

| Year 7 Curriculum Map PSHE                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                              |
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| <b>PSHE Vision</b>                                   | PSHE develops confident, compassionate and responsible young people who are prepared for life in modern Britain. Through learning about health and wellbeing, relationships, and life in the wider world, students build the knowledge, character and skills needed to make informed decisions, respect others and thrive in education, employment and adult life. Rooted in our Church of England ethos, we promote integrity, inclusion and the intrinsic value of every individual.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>End Points</b>                                    | <p><b>Recall</b></p> <ul style="list-style-type: none"> <li>To identify key PSHE knowledge, vocabulary and concepts.</li> <li>To recall accurate information about health, relationships and life in modern Britain.</li> </ul> <p><b>Explain</b></p> <ul style="list-style-type: none"> <li>To explain how knowledge and understanding can support positive decision-making.</li> <li>To provide reasons and examples when discussing personal, social and ethical issues.</li> </ul> <p><b>Apply</b></p> <ul style="list-style-type: none"> <li>To explain how PSHE learning can be applied to real-life situations.</li> <li>To demonstrate how skills such as communication, resilience and critical thinking support wellbeing and success.</li> </ul> <p><b>Evaluate</b></p> <ul style="list-style-type: none"> <li>To consider different viewpoints and make informed judgements.</li> <li>To justify opinions using evidence, reasoning and personal reflection.</li> <li>To assess risks, consequences and responsible choices in a range of contexts.</li> </ul> |                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>Key concepts and domains of knowledge in PSHE</b> | <p><b>Domains of Knowledge</b></p> <ul style="list-style-type: none"> <li><b>Personal Development</b> (identity, resilience, wellbeing)</li> <li><b>Health and Safety</b> (physical health, mental health, risk and first aid)</li> <li><b>Relationships</b> (communication, empathy, respect and consent)</li> <li><b>Citizenship and Community</b> (rights, responsibilities, diversity and inclusion)</li> <li><b>Careers and Future Pathways</b> (aspirations, skills and employability)</li> <li><b>Digital Citizenship</b> (online safety, digital footprints and responsible technology use)</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <p><b>Key Concepts (content)</b></p> <ul style="list-style-type: none"> <li>Identity</li> <li>Respect</li> <li>Responsibility</li> <li>Safety</li> <li>Resilience</li> <li>Wellbeing</li> <li>Relationships</li> <li>Equality</li> <li>Community</li> <li>Aspirations</li> <li>Decision Making</li> <li>Digital Citizenship</li> <li>Mental Wellbeing</li> <li>Emotional Literacy</li> </ul> |

| Term                                     | Autumn Term                                                                                                                                                                                                                                                                    | Spring Term                                                                                                                                                                                                                                                                                                                 | Summer Term                                                                                                                                                                                                                                                                                                                                                                                          |
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| <b>Topics</b>                            | <b>Health and Wellbeing</b>                                                                                                                                                                                                                                                    | <b>Relationships</b>                                                                                                                                                                                                                                                                                                        | <b>Living in the wider World</b>                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Key concept in each topic</b>         | <ul style="list-style-type: none"> <li>Wellbeing</li> <li>Safety</li> <li>Responsibility</li> <li>Resilience</li> </ul>                                                                                                                                                        | <ul style="list-style-type: none"> <li>Respect</li> <li>Empathy</li> <li>Communication</li> <li>Consent</li> </ul>                                                                                                                                                                                                          | <ul style="list-style-type: none"> <li>Identity</li> <li>Aspirations</li> <li>Responsibility</li> <li>Digital Citizenship</li> </ul>                                                                                                                                                                                                                                                                 |
| <b>Domain of Knowledge in each topic</b> | <p><b>Knowledge</b> about physical and emotional changes during adolescence, healthy lifestyles, and factors that affect wellbeing.</p> <p><b>Understanding</b> of risks and safety relating to smoking, vaping, fire safety, water safety, and responding to emergencies.</p> | <p><b>Knowledge</b> about healthy relationships, friendships, communication, consent and personal boundaries.</p> <p><b>Understanding</b> of emotions, empathy, respect and factors that influence relationships.</p> <p><b>Skills and application</b> including effective communication, conflict resolution, managing</p> | <p><b>Knowledge</b> about careers, aspirations, personal strengths, citizenship and opportunities for the future.</p> <p><b>Understanding</b> of digital citizenship, online identity, digital footprints and online risks.</p> <p><b>Skills and Application</b> for making informed decisions, protecting personal information, managing online interactions and preparing for future pathways.</p> |

