

## Year 7 Personal and Life skills (PSHE)

	<u>Year 7</u>	
<b>Topic - Term 1</b>	<b>Length</b>	<b>Key Objectives</b>
Recycling & Sustainability	6 weeks	<ul style="list-style-type: none"> <li>• To understand what recycling is</li> <li>• To understand what is meant by sustainability</li> <li>• To be able to give examples of recycling and sustainability</li> <li>• To create ways in which the Burgess Hill Girls community can become more sustainable and suggest ways to improve recycling</li> </ul>
Time Management	6 weeks	<ul style="list-style-type: none"> <li>• To understand what is meant by the term time management</li> <li>• To understand how to prioritise work</li> <li>• Understand the basics of managing your time</li> </ul>

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Topic - Term 2	Length	Key Objectives
Implementing Recycling & Sustainability	5 weeks	<ul style="list-style-type: none"> <li>• Students will use the ideas they have created in term 1 and put them into effect in term 2.</li> <li>• Students will firstly liaise with key members of the community such as grounds/maintenance etc. to understand the pros/cons of their ideas.</li> <li>• Take forwards and implement the ideas as a whole class</li> </ul>
Healthy Lifestyles	4 weeks	<ul style="list-style-type: none"> <li>• How to maintain physical, mental and emotional wellbeing</li> <li>• Maintaining and understanding a balanced diet</li> <li>• Understand the important of keeping active</li> <li>• Maintaining personal hygiene</li> <li>• Names for parts of the body (including genitalia) and differences between boys and girls</li> </ul>

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<b>Topic - Term 3</b>	<b>Length</b>	<b>Key Objectives</b>
Keeping yourself safe	5 weeks	<ul style="list-style-type: none"> <li>• What is meant by personal safety</li> <li>• How to keep yourself safe               <ul style="list-style-type: none"> <li>○ When out with friends</li> <li>○ When alone</li> <li>○ When in the house</li> <li>○ When online</li> </ul> </li> <li>• Online safety</li> <li>• Road Safety</li> <li>• Safety in the environment               <ul style="list-style-type: none"> <li>Fire/water safety</li> </ul> </li> </ul>
Healthy Relationships	4 weeks	<ul style="list-style-type: none"> <li>• Understand what is meant by privacy and your right to privacy</li> <li>• Communicating feelings to others</li> <li>• How your behaviour can affect others</li> <li>• Physical contact – what is comfortable and acceptable and what is not</li> <li>• Bodies and feelings and how they can be hurt</li> </ul>



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### **Additional Information:**

In addition to the curriculum above year 7 also have the following outside speakers:

- Mid Sussex County Council – part of the Sustainability module
- Karl Hopwood – Online safety and WhatsApp messenger
- A talk from the School Nurse ( Healthy Lifestyles)
- RNLI talk re: water safety
- West Sussex Fire & Rescue