

St Anthony's Girls Catholic Academy Year 7 CIAG/PSHE Scheme of Learning 2021-2022

Lesson number:	Topic	Objectives	Curriculum Aims	Tutor Activities	Rational for timing
Transition					
1	Settling into secondary school	To develop and understating of different systems and processes at St Anthony's. To identify the best ways to solve problems.	H1, H4, H6, H9, R14, R15, L1, L2, C25.	Settling in/new routines	Start of the academic year, transition period. Until Oct half term.
2	New school, New start	To discuss the importance of a fresh start as a way to make positive changes in our lives. To reflect on our primary experience – what went well and perhaps what we would like to do differently this year.	H1, H2,R16, L1, L2, L6, L9.	Resilience	
3	Friendship and Resilience	To discuss what makes a good friend and some top tips to make new friends. To discuss top tips to deal with any problems that come up in a friendship.	H2, H6, H10, H12, R1, R2, R9, R14, R16, R18, R18, R44, C1, C2, C3, C4, C5.	Team work/community/school mission statement.	
4	Team Building	To get to know each other better, especially people in form you haven't met yet. To take part in some team building games to develop our communication skills.	R13, R14, R15, R16, L1, L2, L3, C4, C5,C16, C17, C23, C25.	Resolving conflicts.	
5	Organisation Skills	To reflect on how organised we are in school.	H13, R16, L1, L2, L3.	Black History Month	Black History Month

St Anthony's Girls Catholic Academy Year 7 CIAG/PSHE Scheme of Learning 2021-2022

		To discuss ways to be more organised.			
6	What can I do when I feel...	To discuss the different emotions we feel and how we can manage them. To reflect on how we can support others when they are not feeling themselves. To reflect on 'being worried' – what makes us worry and how can we manage this emotion.	H1, H2, H3, H4, H5, H6, H7, H8, H9, H10, H11, H12, H13, C1, C2, C3, C4, C5, L26.		World Mental Health Day
Careers (in line with Gatsby Benchmark and follow CDI Framework co-ordinated by AJ)					
7	My Career Action Plan	Understand that transitions can be managed Acknowledge that they are now part of a new school with new opportunities and challenges Know that there is help and support available	L1, L2, L3, L4, L5, L6, L8, L9, L12, L14.	What does community mean? How can we work better in our community?	Pupils are starting to get to grips with the new routines in secondary school. This helps them to focus on work creating a link between their school career now and their future career.
8	This is me	To have completed a self-evaluation (my strengths etc.) To have concentrated more deeply on the things that we enjoy doing/ are good at and the things that matter to us.	H1, L2, L4, L5, L10, L32.	Discussion of future careers.	Help pupils to identify that they may have developed and changed since they started secondary.
9	Why have homework?	Understand the purpose of homework. Improve their approach to completing homework. Recognise	H13, R15, R16, L1, L3, L6, L33.	Sacrifice	Pupils workload will slowly be increasing and so they need address this question.

St Anthony's Girls Catholic Academy Year 7 CIAG/PSHE Scheme of Learning 2021-2022

		that there are expected standards that lead to success.			Tutor activity- Remembrance Day
10	Key Skills	Be aware of the six key skill groups. Recognise that key skills are generic and used in the world of work and in daily life.	L1, L2, L3, L4,L5, L9, L32.	Homework time management	Links to previous session relating to homework, skills for use in lessons, future careers etc. All encourages pupils to focus in their subjects and on talents outside of the classroom. Encouraging a balance between school and relaxing to protect their mental health.
11	Key Skills	Understand that the development of skills is part of life long learning	L1, L2, L3, L4, L5, L9, L32.	Universal Children's Day	
12	Who influences me?	Identify people who can influence their decision-making Recognise that the advice given by different people give can vary Acknowledge the reasons why people can influence us. Recognise that some sources of help and support are specific. Know that help and support is available in learning	R7, R14, L9, L10, L12, L28, L34, L21, L22, L24.	Resilience	Links with careers course.
13	Career Skills Development Profile	Identify areas for improvement. Devise an Action Plan. Understand the need for review.	L1, L2, L3, L4, L5, L6, L8, L9, L12, L14.	Who influences me? Positive Role Models.	
14	Careers Course Evaluation		L1, L2, L3, L4, L5, L6, L8, L9, L12, L14.	Reflections of the term.	End of Autumn term and end of year 7 careers course.
Health, Personal Safety, Wellbeing and Relationships					

St Anthony's Girls Catholic Academy Year 7 CIAG/PSHE Scheme of Learning 2021-2022