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|------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                    | <b>Skills and application</b> for maintaining physical and mental wellbeing, making healthy choices, seeking support when needed and applying basic first aid.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | emotions, recognising unhealthy behaviours and building positive relationships.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>End point</b>                   | <b>Students can:</b> <ul style="list-style-type: none"> <li>Identify key changes associated with puberty.</li> <li>Students can identify appropriate sources of help and support for themselves and others.</li> <li>Explain how lifestyle choices impact health.</li> <li>Describe how to respond in emergency situations.</li> <li>Apply first aid and safety knowledge to real-life scenarios.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | <b>Students can:</b> <ul style="list-style-type: none"> <li>Identify features of healthy and unhealthy relationships.</li> <li>Explain the importance of empathy, communication and respect.</li> <li>Describe the meaning of consent and boundaries.</li> <li>Apply conflict-management strategies appropriately.</li> </ul>                                                                                                                                                                                                                                                                                                    | <b>Students can:</b> <ul style="list-style-type: none"> <li>Identify personal skills and qualities.</li> <li>Explain how online actions create a digital footprint.</li> <li>Describe strategies to stay safe online.</li> <li>Evaluate how current choices may influence future opportunities.</li> </ul>                                                                                                                                                                                                                                                                                                                                              |
| <b>Knowledge and understanding</b> | <b>Develop Knowledge</b><br>Students will understand the physical, emotional and social changes of adolescence, the characteristics of healthy lifestyles, and common risks to health and personal safety.<br><b>Understand the Impact</b><br>Students will explain how lifestyle choices and risk-taking behaviours affect physical and mental wellbeing, health and safety, and how to respond appropriately in emergency situations.<br><b>Make Connections</b><br>Students will apply their knowledge to make informed decisions, access support when needed, and evaluate strategies for maintaining their health, wellbeing and personal safety.                                                                                                                                                                                                                                                                                                                                         | <b>Develop Knowledge</b><br>Students will understand the characteristics of healthy relationships, effective communication, consent, personal boundaries, and the role of empathy in building positive relationships.<br><b>Understand the Impact</b><br>Students will explain how communication, empathy and emotional awareness influence relationships, and how conflict can be managed constructively.<br><b>Make Connections</b><br>Students will apply relationship skills in a range of contexts, evaluate responses to relationship challenges, and recognise the importance of respect, consent and healthy boundaries. | <b>Develop Knowledge</b><br>Students will identify their strengths, skills and aspirations, and understand how digital activity can create opportunities as well as risks, including cyberbullying and threats to personal identity.<br><b>Understand the Impact</b><br>Students will explain how personal qualities contribute to future success and how online behaviour can affect reputation, relationships and future opportunities.<br><b>Make Connections</b><br>Students will evaluate their own strengths and aspirations, apply strategies to stay safe online, and make informed decisions about their digital presence and future pathways. |
| <b>Assessment</b>                  | PSHE is assessed formatively throughout the curriculum to evaluate students' developing knowledge, understanding and application of learning. As the subject focuses on personal development, decision-making and preparation for life, assessment is used to inform teaching rather than assign summative grades. Through retrieval practice, questioning, discussion, reflection and self-evaluation, teachers identify students' understanding, address misconceptions and support progression towards the curriculum end points. This approach reflects the principles of statutory RSHE guidance and enables students to apply their learning confidently in a range of real-life contexts, preparing them to become well-rounded, responsible and resilient individuals who are ready to thrive beyond school. Formative assessment takes place through a range of activities including retrieval quizzes; targeted questioning; discussions and reflection activities and exit tickets. |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |