



Subject: Values Year 7

Overview

The PSHE curriculum at Alameda aims to provide students with knowledge, skills and understanding to prepare them to play a full and active part in society. Citizenship and PSHE is taught discreetly within the curriculum timetable, however, is complemented through additional workshops, enrichment days and assemblies throughout the year.

The curriculum is designed to support the development of the school's values, alongside British values. Schemes of work have been planned to respond to issues that arise in the school and wider community. The curriculum aims to foster students' awareness of democracy, government and how laws are made and upheld. Teaching will equip students with the knowledge and interest to explore political and social issues.

The 2019 Relationship, sex and health education curriculum has been fully implemented into our curriculum design.

Autumn

Health and Wellbeing

- Identify the meaning of the term 'healthy lifestyle' and the main factors that contribute towards living a healthy life
- Describe the benefits of each of the food groups and apply this knowledge to create a healthy menu
- Identify and describe unhealthy food products from the labelling
- Describe what we must change in order to have a long and healthy life and the consequences if we don't
- Identify the different ways energy drinks affect the body and the health issues they can cause
- Understand the risks of smoking
- Describe some negative effects of both legal and illegal drugs

Assessment:

All tasks are assessed: combination of verbal, live marking, SA/PA, RAG, teacher assessment.

Spring

RSE

- Identify ways we develop good friendships
- Identify types of family and their roles, looking at how these roles have changed over time
- Identify what can be expected as someone becomes romantically attracted and involved with someone else and the problems which may arise
- Describe the consequences of 'Banter' and how we can tell when this develops into bullying
- Describe what cyber bullying is and why people do it, analyse the four step method used to stop cyber bullying
- Describe ways of avoiding unhealthy relationships and maintaining positive ones
- Explore and explain our multiple personal identities, explaining our heritage and the contributions of our cultures in helping to form Britain today

Assessment:

All tasks are assessed: combination of verbal, live marking, SA/PA, RAG, teacher assessment.

Summer	Summer 1 – Living in the wider world 1. Understanding choices have consequences 2. Forced marriages 3. Forced marriages Domestic violence 4. Dealing with anger and hurt 5. Risks of carrying a weapon Summer 2 - RSE 1. Bullying, cyberbullying and actions which have crossed the line 2. Pressures of sending nudes – sexting 3. Identify and explain the contraceptive methods 4. Laws of consent 5-6. Impact of stereotypes, prejudice and discrimination	Assessment: All tasks are assessed: combination of verbal, live marking, SA/PA, RAG, teacher assessment.
Homework: • At least once a half term. Activities will vary some examples are research, producing a poster, keeping a food diary.		