

<b>Year 7 – PSHE</b>	
<b>Summary of curriculum</b>	At Smith’s Wood Academy we want all students to leave in Year 11 with the skills and knowledge to lead a successful and healthy life. The year 7 Personal, Social, Health and Economic Education (PSHE) curriculum is designed to support students in the transition into secondary education, navigating through puberty and how to stay safe.
<b>Main topics/skills</b>	<p><b>Theme 1 – Values</b> An introduction to British Values (Democracy, Rule of Law, Individual Liberty, Tolerance and Mutual Respect) will support students in the understanding of the Smith’s Wood motto. Students will look at the importance of law, how to use their voice to make change and how to be respectful.</p> <p><b>Theme 2 – Staying safe</b> As students increase their online presence, we discuss how students can stay safe online, the rules which they should abide by, and the reality of social media. This allows students to make informed choices in the future.</p> <p><b>Theme 3 – Relationship and Sex Education (RSE)</b> This topic aims to support students as they experience puberty. Educating students on the changes that all students will experience and how to stay healthy during the transition.</p> <p><b>Theme 4 – Careers and my Future</b> This unit encourages students to start to think about their future and the skills that they need to develop. This supports students in being ambitious.</p> <p><b>Theme 5 – Health and Wellbeing</b> Students will discuss how to navigate relationships including family relationships, friendships and romantic relationships. This will include boundaries, conflict and ending relationships.</p> <p><b>Theme 6 – Citizenship</b> In this topic, students will be introduced to the government and parliament, and the role it places in the country. Helping them to become active citizenship.</p>
<b>Assessment throughout the year</b>	Students are regularly assessed throughout the year through 25 mark mid-topic and end of topic assessment. These will consist of multiple choice questions, knowledge check questions and longer answer question.
<b>How parents can support their child’s learning from home.</b>	Parents can support their child’s learning by encouraging their child to complete the fortnightly homework as this will support them in lessons. Also supporting students in staying up to date with the news and having discussions about the learning
<b>Useful websites</b>	<a href="https://www.sheffieldchildrens.nhs.uk">Puberty - Sheffield Children’s NHS Foundation Trust (sheffieldchildrens.nhs.uk)</a> <a href="https://www.youngminds.org.uk">YoungMinds   Mental Health Charity For Children And Young People   YoungMinds</a> <a href="https://www.bbc.com/1/health/ks3/citizenship">KS3 Citizenship (Wales) - BBC Bitesize</a> <a href="https://www.thenational.academy">RSHE (PSHE) lessons for Key Stage 3 students - Oak National Academy (thenational.academy)</a>

