



Dallam School

PSHCE Curriculum Overview

Department: PDev

Year Group: 7

AUTUMN

SPRING

SUMMER

Half term 1

Half term 2

Half term 3

Half term 4

Half term 5

Half term 6

Theme/ topic

Theme/ topic

Theme/ topic

Theme/ topic

Theme/ topic

Theme/ topic

Personal Wellbeing

Citizenship & Ethics

Careers & Finance

Relationships & Sex Education

Healthy Living

Personal Safety

By the end of this half term pupils will know (key knowledge, including tier 3 vocabulary)

- How year 7 is different
- What PDev is and how to work together in class
- Their personal strengths and how to build their confidence
- Why friends are important
- How to identify their good qualities
- What to do when things go wrong
- Who are their role models and what makes a good role model

- British values and what makes a British citizen
- The rights that young people have.
- The responsibilities we all have to each other
- Why people give money to charities
- How to work together to raise money for a charity

- How to identify their current ambitions
- About gender stereotypes
- About transferrable skills useful in a workplace
- The skills needed to succeed at interview
- How to organise their money and budget
- The different options available to consumers when paying for goods and services

- What empathy is and why it's important in friendships
- Understanding the changes brought about by puberty
- The qualities of healthy and unhealthy friendships
- About consent in terms of posting photos online, hugging and other physical contact between peers

- About the Eatwell plate and a healthy diet
- The benefits of exercise
- The importance of sleep and how good sleep contributes to physical and mental wellbeing

- The basics of staying safe when out and about without adults
- Their rights, responsibilities, and opportunities online
- The difference between banter and bullying and how to identify when they're going too far

They will understand (key concepts)

- How year 7 is different
- What PDev is and how to work together in class
- Their personal strengths and how to build their confidence
- Why friends are important
- How to identify their good qualities

- British values and what makes a British citizen
- The rights that young people have.
- The responsibilities we all have to each other
- Why people give money to charities

- How to identify their current ambitions
- About gender stereotypes
- About transferrable skills useful in a workplace
- The skills needed to succeed at interview
- How to organise their money and budget

- What empathy is and why it's important in friendships
- the changes brought about by puberty
- The qualities of healthy and unhealthy friendships
- About consent in terms of posting photos online, hugging

- About the Eatwell plate and a healthy diet
- The benefits of exercise
- The importance of sleep and how good sleep contributes to physical and mental wellbeing

- The basics of staying safe when out and about without adults
- Their rights, responsibilities, and opportunities online
- The difference between banter and bullying and how to identify when they're going too far

<ul style="list-style-type: none"> ➤ What to do when things go wrong ➤ Who are their role models and what makes a good role model 	<ul style="list-style-type: none"> ➤ How to work together to raise money for a charity 	<ul style="list-style-type: none"> ➤ The different options available to consumers when paying for goods and services 	<p>and other physical contact between peers</p>		
<p>They will know how to (<i>key skills</i>)</p>					
<ul style="list-style-type: none"> ➤ Settle into year 7 ➤ work together in class ➤ identify their personal strengths and how to build their confidence ➤ list why friends are important ➤ identify their good qualities ➤ seek help when things go wrong ➤ choose good role models 	<ul style="list-style-type: none"> ➤ identify British values and what makes a British citizen ➤ list the rights that young people have. ➤ Identify the responsibilities we all have to each other ➤ Say why people give money to charities ➤ work together to raise money for a charity 	<ul style="list-style-type: none"> ➤ identify their current ambitions ➤ recognise gender stereotypes ➤ list transferrable skills useful in a workplace ➤ identify the skills needed to succeed at interview ➤ organise their money and budget ➤ list the different payment options available to consumers in the UK 	<ul style="list-style-type: none"> ➤ identify what empathy is and why it's important in friendships ➤ List the changes brought about by puberty ➤ State the qualities of healthy and unhealthy friendships ➤ Ask for and give consent in terms of posting photos online, hugging and other physical contact between peers 	<ul style="list-style-type: none"> ➤ Identify the key components of a healthy diet ➤ List the benefits of exercise ➤ Explain how good sleep contributes to physical and mental wellbeing 	<ul style="list-style-type: none"> ➤ Stay safe when out and about without adults ➤ List their rights, responsibilities, and opportunities online ➤ Identify the difference between banter and bullying and how to identify when they're going too far



