



**St George's School**  
**PERSONAL, SOCIAL & HEALTH EDUCATION**  
**Year 7 Curriculum Map**

	Autumn	Spring	Summer
<b>THE BIG IDEAS &amp; KNOWLEDGE</b> <i>Overview of topics or key questions</i>	<b>Health and Wellbeing</b> <b>Key Questions</b> <ul style="list-style-type: none"> <li>What is the biggest pressure you think you will face at school?</li> <li>What are the best ways to stay healthy?</li> <li>How can YOU look after YOU?</li> </ul> <b>Topics</b> Puberty Personal Hygiene Growing up Self-Esteem	<b>Relationships and Sex</b> <b>Key Questions</b> <ul style="list-style-type: none"> <li>What makes a good relationship?</li> <li>How important is respect in a relationship?</li> <li>How can you be confident about who you are and your decisions?</li> </ul> <b>Topics</b> Consent Respects and Boundaries Friendships on and offline Pressure and influence What does it mean to be a man today	<b>Living in the Wider World</b> <b>Key Questions</b> <ul style="list-style-type: none"> <li>What future choices are you making now?</li> <li>How can you get ready for work?</li> <li>How can you positively impact the world around you?</li> </ul> <b>Topics</b> Career opportunities Work-life balance What does success look like to me? What is my dream job? What are my skills and interests?
<b>SKILLS &amp; STRATEGIES</b> <i>Procedural knowledge, literacy and numeracy skills</i>	Recognise the signs of puberty  Understand how to celebrate our personal strengths and achievements  Evaluate what impacts our self-esteem  Opportunities to practice and develop the skills of: debate, empathy, self-reflection, listening, articulating own opinion and values.	Recognise our own boundaries and how to protect them  Understand how to recognise and handle unhealthy relationships.  Skills to handle situations in an assertive way, and tools to cope with peer pressure.  Opportunities to practice and develop the skills of: debate, empathy, self-reflection, listening, articulating own opinion and values.	Develop and understand what a career is  Debate importance of 'Success'  Recognise our own skills  Understand what the job market looks like today
<b>FEEDBACK</b> <i>Noteworthy tasks and assessments</i>	Topic Self-Assessment	Topic Self-Assessment	Topic Self-Assessment

	Autumn	Spring	Summer
<b>BREADTH</b> <i>Opportunities, trips, wider reading, cultural capital</i>	<p>Friday 5 Presentations:</p> <p><b>Extension:</b>  <a href="#">Talking about things that matter to young people - Rise Above</a></p> <p>Selection of fiction books for students on Secondary transition <a href="#">Secondary school transition   BookTrust</a></p>	<p>Friday 5 Presentations:</p> <p><b>Extension:</b>  <a href="#">Talking about things that matter to young people - Rise Above</a></p> <p>Read 'Wonder' by R J Palacio</p> <p>Read 'What is masculinity? Why does it matter? And other big questions' <a href="#">What is Masculinity? Why Does it Matter? And Other Big Questions   BookTrust</a></p>	<p>Friday 5 Presentations:</p> <p><b>Extension:</b>  <a href="#">Talking about things that matter to young people - Rise Above</a></p> <p>Watch 'Bend it like Beckham'</p> <p>Watch 'The Nine to Five with Stacey Dooley'</p> <p>Read 'Fearless. How to be your true confident self' by Liam Hackett</p> <p>Read 'You must be Layla' by Yassmin Abdel-Maguid</p> <p>Read 'Hope in a ballet shoe' by Michaela and Elaine De Prince</p>
<b>KEY VOCABULARY</b> <i>Important words and phrases</i>	Puberty Reproductive system Menstrual cycle Hygiene Self-esteem	Consent Respect Relationships Confidence Assertive Gender Stereotypes	Career Balance Skills Interests Success