Year 7 - PSHE and Citizenship

Q Our program seeks to enable our **students to become healthy, independent and responsible members of society**. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up.

	Content	**Assessment**	**What can a parent do to support?**
Topic 1 Transition	**Developing** a climate of support, friendship and co-operation in the classroom. **Setting** some targets and goals about what students would like to achieve at secondary school.	There is no formal assessment in PSHE and Citizenship. Assessment is ongoing during lessons, ensuring that students understand topics covered and are able to participate fully in classroom activities. The emphasis of the curriculum is on thinking, discussion, debate and challenge to ensure all students are able to leave school with an understanding of the world and their rights and responsibilities within it.	Ask your child what they are studying and encourage them to express their views. Watch the news as a family and talk about some of the issues that link to the PSHE topics. Encourage your child to be aware of what is happening in the local community and get involved as a family. Encourage your child to get involved with cooking and planning meals to support healthy eating. Be available to talk through any friendship difficulties your child may have and offer advice. Check internet security settings in the house are appropriate and monitor your child's use.
Topic 2 Community	**Belonging** to a community. **Being** a good citizen. **Understanding** rights and responsibilities. **Understanding** the effects of rumours/ bullying.		
Topic 3 IAG	**Describing** who they are and drawing connections between their likes, culture, connections and interests. **Identifying** which skills they need to develop for their dream jobs. **Defining** what a career is and identifying a range of career sectors and jobs that they might be interested in. **Understanding** the skills required for different jobs, and the rewards and challenges they may bring in the future. **Defining** what an entrepreneur is and identifying some entrepreneurial skills		
Topic 4 Finance	**Understanding** money habits. **Understanding** value for money and how to budget and plan for the future.		
Topic 5 Physical Health	**Understanding** what 'being healthy mean' **Understanding** what makes a healthy diet **Describing** the effects of eating disorders **Understanding** the importance of regular exercise and sleep **Understanding** the dangers of vaping and smoking		
Topic 6 RSHE (10:10 resources)	**Who** am I? (session 1) **Changing** bodies (session 2) **Healthy** inside and out (session 3) **Where** we come from (session 4) **Family** and friends (session 5)		

There will also be a focus day covering the following: road safety, railways safe, water safety, internet safety

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