Dallam School

PSHCE Curriculum Overview

Department: PDev

Year Group: 8

AUTUMN		SPRING		SUMMER	
Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Theme/ topic	Theme/ topic	Theme/ topic	Theme/ topic	Theme/ topic	Theme/ topic
Personal Wellbeing	Citizenship & Ethics	Careers & Finance	Relationships & Sex Education	Healthy Living	Personal Safety
By the end of this half term pupils will know (key knowledge, including tier 3 vocabulary)					
<ul style="list-style-type: none"> ➤ What 'emotional' wellbeing and 'mental health' are ➤ A range of strong emotions which affect how we feel ➤ The effects of negative relationships on emotional wellbeing ➤ Self-management skills and behaviours ➤ What peer pressure is and give examples of how it can happen 	<ul style="list-style-type: none"> ➤ Rules that apply to them in their lives ➤ Why rules are in place ➤ A range of legal rights for different ages ➤ Fairness when applying rules ➤ The age of criminal responsibility ➤ What powers the police have ➤ Rules of stop and search ➤ The process of the youth justice system ➤ The different courts used within the UK criminal justice system ➤ What it is like inside a YOI 	<ul style="list-style-type: none"> ➤ the skills they have and skills and attributes others think they have ➤ Jobs they are able to do as teenagers and the laws in place for teenage employment ➤ Advantages and disadvantages of saving and spending ➤ The meaning of credit and debt ➤ Different types of frauds and scams ➤ online safety strategies to protect us from fraud 	<ul style="list-style-type: none"> ➤ What qualities contribute to a positive relationship characteristics of respectful and healthy relationships. ➤ skills and strategies to prevent bullying ➤ What grooming is and the different forms it can take ➤ What consent is and why it is important 	<ul style="list-style-type: none"> ➤ Factors which make up a 'healthier lifestyle' ➤ The main food groups which make upon a balanced diet ➤ Physical, emotional and social benefits of regular exercise ➤ What vaping is and how it differs from smoking ➤ What vaping is and what it is made up of ➤ The importance of basic first aid 	<ul style="list-style-type: none"> ➤ The uses and risks of common over-the-counter medicines ➤ What a concussion and anaphylaxis are ➤ The importance of wearing a helmet ➤ How to spot fake news and some rules on sharing images ➤ What addiction is and reasons for this ➤ The impact of sharing sexual images or messages
They will understand (key concepts)					
<ul style="list-style-type: none"> ➤ How to improve their own mental health and wellbeing ➤ How people can overcome negative feelings ➤ The impact of body image on emotional wellbeing ➤ How different people can develop their skills and behaviours 	<ul style="list-style-type: none"> ➤ Rules that apply to them in their lives ➤ Why rules are in place ➤ A range of legal rights ➤ Fairness when applying ➤ Why young people may break the law ➤ What rights you have if you're detained by the police 	<ul style="list-style-type: none"> ➤ How the skills and tools they have can help them in the future ➤ Why laws for teenage employment are in place ➤ Where best to save your money ➤ Balance between saving and spending 	<ul style="list-style-type: none"> ➤ Different types of relationships in our lives ➤ Signs of unhealthy relationships ➤ How and where to communicate concerns about friendships and bullying, including online 	<ul style="list-style-type: none"> ➤ Things which might affect choices in relation to diet and exercise ➤ Examples of foods within each food group and their nutritional benefits ➤ How exercise can help manage real life situations 	<ul style="list-style-type: none"> ➤ When and how to take paracetamol, ibuprofen and antihistamines safely ➤ The signs and symptoms and concussion and anaphylaxis ➤ Basic bike maintenance to ensure safety,

<ul style="list-style-type: none"> ➤ How good friends should behave and assess if they are a good online friend 	<ul style="list-style-type: none"> ➤ The support programme a Youth Offending Team can offer ➤ What type of case goes to different types of court ➤ What are the negative impacts of being inside a YOI 	<ul style="list-style-type: none"> ➤ The importance of budgeting and managing money ➤ The consequences of fraud ➤ Different ways to keep their online data secure 	<ul style="list-style-type: none"> ➤ How to recognise signs of online grooming and how to seek help ➤ How to give, ask for and respect consent 	<ul style="list-style-type: none"> ➤ Health risks associated with vaping ➤ Health risks associated with vaping ➤ How to clean a minor wound safely 	<ul style="list-style-type: none"> including a bike checklist ➤ How social media can be used positively and negatively ➤ Real-life addiction scenarios and how to offer support ➤ Ways to manage pressure to share images
--	---	--	--	---	---

