

Year 7 PSHE Lesson Map 2020 - 2021

Week	Dates w/b	Year 7
1	7th Sept	Welcome back
2	14th Sept	Covid reflection - How has Covid-19 affected our lives? What has the impact been on the UK and the wider world?
3	21st Sept	Mental health – How can we cope when times get tough? Where can we access support?
4	28th Sept	Personal Identity - What makes up a person's identity and values? How can we preserve and protect our self-esteem?
5	5th Oct	Responsibility - What are the advantages of taking responsibility for your own life?
6	12th Oct	Time Management - How can I learn to manage my time effectively so I am on time and meet deadlines?
7	19th Oct	Reflection on learning – How well have I settled in at school and progressed in my subjects so far?
		October half term
8	2nd Nov	Working relationships - How are these relationships different to personal relationships?
9	9th Nov	Family relationships - How many different types of family are there?
10	16th Nov	Family relationships - How can we overcome conflict in family relationships?
11	23rd Nov	Friendships - What are the benefits to maintaining healthy friendships?
12	30th Nov	Peer pressure - How can we resist peer pressure online and offline?
13	7th Dec	Bullying and cyberbullying - What is bullying and how can we tackle it?
14	14th Dec	Intimate relationships - What are the features of healthy and unhealthy relationships?
		Christmas
15	4th Jan	Sexual orientation - What does it mean to be hetero- or homosexual? What does LGBTQ+ mean?
16	11th Jan	Gender roles and stereotypes
17	18th Jan	Gender identity - How many gender identities exist and what is transgender?
18	25th Jan	Awareness campaign - Supporting our LGBTQ+ community
19	1st Feb	SAFER INTERNET WEEK - Cyberbullying
20	8th Feb	Equality Act/Human Rights - What are human rights?
		February half term
21	22nd Feb	DIVERSITY WEEK - Disability
22	1st March	Careers - Introduction to the World of Work
23	8th March	Careers - Interests, skills and qualities
24	15th March	Careers - World of Work job search
25	22nd March	Racism - What are the effects of racism in Britain?
26	29th March	Racism - Understanding the Black Lives Matter movement
		Easter
27	19th April	Physical activity - Understanding the importance of regular exercise
28	26th April	Staying active and Mental Health - How does exercise benefit our mental health?
29	3rd May	Healthy eating - Why is a healthy diet important?
30	10th May	Personal hygiene - Why is it so important to wash your hands?
31	17th May	Personal hygiene - Why is it so important to maintain good personal hygiene?
32	24th May	Sun safety - How can you protect yourself against skin cancer?
		Whitsun half term
33	7th June	Mental Health Week - Talking about emotions
34	14th June	Sleep - How can I maintain a health sleeping pattern?
35	21st June	Safe in summer - How can I stay safe near water?
36	28th June	Safe in summer - How can I stay safe at level crossings?
37	5th July	Safe in summer - How can I stay safe around railways?
38	12th July	Mop up sessions
39	19th July	Mop up sessions
		Summer holidays