

# Year 7 PSHCE Programme 2023-24



Unit title		Content
<b>Health &amp; Well-being</b> responsibility & Lifestyle – RSE & SMSC	Monday 4 Sept Period 2 Monday 4 Sept Period 3 Monday 11 Sept Period 2 Monday 25 Sept Period 3 Monday 9 Oct Period 4	1. RSE – Well-Being (A positive start to the year) – <b>Internal Speaker</b> 2. RSE – Well-Being (A positive start tot the year) – Tutor follow up session 3. RSE – Who Am I – 1010 Resources – Tutor led session 4. RSE - My Body - Changing bodies & Puberty - <b>External speakers</b> BTC* 5. FBV/SMSC – Black History Month – Tutor led session
<b>Relationships -</b> Informed & positive choices RSE & SMSC	Tuesday 6 Nov Period 5 Tuesday 21 Nov Period 2 Tuesday 5 Dec Period 3 Friday 15 Dec Period 2 Friday 15 Dec Period 3 Tuesday 9 Jan Period 4 Wednesday 24 Jan Period 2  Wednesday 7 Feb Period 3	6. RSE - Internal Anti-Bullying Week – Internal competition - Tutor Led Session 7. FBV - Acceptance of Faiths - <b>External speakers</b> - St Philips Centre* 8. RSE – Family & Friends - 1010 Resources – Tutor Led Session 9. RSE/FBV – Workshop on FBV – <b>External speakers</b> - St Phillips Centre 10. RSE/FBV – Fundamental British Values - Tutor follow up session 11. RSE – Resilience – Inspiring Life Talk – <b>External speaker</b> - George Bates 12. RSE - Children’s Mental Health Wk – Mischievous Minds <b>External Speaker</b> – Mr Chapman (Magician) 13. RSE - Internal E-safety Week – 1010 Resources - My Life on Screen - Tutor Led
<b>Economic Wellbeing</b> Careers & Choice	Wednesday 28 Feb Period 4 Thursday 14 March Period 2 Thursday 18 April Period 3 Thursday 2 May Period 4 Friday 17 May Period 2	14. <b>National Careers Week</b> - Step into the NHS Competition 1. 15. <b>Careers Session</b> - Step into the NHS Competition 2. 16. <b>Careers Session</b> - Step into the NHS Competition 3. 17. <b>Careers Session</b> - Step into the NHS Competition 4. 18. <b>Careers Session</b> – Unifrog Introduction.
<b>Living in the Wider World</b> - Diversity – FBV & SMSC	Friday 7 June Period 3 Friday 21 June Period 4 Friday 28 June Period 5 Friday 28 June Period 6 Monday 1 July Period 2 Monday 1 July Period 3 Wednesday 3 July Period 2 Wednesday 3 July Period 3	19. RSE - Drugs & Alcohol awareness - <b>External Speakers</b> – BTC. 20. SMSC - National Government – Tutor Led Session 21. FBV - Healthy Eating - <b>External speaker</b> – BTC 22. FBV/RSE – 1010 Resources Healthy inside & Out – Tutor follow up session. 23. <b>Careers Session - External speaker</b> - TBC 24. <b>Careers Session (follow up)</b> 25. SMSC/RSE - RSPCA – Animal Responsibility - <b>External speakers</b> 26. RSE - Living responsibly - 1010 session – Tutor follow up session