

**Year 7 Curriculum Overview 2025-2026**  
**Subject - PSHE**

	Knowledge & Understanding			PSHE Refs	Literacy Skills  Opportunities for developing literacy skills	Employability Skills [if any]	Assessment Opportunities
	Composites	Components [KEY concepts & subject specific vocab]	Formal Retrieval [if any]				
<b>Autumn Term Health and Wellbeing</b>	Transition to school Healthy Friendships Toxic Friendships Expressing and managing emotions Social Media Safety Personal Safety First Aid	Identify, manage, and express emotions in a constructive way Manage the challenges of moving to a new school Establish and manage friendships Identify personal strengths and areas for development Personal safety strategies and travel safety e.g. Road, rail and water Responding to an emergency Basic first aid training	What a friendship is What an emotion is What social media is About safety at home	H1 H2 H30 H33 R13 L1 L2	Listening to others Sharing ideas orally in small groups and as a class Long answer questions Opportunities to read aloud Creating resources for others	Communication and interpersonal skills Problem solving Team working Ability to learn and adapt Debate	Discussion to show understanding of the concepts discussed Written responses in books show clear understanding of pupils
<b>Spring Term RHSE</b>	Self Worth  Types of Relationships  Positive and Negative Relationships  Romantic Relationships  Consent	How to develop self-worth and self-efficacy 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, How to seek and assertively communicate consent	Toxic and positive friendships The dangers of social media Different types of relationships Challenges people face during change	H1 R2 R9 R11 R13 R14 R16 R24	Listening to others Sharing ideas orally in small groups and as a class Long answer questions Opportunities to read aloud Creating resources for others	Communication and interpersonal skills Problem solving Team working Ability to learn and adapt Debate	Discussion to show understanding of the concepts discussed Written responses in books show clear understanding of pupils

<p><b>Summer Term</b> <b>Living In The Wider World</b></p>	<p>The Protected Characteristics Diversity and Identity Racism Religious Discrimination What is Terrorism Community Cohesion</p>	<p>How to celebrate diversity Saying no to discrimination Celebrating our unique identities What is a stereotype and challenging these What is racism What does terrorism mean? Challenging misconception about terrorism What is a community? Being mark of a local and global community</p>	<p>Tolerance and respect Individual Liberty Making the right moral choice What is democracy Respect to others</p>	<p>R18 R17 H2 H32 H6 L20</p>	<p>Listening to others Sharing ideas orally in small groups and as a class Long answer questions Opportunities to read aloud Creating resources for others</p>	<p>Negotiation Ethical decision making Communication Teamwork Planning Creativity</p>	<p>Discussion to show understanding of the concepts discussed Written responses in books show clear understanding of pupils</p>
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