

YEAR 7 PSHCE SCHEME OF WORK 2025-26

TOPIC AND AIM	OBJECTIVES/KEY QUESTIONS/ACTIVITIES
Introduction to PSHCE and Well-Being at HBS and Transition	<p>Introduce the ground rules for a successful PSHE classroom</p> <p>Identify the common anxieties that pupils face when starting secondary school</p> <p>Explore ways of overcoming these anxieties</p> <p>Explain concept of support network and support within HBS PSHCE handbook</p>
Communication : non-verbal communication and listening skills	<p>Identify ineffective and effective listening skills</p> <p>Identify the importance and impact of non-verbal communication</p>
Communicating with kindness	<p>To help understand the impact of communication and the value of kindness</p>
Keeping safe online: Social media; privacy, settings, safety	<p>Recognise the potential risks surrounding the use of ICT</p> <p>Assess own online behaviours by exploring social networking profiles to examine safe and potentially unsafe choices.</p> <p>Recognise the potential problems surrounding the use of group chats and how to avoid them</p>
Identity: Who Am I?	<p>Understand what we mean by 'identity' and all the different elements that make up a person's identity</p> <p>Value and embrace their differences</p> <p>Prepare collages in order to get to know each other better and share elements of their own different identities</p>
Identity: Exploring Discrimination	<p>Understand the terms: prejudice, discrimination, stereotype.</p> <p>Learn about others' negative experiences in relation to identity – in particular race and religion - and to explore the impact of such experiences</p>
Discrimination: Hemisphere training	<p>Racial literacy training – programme from Hemisphere</p>
Puberty	<p>Understand the physical changes during puberty and practical steps on how to deal with them</p> <p>Understand menstruation and sanitary protection</p>

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	<p>Understand physical changes to hair, skin, body odour, body hair</p> <p>Understand the emotional changes which take place during puberty, how they may affect our relationships and how to manage them</p>
Mental Health – wellbeing toolbox	<p>Understand what is meant by mental health</p> <p>Explore new ideas for improving wellbeing</p> <p>Consider strategies for overcoming challenges</p> <p>Support students in promoting their own wellbeing as well as that of their friends</p>
Mental Health: Confronting comparisons	<p>Explore the positive and negative consequences of comparisons with other people</p> <p>Find strategies to avoid these negative consequences</p>
Relationships: Friendships and Bullying	<p>Explore the nature of friendships</p> <p>Identify some of the challenges that can arise in social relationships</p> <p>Explore how to provide effective peer support</p> <p>Understand the meaning and impact of bullying and cyberbullying</p> <p>Explore appropriate ways of responding to discriminating, hurtful or intimidating behaviour.</p>
Healthy Eating and Sleep	<p>To understand the impact of a good night's sleep</p> <p>To learn how to improve our sleep hygiene</p> <p>To learn to interpret food labels, including the different types of sugar</p> <p>To learn the risks of having too much sugar in our diet</p>
Study Skills	<p>Identifying different revision strategies</p>
Unifrog	<p>Introduction to Unifrog</p> <p>Explore the features of Unifrog and create profile</p> <p>Students to start linking curriculum to careers</p>
Resilience	<p>Understand what is meant by resilience and identify different 'protective factors'</p> <p>Recognise and value those features in own lives</p>
Money skills	<p>Understand basic money terminology</p> <p>Understand the way in which a budget can be used to manage this process, and to plan for the future</p>