15	Facts of Life (Friendships and Changing Relationships)	To understand that things which might seem like harmless communication through social networks can be harmful and painful to others.	H1, H2, H3, H4, H5, H6, H7, H8, H11, H12, H13, R1,R2, R3, R9, R10, R15, R16, R19, R21, R22, R42, R43, C1, C2, C3, C4, C5, C11, C12, C13, C14,	Changing relationships	Pupils are starting to develop new friendships as the year moves on. This often causes friction.  Friendship issues can often be exacerbated during the holidays- particularly those addressed in the session where one girl is left out of a trip out with her so called friends.  Form tutor activities link to Blue Monday and Obesity Awareness Week.
16	Facts of Life Discussion 1			Healthy lifestyles	
17	Facts of Life Discussion 2	To know that things in life don't always happen the way they hope or expect them to.  You should examine where and how you seek friendship and the consequences of this.		Positivity	
18	Bullying	To understand what the different types of bullying are. What the consequences of bullying can be and where to find help for yourself or a friend.	H1, H2, H3, H4, R2, R10, R17, R38, R39, R40R41, R43, C2, C4, C5, C23, C25.	Cyber bullying	Topics link well together and can be a focus on time to talk day whether they want to discuss any issues they are having with bullying, spending too much time online, feeling unsafe online etc.
19	Cyberbullying	Describe the meaning of cyberbullying and the impact it can have on an individual  To identify the difference between cyberbullying and other types of bullying.  Explain where to seek support and advice on bullying/cyberbullying.	H1, H2, H3, H4, R2, R10, R17, R38, R39, R40R41, R43, L20, L21, L22, L24, C2, C4, C5, C23, C25.	Prevent	

St Anthony's Girls Catholic Academy Year 7 CIAG/PSHE Scheme of Learning 2021-2022

20	E Safety	To develop knowledge and understanding of how to stay safe online. To understand the consequences of sharing too much personal information online. To reflect on your online behaviour and consider changes that may need to be made.	H30, H31, R16, R17, R29, R37, R38, R41, R42, L33, L34, C4, C5.	Time to talk day	
21	Ten Ten My Life On Screen	To learn that you have online 'lives' that you need to take steps to safeguard, just as you do in real life. Values and virtues to be developed: 1. Discerning in relationships on and offline 2. Wisdom in their actions 3. Respectful of themselves and others as persons	H30, H31, R16, R17, R29, R37, R38, R41, R42, L33, L34, C4, C5.	Emotional Wellbeing and Mindfulness	Link to previous bank of lessons and help to reinforce the message ahead of holidays.
22	Ten Ten Friends and Family	To learn about different types of friendship and family structure, and discuss how better to manage your behaviour through consideration of thoughts, feelings and actions. Values and Virtues to be developed: 1. Discerning in relationships 2. Forgiving of themselves and others 3. Courteous and tolerant of all	H1, R1, R2, R9, R10, R35, R38, C3, C4, C12.	Reading (world Book Day)	

St Anthony's Girls Catholic Academy Year 7 CIAG/PSHE Scheme of Learning 2021-2022

23	Building resilience	To develop knowledge and understanding of what resilience is and how to develop resilience. To apply resilience in a situation	H1, H2, H4, H5, H7, R2, R19.	Female Role Models (International Women's Day)	Pupils will be going through key assessment which they find stressful and this lesson may help them build their resolve during assessment weeks.
24	What is emotive health	To develop knowledge and understanding of what emotive health is. To consider how to balance our lives. To explain the impact poor emotive health can have on our physical health.	H1, H2, H4, H6, H8, H10, H12, H13, H14, H17, H18.	Alcohol/Smoking	
25	Being positive	What qualities make a positive role model How can you be more positive.	H2, H3, H4, H5, H6, H9, H10, H13, H14H17, H18.	-	Encouraging pupils to remain positive as the pressure in the year begins to increase.
26	Mindfulness	To develop knowledge and understanding of mindfulness and its benefits. To practice mindfulness To identify other activities that help with mindfulness.	H2, H4, H5, H6, H7, H10, H11, H13.	World Hunger Day	Positive mind set and coping strategies to help deal with stress.
27	Growth Mindset	To develop knowledge and understanding of what a growth mindset is. To explain how it can impact on our progress.	H2, H4, H5, H6, H7, H10, H11, H13.	Taking Care of Our Physical Health.	

