	Desert Island: Building Communities
4	How is our country run?	Political Debates & Parliament	How are laws made?	Desert Island: Building Communities
5	The role of the Prime Minister	Elections & Campaigning	Prison, Reform and Punishment	Desert Island: Making Decisions
6	The role of the Prime Minister	Elections & Campaigning	Prison, Reform and Punishment	Desert Island: Making Decisions

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Term 3

	Year 7		Year 8	
Theme	CELEBRATING DIVERSITY & EQUALITY	CELEBRATING DIVERSITY & EQUALITY	CELEBRATING DIVERSITY & EQUALITY	CELEBRATING DIVERSITY & EQUALITY
Unit	Celebrating Differences	Celebrating Differences	Equality & Diversity Explored	Equality & Diversity Explored
Session	Tutor Time	Hourly Session	Tutor Time	Hourly Session
1	What is Your Identity	Prejudice and Discrimination	Equality Act	LGBTQ+ What is it?
2	What is Your Identity	Prejudice and Discrimination	Equality Act	LGBTQ+ What is it?
3	Multicultural Britain	Learning about Disabilities	Disability & Ableism	LGBTQ+ Rights Across the World
4	Multicultural Britain	Learning about Disabilities	Disability & Ableism	LGBTQ+ Rights Across the World
5	Breaking Down Stereotypes	Challenging Islamophobia	Racism & Discrimination	Gender Equality
6	Breaking Down Stereotypes	Challenging Islamophobia	Racism & Discrimination	Gender Equality

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Term 4

	Year 7		Year 8	
Theme	LIFE BEYOND THE SCHOOL	LIFE BEYOND THE SCHOOL	LIFE BEYOND THE SCHOOL	LIFE BEYOND THE SCHOOL
Unit	Thinking about Careers	Thinking about Careers	Careers and Me	Careers and Me
Session	Tutor Time	Hourly Session	Tutor Time	Hourly Session
1	What is a Career?	Careers and your Future	Unifrog Interests Profile	What are my Interests?
2	What is a Career?	Careers and your Future	What Does Success Mean to Me?	What are my Interests?
3	Exploring Dream Careers	What is Unifrog?	What Does Success Mean to Me?	Challenges and Rewards of Work
4	Exploring Dream Careers	What is Unifrog?	Careers and the Climate	Challenges and Rewards of Work
5	What is an Entrepreneur?	Researching Jobs	Careers and the Future	Creating the Life you Want
6	What is an Entrepreneur?	Researching Jobs	Careers and the Future	Creating the Life you Want

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