PSHE/RSE: Year 7 Medium Term Overview

Autumn Term 1 Introduction to Health and Well-being	Autumn Term 2 Introduction to Relationships	Spring Term 1 Health and Wellbeing	Spring Term 2 Living in the Wider World	Summer Term 1 Relationships	Summer Term 2 Health and Wellbeing
Healthy bodies, healthy minds Transition, positive and healthy relationships, physical and mental health, lifestyle and wellbeing, healthy eating, body image, promoting emotional wellbeing	**Diversity, equality, culture** Multi-cultural Britain, identify, nature v nurture, equality, stereotypes, prejudice, discrimination, traditions	**Healthy options** Healthy routines – diet, exercise, sleep	**Finance and decision making** Saving, borrowing, budgeting, online safety	**Diversity** Diversity, prejudice, bullying	**Safety** Personal safety, first aid
In this unit, students learn to: · understand positive and healthy relationship traits · explain basic lifestyle and wellbeing concepts · how healthy eating impacts lives · identify different body images and those represented inappropriately online · promote their own emotional wellbeing	*In this unit, students learn to:* · appreciate the multi-cultural diversity of Britain · identify stereotypical views · understand how discrimination and prejudice can affect people's lives	*In this unit, students learn to:* · explain the impact of sleep on health and wellbeing · describe healthy sleep patterns and identify factors which can reduce sleep quality · describe a range of strategies for ensuring appropriate sleep patterns · identify different influences on decisions regarding diet and exercise	*In this unit, students learn to:* · explain the impact of economic well-being on their lives · understand the impact of fraud and how people can steal personal data · keep themselves safe online describe Identity fraud and data protection · be aware of money mules and the consequences of their actions		

		· analyse why some influences might be stronger than others · evaluate which influences are more or less reliable · identify the benefits of maintaining physical health · explain why choices regarding physical health might differ between people · evaluate potential barriers to making healthier choices and strategies to overcome them · analyse strategies for making independent health choices in future	· how to be money conscious and manage their money effectively		