They will know how to (*key skills*)

<ul style="list-style-type: none"> ➤ Help others who may be in need of help ➤ Implement strategies to overcome negative feelings ➤ Put steps in place to help them become successful self-managers ➤ Give advice to others about how to resist peer pressure 	<ul style="list-style-type: none"> ➤ Apply rules to a variety of situations ➤ Explain the right our young people within the criminal justice system ➤ Describe skills, attributes and attributes police should have ➤ Evaluate use of the youth justice system in relation to life like scenarios ➤ Argue in favour or against juries in court ➤ Debate whether imprisoning young people is effective and explain why 	<ul style="list-style-type: none"> ➤ Use the skills they have to plan for their future ➤ Explain laws for teenage employment and discuss opinions of whether they agree with them. ➤ Explore a budget and aim to make it balance ➤ Differentiate between methods of payment and their suitability ➤ Protect themselves from Frauds and scams ➤ Identify the risks of oversharing personal information on social media 	<ul style="list-style-type: none"> ➤ Identify how relationships contribute to human happiness ➤ Build and maintain respectful relationships ➤ Identify bullying in all its forms and the potential impact on those involved ➤ Develop strategies to protect themselves online ➤ Identify situations where consent applies in everyday life 	<ul style="list-style-type: none"> ➤ Identify barriers to making healthy lifestyle choices and strategies to overcome these barriers ➤ Identify recommended portions and moderation of foods within food groups to plan meals ➤ Reflect on their own exercise habits and set realistic activity situations ➤ Recognise marketing strategies used to target young people ➤ Recognise marketing strategies used to target young people ➤ Identify common signs on infections and how to seek help 	<ul style="list-style-type: none"> ➤ Recognise when medicines may be needed in real life. ➤ Take the immediate steps to take when someone experiences these emergencies ➤ Relate key rules of the highway code to real life situations, cycling and E-scooters ➤ Identify things which should and should not be shared on social media ➤ Identify the benefits of reducing screen time and rules around this ➤ Get help and establish boundaries to remain private
--	---	---	---	---	--



Dallam School

PSHCE Curriculum Overview

Department: PDev

Year Group: 9

AUTUMN		SPRING		SUMMER	
Half term 1	Half term 2	Half term 3	Half term 4	Half term 5	Half term 6
Theme/ topic	Theme/ topic	Theme/ topic	Theme/ topic	Theme/ topic	Theme/ topic
Personal Wellbeing	Citizenship & Ethics	Careers & Finance	Relationships & Sex Education	Healthy Living	Personal Safety
By the end of this half term pupils will know (key knowledge, including tier 3 vocabulary)					
<ul style="list-style-type: none"> ➤ What emotional wellbeing is ➤ What are unhealthy coping strategies are and how they can be overcome ➤ What interpersonal skills are and why they matter ➤ Who students can turn to for help and support ➤ How we are all protected by the law and rules ➤ Why so many people are obsessed with taking selfies 	<ul style="list-style-type: none"> ➤ The history of parliamentary democracy ➤ The role the Monarchy plays in our democracy ➤ How our system of democracy works ➤ Who the main UK political parties are ➤ What an MP does ➤ What goes on in the House of Commons ➤ How the government works 	<ul style="list-style-type: none"> ➤ What employability is and what skills are useful for employment ➤ What job opportunities are out there for young people ➤ How to improve their employment prospects ➤ How the job market is changing ➤ What transferrable skills are ➤ What their KS4 and KS5 education and employment options are 	<ul style="list-style-type: none"> ➤ The characteristics of a respectful relationship ➤ What consent is in a romantic sense ➤ Issues with consent and the law including forced marriage and FGM ➤ How the media perpetuates stereotypes ➤ How to manage the end of a relationship respectfully ➤ Contraception and STIs 	<ul style="list-style-type: none"> ➤ What a healthy lifestyle is ➤ The key characteristics of a healthy diet ➤ What the benefits are of not smoking or vaping ➤ What we can do to support our health ➤ What psychoactive substances are and why they are dangerous. 	<ul style="list-style-type: none"> ➤ Some of the risks teenagers face during the summer holidays ➤ The risks of open water swimming ➤ How to stay safe on the roads ➤ How to balance independence and risk ➤ What hate crime is ➤ What is child criminal exploitation and how to spot the signs it's happening to you or a friend
They will understand (key concepts)					
<ul style="list-style-type: none"> ➤ What emotional wellbeing is ➤ What are unhealthy coping strategies are and how they can be overcome ➤ What interpersonal skills are and why they matter 	<ul style="list-style-type: none"> ➤ The history of parliamentary democracy ➤ The role the Monarchy plays in our democracy ➤ How our system of democracy works ➤ Who the main UK political parties are ➤ What an MP does 	<ul style="list-style-type: none"> ➤ What employability is and what skills are useful for employment ➤ What job opportunities are out there for young people ➤ How to improve their employment prospects ➤ How the job market is changing 	<ul style="list-style-type: none"> ➤ The characteristics of a respectful relationship ➤ What consent is in a romantic sense ➤ Issues with consent and the law including forced marriage and FGM 	<ul style="list-style-type: none"> ➤ What a healthy lifestyle is ➤ The key characteristics of a healthy diet ➤ What the benefits are of not smoking or vaping ➤ What we can do to support our health 	<ul style="list-style-type: none"> ➤ Some of the risks teenagers face during the summer holidays ➤ The risks of open water swimming ➤ How to stay safe on the roads ➤ How to balance independence and risk ➤ What hate crime is