St Anthony's Girls Catholic Academy Year 7 CIAG/PSHE Scheme of Learning 2021-2022

		To identify strategies to develop a growth mind-set.			
27	Smoking	To understand why people start smoking To be more aware of the contents of cigarettes To be more aware of the effects of smoking on the body	H16, H17, H19, H24, H26, H27, H28, H29, H31, R43.	Learning Styles and revision Techniques	Lesson link well with previous bank about emotive health as physical health plays an equal part.
28	Drugs and Alcohol	Have learned about the dangers of drugs and alcohol Be more aware of the laws regarding alcohol and drug consumption, possession and supply. Have learned about the impact of drugs and alcohol.	H16, H17, H19, H24, H26, H27, H28, H29, H31, R43.	Time Management	
29	Healthy Eating	To develop knowledge and understanding of what a healthy diet entails. To understand how to follow a balanced diet rather than cutting out whole food groups. To explain the dangers of unhealthy and fast food.	H16, H17, H18.	Positive Role Models-  Link with the range of topic being covered in lesson to consider positive role models in terms of physical health, self esteem etc.	
30	Keeping our bodies clean and healthy	To learn about how to keep ourselves clean and healthy To learn why it is important to do this.	H16, H17, H18, H20.	Different role model to be discussed each week.	

St Anthony's Girls Catholic Academy Year 7 CIAG/PSHE Scheme of Learning 2021-2022

31	Self Esteem (Ten Ten Healthy Inside and Out)	To learn about self-esteem: what contributes to it, how it can affect your lives and how to increase it. Values and virtues to be developed: 1. Grateful to others and to God 2. Appreciative of their bodies, character and gifts 3. Courage to recognise and reject thought distortions	H1, H2, H4, H6, H8, H10, H12, H13, H14, H16, H17, H18, H20, H41, H42, C12, C3, C4, C5, C13, C14.		Pulls together all lessons relating to health.
Living in the Wider World					
32	Gender Identities	To develop knowledge and understanding about stereotypes. To explain the dangers of stereotyping. To understand different gender identities.	H1, R4, R11, R39, R40, L30, L32, C2, C4, C5C12, C13, C14, C22, C24.	Gender identities- discussion/questions in form to consolidate knowledge.	Covered at the end of the year to allow for more maturity in considering the complex topic.
33	Protected Characteristics- sexuality	To develop knowledge and understanding of how we are a diverse society. To acknowledge ways in which people can be discriminated against. To discuss ways we can safely challenge discrimination.	H1, R4, R11, R39, R40, R41L30, L32, C2, C4, C5C12, C13, C14, C22, C24.	Homophobic Bullying	
34	Protected Characteristics- Race, age and ethnicity	To develop knowledge and understanding of how we are a diverse society. To acknowledge ways in which people can be discriminated against. To discuss ways we can safely challenge discrimination.	H1, R4, R11, R39, R40, R41L30, L32, C2, C4, C5C12, C13, C14, C22, C24.	Caring for our school environment (World Environment Day)	



St Anthony's Girls Catholic Academy Year 7 CIAG/PSHE Scheme of Learning 2021-2022

35	Discriminatory Bullying and Sexual Assault.	To gain knowledge and understanding of how people can be bullied based on their differences. To discuss ways we can prevent this and all types of bullying.	H1, R4, R11, R37 R39, R40, R41L30, L32, C2,C4, C5C12, C13, C14, C22, C24.	Refugee Week	
36	Responsibility- the Environment	To develop knowledge and understanding of the responsibilities we have as citizens. To understand possible solutions to environmental problems Assess a range of methods for solving environmental problems	L28, C25.	Knife Crime	
37	Living Responsibly- water safety	To understand what steps to take in an emergency To spot potential hazards To recognise dangers	H19, H30, H31.	Sharing Inappropriate Images	Covered before the summer to promote water safety during the summer holidays.
<p>Golden threads-curriculum aims that will be developed throughout the year/key stage.</p> <p>How we are all unique; that recognising and demonstrating personal strengths build self-confidence, self-esteem and good health and wellbeing</p> <p>To understand what can affect wellbeing and resilience (e.g. life changes, relationships, achievements and employment)</p> <p>study, organisational, research and presentation skills.</p> <p>To review their strengths, interests, skills, qualities and values and how to develop them to be compassionate and able to empathise with the suffering of others and the generosity to help others in trouble.</p> <p>To be respectful and able to identify other people's personal space and respect the ways in which they are different.</p> <p>To be courteous in their dealings with friends and strangers.</p>					

To be honest, committed to living truthfully and with integrity.