


Autumn Term 1 & 2

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7 & 8	
Core Theme	Life Beyond School		Life Beyond School		Life Beyond School		 Skills, Career & Character HALF TERM	
Topic	Managing Change		Managing Change		Managing Change			
Challenge Objective and content (for all learners)	<u>Intro to PSHE & Getting to know people</u> > Understand the concept of trust. > Explain what I have in common with others across my class.		<u>What is a Community?</u> > Understand community concept & cohesiveness. > Explore how British communities have changed over the past 60 years.		<u>Sleep and Relaxation</u> > Describe what happens when we sleep. > Explore the benefits of good quality sleep.			<u>Careers & your future</u> > Dreams & aspirations. > Job & career difference.
Inspire Opportunity	What would it take to truly make society flourish?		What things could be done to make our local community more welcoming?		How would you try and help someone that was struggling to sleep?			Articulating clearly
Assessment	Confidence Checker		Confidence Checker		Confidence Checker			Worksheet
Tutor Time Unifrog Resources	Term 1A – Online Safety: Media Literacy Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y7				Term 1B – Physical Health: Smoking & Vaping Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y7			

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	
Core Theme	Celebrating Diversity & Equality		Celebrating Diversity & Equality		Celebrating Diversity & Equality		CHRISTMAS
Topic	Celebrating Differences		Celebrating Differences		Celebrating Differences		
Challenge Objective and content (for all learners)	<u>What is your identity & Nature Vs Nurture</u> > Understand the wide variety of aspects that make up one's identity. > What different things influence your identity.		<u>Multicultural Britain</u> > Describe how diverse modern Britain is. > Explore the recent history of migration to UK		<u>Prejudice & Breaking down Stereotypes</u> > Define stereotyping and prejudice. > Explore why stereotyping still exists today.		
Inspire Opportunity	Which influences have created your core beliefs?		How can people best help Britain become a more accepting and multicultural place?		How can you challenge prejudice when you see it more effectively?		
Assessment	Confidence Checker & Work booklet		Confidence Checker & Work booklet		Confidence Checker & Work booklet		
Tutor Time Unifrog Resources	Term 2A – Physical Health: Maintaining a balanced diet Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y7			Term 2B – Life Skills: Recognising and preventing Bullying Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y7			

Spring Term 1 & 2

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	HALF TERM
Core Theme	Staying Safe Online & Offline		Staying Safe Online & Offline		Staying Safe Online & Offline		
Topic	Staying Safe		Staying Safe		Staying Safe		
Challenge Objective and content (for all learners)	<u>Staying Safe Online, Grooming & Gaming</u> > Explain what a gut feeling is and how it links to intuition. > Define what a gaming addiction is and recognise symptoms of it.		<u>Energy Drinks</u> > Understand how much sugar and caffeine are in a range of drinks. > Explore the importance of making healthy life choices		<u>Alcohol & Smoking Vapes included</u> > Examine how alcohol and drugs impact the body. > Explore the consequences of alcohol or drug misuse.		
Inspire Opportunity	Why would addiction to gaming begin to have an impact on other parts of your life?		How could someone change their habits so as to release them from addiction?		How could places like schools best go about regulating the use of vapes on their property?		
Assessment	Confidence Checker & Work booklet		Confidence Checker & Work booklet		Confidence Checker & Work booklet		
Tutor Time Unifrog Resources	Term 3A – Relationships: What makes a healthy relationship Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y7			Term 3B – Relationships: Coping with change Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y7			

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	EASTER
Core Theme	Skills, Career & Character		Skills, Career & Character		Health & Wellbeing		
Topic	Unifrog Onboarding		Unifrog Activities & Skills		Puberty & Body Development		
Challenge Objective and content (for all learners)	<u>Unifrog introduction & Interests profiler</u> > Every child has access to their own personal Unifrog account. > Complete 'Interest profile' and 'like' a minimum of 6 possible careers from it.		<u>Unifrog Activities & Skills introduction</u> > 'Activities' from Primary and early Secondary recorded into personal accounts. > Review 'skills' section of the platform and consider level to the first four skills		<u>Personal & Oral Hygiene</u> > Understand the ways in which diet, exercise, hygiene, and sleep contribute to being healthy. > Understand how important personal hygiene is and how to achieve it.		
Inspire Opportunity	When could you show your parents your Unifrog account?		When could you show your parents the progress you are making on your Unifrog account?		What habits would you need help to change if you were trying to improve your oral hygiene?		
Assessment	Unifrog progress		Unifrog progress		Confidence Checker & Work booklet		
Tutor Time Unifrog Resources	Term 4A – Diversity: What is Diversity? Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y7			Term 4B – Sexual Health: Growing up and changes Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y7			

Summer Term 1 & 2

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	HALF TERM
Core Theme	Rights, Responsibilities & British Values		Rights, Responsibilities & British Values		Skills, Career & Character	
Topic	Politics, Parliament & Me		Politics, Parliament & Me		Teamwork, Leadership & Communication	
Challenge Objective and content (for all learners)	<u>Important Politics- inside Parliament & why politics</u> > Understand the impact politics has on everyday life. > Describe the makeup of parliament and the main roles it performs.		<u>Politics & debating</u> > Investigate the terms advocate and devil's advocate. > Practice the art of debating.		<u>Teamwork and being a team player</u> > Understand what these key skills are and how to progress in them > Work with others to unravel situations, making decisions along the way	
Inspire Opportunity	Is there ever a situation where living in a dictatorship is better than a democracy?		What additional laws should there be over the next few years to help British society?		Present to class and show improvement from Autumn term	
Assessment	Confidence Checker & Work booklet		Confidence Checker & Work booklet		Unifrog review task	
Tutor Time Unifrog Resources	Term 5A – Wellbeing: What is mental health? Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y7			Term 5B – Wellbeing: Social media & mental health Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y7		

W/C	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	SUMMER
Core Theme	Relationships & Sex Education		Relationships & Sex Education		Relationships & Sex Education		
Topic	Friendships, Respect & Relationships		Friendships, Respect & Relationships		Friendships, Respect & Relationships		
Challenge Objective and content (for all learners)	<u>What makes a good friend, friendships & managing them</u> > Understand the importance of friendship and the qualities that make a good friend. > Examine what is needed to make positive relationships with friends.		<u>Respect, Relationships, Consent & Boundaries</u> > Understand the wide range of relationships young people have. > Consider the differences between people and learn how to respect those differences.		<u>Being positive, Pressure & Influence</u> > Understand that people can all feel the same range of emotions, but do not necessarily respond in the same way. > Celebrate personal strengths and achievements.		
Inspire Opportunity	Would it be better for society if everyone had similar values to each other?		Should it be law that everyone in the country has a quiet, no talking hour each day?		How can you use peer pressure for good?		
Assessment	Confidence Checker & Work booklet		Confidence Checker & Work booklet		Confidence Checker & Work booklet		
Tutor Time Unifrog Resources	Term 6A – British Values: Researching Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y7			Term 5A – British Values: Presenting an assembly Location: One Drive> CFS Staff> PSHE> Tutor Time PSHE resources from Unifrog> Y7			