<ul style="list-style-type: none"> ➤ Who students can turn to for help and support ➤ How we are all protected by the law and rules ➤ Why so many people are obsessed with taking selfies 	<ul style="list-style-type: none"> ➤ What goes on in the House of Commons ➤ How the government works 	<ul style="list-style-type: none"> ➤ What transferrable skills are ➤ What their KS4 and KS5 education and employment options are 	<ul style="list-style-type: none"> ➤ How the media perpetuates stereotypes ➤ How to manage the end of a relationship respectfully ➤ Contraception and STIs 	<ul style="list-style-type: none"> ➤ What psychoactive substances are and why they are dangerous. 	<ul style="list-style-type: none"> ➤ What is child criminal exploitation and how to spot the signs it's happening to you or a friend
---	--	--	---	--	---

They will know how to (*key skills*)

<ul style="list-style-type: none"> ➤ Understand their emotional wellbeing. ➤ Have strategies to cope with their emotions. ➤ Use interpersonal skills to their advantage. ➤ Ask for help if needed and where to go for help. ➤ Find out what the law does to protect them. ➤ Understand that selfies can cause concerns too. 	<ul style="list-style-type: none"> ➤ Explain the history of parliamentary democracy ➤ Say what role the Monarchy plays in our democracy ➤ Explain how our system of democracy works ➤ Say who the main UK political parties are ➤ State what an MP does ➤ Explain what goes on in the House of Commons ➤ Say how the government works 	<ul style="list-style-type: none"> ➤ Explain what employability is and what skills are useful for employment ➤ Say what job opportunities are out there for young people ➤ Explain how to improve their employment prospects ➤ Understand how the job market is changing ➤ Identify what transferrable skills they have ➤ Understand their KS4 and KS5 education and employment options 	<ul style="list-style-type: none"> ➤ Identify the characteristics of a respectful relationship ➤ Understand what consent is in a romantic sense ➤ Explain issues with consent and the law when it comes to forced marriage and FGM ➤ Recognise how the media perpetuates stereotypes ➤ Manage the end of a relationship respectfully ➤ Explain the differences between and know how to obtain contraception and understand the risks posed by STIs 	<ul style="list-style-type: none"> ➤ Explain what a healthy lifestyle is ➤ Identify the key characteristics of a healthy diet ➤ Identify the benefits are of not smoking or vaping ➤ Understand what we can do to support our health ➤ Say what psychoactive substances are and why they are dangerous. 	<ul style="list-style-type: none"> ➤ Identify some of the risks teenagers face during the summer holidays ➤ Mitigate the risks of open water swimming ➤ Stay safe on the roads ➤ Balance independence and risk ➤ Explain what hate crime is ➤ Spot the signs that child criminal exploitation is happening to them or a friend and know how to get help
---	--	---	--	--	---