

CORE KNOWLEDGE

What I will know and understand by the end of Year 7.



This year in PSHE+ you will be able to:	This links to:	Key Vocabulary:
<p>Term 1</p> <p>Health and Wellbeing Evaluate you own health and wellbeing, understand transition challenges, sleep resilience, keeping safe, first aid and healthy budgeting.</p> <ul style="list-style-type: none"> • Know who your support network is and understand about healthy sleep patterns. • Define resilience and how you can be more resilient in your life. • Identify how you will stay safe near roads and water. • Know what CPR is and how to administer it. • Know how to give First Aid to someone in need, including using a automated defibrillator. • Explain how you will budget, using entrepreneurial skills. • Know about the harmful effects of smoking and vaping. • Recognise and manage the range of influences on your financial decisions. 	<p>-Y8: Strategies around positive mental health, focused on appearance ideals. Staying safe near water, dealing with peer pressure and making healthy financial decisions.</p> <p>-Y9: Mentally and physically healthy during transition from KS3 to KS4. Staying safe from different types of drugs and the law around drug use. Know the dangers of gambling.</p> <p>- Y10: Know what Country Lines is and about Cannabis and Nitrous Oxide. Mortgage understanding and how financial crimes can happen online. Manage stress and your own health.</p> <p>- Y11: Healthy Sleep routine and how it can support exams. Positive and negatives of prescription drugs.</p>	<p>Anxiety , Resilience, Routine, Sleep Pattern, Rescue Breaths, Recovery Position, First Aid, Personal Safety, Lifestyle, Wellbeing, Health Services, Budgeting, Spending, Enterprise.</p>
<p>Term 2</p> <p>Living In the Wider World Explain how to be a responsible citizen, understanding about gangs and the law, anti-social behaviour, racism and sexism.</p> <ul style="list-style-type: none"> • Know about the law and the justice system in relation to gangs and exploitation. • Understand anti-bullying in terms of sexism, racism, homophobia and transphobia. • Evaluate youth crime, anti-social behaviour and exploitation, including links to young offenders programmes. <p>Evaluate career options through understanding your skills and qualities.</p> <ul style="list-style-type: none"> • Know what the term 'Career' means and what the difference is between a quality and a skill. • Understand different work environments and how to build aspirations for the future. • Know the importance of teamwork in a workspace. 	<p>- Y8: Democracy in the UK and different types of employment and job sectors.</p> <p>- Y9: How to be a citizen in the multicultural society of the UK. Know about extremism, racism and fake news. Options process and different Post 16 pathways.</p> <p>- Y10: Recruitment process, online and offline. Local and National job roles in Government , including how new laws are proposed and made. Application process for Post 16.</p> <p>- Y11: Financial awareness post 16.</p>	<p>Community Law, Gang, Racism, Sexism, Youth Crime, Criminal Justice System</p> <p>Career, quality, skill, aspirations, teamwork.</p>
<p>Term 3</p> <p>Relationships and Sex Education Evaluate changes that happen this year and how best to adapt to changes that may develop in school, at home or in the wider world.</p> <ul style="list-style-type: none"> • Know what makes you a unique individual created and loved by God. • Understand your body. Focusing on puberty; involving the physical, emotional and sexual development that you need to know in the coming years. • Know about your self-esteem and how it can be nurtured. • Understand that sexual intercourse is more than the physical act. • Know about different types of friendship and family groups and how you manage your behaviour in different situations. • Know how to keep safe online. • Understand your social responsibility is and how your actions can affect others. 	<p>- Y8: Differences between different groups in society and how to live with tolerance, kindness and forgiveness. Including Protected Characteristics and LBGQT+.</p> <p>- Y9: Know about the complexities of sexual intimacy. Including sexual consent and FGM.</p> <p>- Y10: Different values that you hold and know about the different forms of abuse. Reality of sex, including pregnancy.</p> <p>- Y11: Risks of addiction and sexual intercourse. Including pornography, sexual desire, STIs.</p>	<p>Uniqueness, Dignity, Puberty, Personal Hygiene, Self-esteem, Body Image, Sexual Intercourse, Menstrual Cycle, Stable Relationships, Family Structures, Digital Lives, Digital Technology, Behaviour Management, Social Responsibility.</p>