



The Sutton Academy

Knowledge Rich Curriculum Plan

Year 7 PSHCE Curriculum

Theme	Topic/Big Question	<ul style="list-style-type: none"> Intended Knowledge: Students will know that... 	Tiered Vocabulary	Prior Knowledge: To know this, students need to already know that...
Building Healthy Relationships	1-PSHE & How do I make and maintain positive relationships?	<ul style="list-style-type: none"> Students will understand what PSHE stands for, why it is important and how it supports them Students will understand how PSHE links to the academy's standards and expectations Students will be able to identify a range of strategies for making and maintaining positive friendships Students will be able to describe or demonstrate how to empathise with peers Students will be able to analyse the effectiveness of strategies that can be used to include others 	Maintain Communication	Students will have experienced PSHE in primary school. Students have studied relationships at KS2.
Bullying and Control	2-What is bullying and what should I do if it happens to me?	<ul style="list-style-type: none"> Students will understand what bullying is Students will understand how to identify bullying and when to seek help Students will understand how to report bullying and what can be done about it 	Bully Intimidate	Students will understand academy values from assemblies, the Ready To Learn program and lessons.
Building Equality in Relationships: Misogyny.	3-What is misogyny and how can it affect people?	<ul style="list-style-type: none"> Students will be able to explain what misogyny is and where it can originate from. Students will understand the different ways misogyny can be harmful. Students will know how to challenge misogyny. 	Patriarchal Misogyny	Students have studied respect and equality at KS1 and gender stereotypes at KS2.
The Human Body	4-Understanding Our Bodies-Lesson 1	<ul style="list-style-type: none"> Students will understand the difference between biological sex and sexual intercourse Students will be able to identify male and female genitalia Students will know how to keep genitalia hygienic 	Genitals Sex	Students have studied physical health at KS2.
My Relationship With Myself	5-Understanding Our Bodies 2-The Anatomy of the Human Reproductive Systems	<ul style="list-style-type: none"> Students will be able to identify and label male and female genitalia Students will know how to keep their genitals hygienic 	External Reproduction	Students have covered some aspects during KS2 lessons on puberty.
Consent	6-Puberty 1-What happens to my body during puberty?	<ul style="list-style-type: none"> To identify the physical and emotional changes that occur during puberty in males and females. To understand the impact of these physical and emotional changes on mental health and wellbeing. To explain how to cope with physical and emotional changes during puberty. 	Hormone	Students may have covered some aspects during KS2 lessons on puberty.
Looking After Myself	7-Puberty 2-How do I stay healthy and hygienic during puberty?	<ul style="list-style-type: none"> Students will understand what personal and dental hygiene are and why they are important Students will understand how to maintain good standards of hygiene during puberty Students will understand the negative impacts of poor dental and personal hygiene 	Hygiene Extraction	Students have studied puberty at KS2.
Harmful Behaviours	8-What are the health implications of smoking, vaping and e-cigarettes?	<ul style="list-style-type: none"> Students will understand the different types of smoking, vaping and e-cigarettes and the laws around them Students will understand the consequences of smoking and vaping Students will understand where to get help and support with stopping smoking and vaping 	Nicotine Carcinogenic	Students may have covered some aspects during KS2 lessons on drug education.



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Mindfulness and Mental Health	9-What is mindfulness and how can it help to improve mental health?	<ul style="list-style-type: none"> • Students will understand what mindfulness is and how it impacts mental wellbeing • Students will understand the importance of both and how mindfulness can help them • Students will understand where to get support with their mental wellbeing 	Mental Health Mindfulness	<i>Students may have covered some aspects during KS2 lessons on mental health and emotional well-being.</i>
Staying Safe 1	10-What is disordered eating and what support is available for it?	<ul style="list-style-type: none"> • Students will learn what disordered eating is and the different types of disordered eating • Students will learn why people might develop disordered eating • Students will learn when and where to get support for disordered eating • 	Eating Disorder Disordered Eating	<i>Students may have covered some aspects of food choices during KS2 lessons.</i>
Careers Week	11-Careers 1: Introducing STEM 16	<ul style="list-style-type: none"> • Students will learn about STEM as a growth industry • Students will learn about the innovative job roles in STEM • Students will learn about the need for diversity in STEM 	STEM Growth industry	<i>Students will have learned about careers and aspirations Students will know how subjects link to careers Students will be familiar with the term STEM</i>
Understanding Myself	12-Consent and Safe Behaviour	<ul style="list-style-type: none"> • Students will be able to explain what consent means and why it is important. • Students will recognise when a person is consenting and when they are not. • Students will understand how consent is sought, given and not given in a healthy relationship. • Students will understand the role of consent in the digital world and how to avoid being uncomfortable with your digital footprint 	Consent Digital Footprint	<i>Students have studied consent and safe and unsafe behaviour at KS2.</i>
Looking After Those Around Me	13-First Aid-What should I do if someone needs medical help?	<ul style="list-style-type: none"> • Students will be able to carry out a primary survey • Students will be able to place an unresponsive casualty, who is breathing normally, into the recovery position • Students will be able to know when and how to deliver CPR to an unresponsive casualty who is not breathing normally 	Personal Safety First Aid	<i>Students have studied basic first aid and emergency life-saving skills at KS2.</i>
Staying Safe 2	12-What does the term 'neuro-diversity' mean?	<ul style="list-style-type: none"> • Students will learn that Neurodiversity is naturally occurring and not a choice. • Students will learn that being neuro diverse can be both positive and challenging. • Students will learn that whether people identify as neuro diverse is their choice 	Tourettes's Syndrome Neuro Diversity	<i>Students have been introduced to the term neurodiversity in RTL sessions.</i>
Community Values	15-How do I understand the impact of racism and inappropriate language?	<ul style="list-style-type: none"> • Students will understand the complexities of racism and that race and religion are protected characteristics • Students will know the different types of racism- anti-black- islamophobia- antisemitism • Students will become an ally and how to report racism 	Racism Systemic	<i>Students may have covered some aspects during KS2 lessons on community and responsibility.</i>
Looking After Myself 2	16-What happens during human reproduction?	<ul style="list-style-type: none"> • Students will understand the difference between biological sex and sexual intercourse • Students will be able to identify male and female genitalia • Students will understand how pregnancy happens • 	Sexual Intercourse Fertilisation	<i>Students may have covered some aspects during KS2 lessons on puberty and physical health.</i>

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Pride Month	17-What is the history between LGBTQ and Prejudice and Discrimination?	<ul style="list-style-type: none"> Students will understand what homophobia is and its different forms. Students will understand how to identify homophobia Students will understand how to challenge homophobia 	Prejudice Discrimination	<i>Students may have covered some aspects during KS2 lessons on community and responsibility and families.</i>
Making Positive Choices	18-Careers 2	<ul style="list-style-type: none"> What considerations need to be made when spending money at different phases of life What it means to be financially literate and why that's important How income and outgoings work 	Financial Literacy Budgeting Income Outgoings	<i>Students have begun their careers education in RTL and have been introduced to salary and earnings.</i>
Staying Safe 3	19-What is risky behaviour and what issues can present risks?	<ul style="list-style-type: none"> Students will understand what risk is and why it needs to be managed. Students will understand what risky behaviours they might experience and how to handle them. Students will understand the consequences of risky behaviour and the life-long implications 	Risk Anonymous	<i>Students will know what online safety is from digital literacy lessons and may have covered the topic in KS2.</i>