

Curriculum Plans – Key Stage 3 Year 7 PSHE

Please find below a detailed outline of the curriculum covered in PSHE through Year 7 in Key Stage 3.

Year 7

	Term 1.1	Term 1.2	Term 2.1	Term 2.2	Term 3.1	Term 3.2
Topics	<p>“What is it that makes you unique among your classmates?”</p> <p>“What do you think a healthy friendship looks like?”</p> <p>“What might cause a conflict in a friendship?”</p> <p>“Why or how friendships might end?”</p>	<p>“What is mental wellbeing?”</p> <p>“What is the link between connection and wellbeing?”</p> <p>“A range of emotions”</p> <p>“Emotions associated with grief”</p> <p>“Bullying - what is it?”</p> <p>“Bullying - what can be done and how to get help?”</p>	<p>“What are the benefits of being connected 24/7?”</p> <p>“What do you compare when online?”</p> <p>“How do you present yourself online?”</p>	<p>“What does healthy eating mean to you?”</p> <p>“What is the difference between exercise and physical activity?”</p> <p>“How much time yesterday did you spend physically active?”</p> <p>“How can we maintain a healthy lifestyle?”</p>	<p>“What does positive wellbeing mean to you?”</p> <p>“What does being hygienic mean to you?”</p> <p>“Think of a time where you or a family member has prescribed antibiotics”</p>	<p>“How does talking and thinking about puberty make you feel?”</p> <p>“How does puberty affect the brain?”</p> <p>“Menstrual health: expectations”</p> <p>“Understanding your body, who can you talk to?”</p>
Support Materials	Oxford and further teacher created materials.					
Extension (Stretch/Challenge)	Teacher made.					



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