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| **SUBJECT:** | **PSHCE** | **YEAR GROUP:** | **7** |

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| **Term** | **Topic** | **Content Outline** | **Learning Outcomes** |
| Term 1 | **Introduction PSHCE Education**  **Growing up**  **Emotional wellbeing and mental health**  **Healthy Lifestyle** | What is PSHCE?  How is Year 7 different?  What are the different types of relationships?  What is healthy relationships?  Abuse in relationships.  What are “emotional wellbeing” and “mental health”?  What is “resilience”?  Feelings and how to manage them.  “Flag Day” National attributes.  Victory Day of Azerbaijan in The Patriotic War  What do we need to keep healthy?  Healthy eating  Things that support our health  Anniversary death of Haydar Aliyev  Solidarity day of world Azerbaijanis | To say what PSHE education is all about  Identify which skills and qualities are important in PSHE lessons.  Describe the changes they are experiencing as a secondary school student.  Identify ways to support themselves and other students who are new to the school.  Name different types of relationships.  Identify some of the qualities needed to maintain good relationships.  Understand that most relationships go through positive and negative phases, and need to be maintained.  To say what makes a healthy relationship  Identify the warning signs of an unhealthy relationship.  Be able to say what ‘abuse’ is  Identify strategies for dealing with potentially dangerous situations.  Understand what ‘emotional wellbeing’ and ‘mental health’ are  Identify what affects their confidence and self-esteem  Describe how resilience can help them.  Identify a range of strong emotions that affect how they feel.  Understand how people can overcome negative feelings.  Learn about the symbols depicted on flags and discuss their meaning  To say what ‘being healthy’ means  Explain the importance of healthy routines in life.  To know what ‘healthy eating’ is  To able to say what they should eat to keep healthy.  Know the benefits of exercise  Identify the choices they can make to keep healthy.  Know name,date and place of birth  Discuss what impact he had on people  Recount some of the main events and things Heydar Aliyev did in his life  Recognize the importance of solidarity |
| Term 2 | **Healthy Lifestyle**  **Risky Safety** | What’s the big deal about energy drinks?  How can I commit to a healthy life?  Living a healthy, active life and exercising.  ‘20 January’  Why is smoking so bad for us and why must we try to avoid second hand smoke?  How dangerous are drugs and what are the different types?  Emotional Literacy –  How can I control my anger?  What do we mean by “risk”?  How do manage risky situations?  February 26 is Kojaly genocide. What does “Genocide” mean and in which occasions do we use this word?  International Women’s Day. “8th of March”  Novruz Holiday, discussions on the topic “National values and the roles of our traditions in our life” | Identify the different ways energy drinks affect the body and the health issues they can cause.  Describe how energy drinks can affect your behaviour as well as how you feel and your long-term health.    Explain how consuming excess sugar and caffeine affects dopamine levels and can impact on your attainment.  Identify correctly different exercises that can help us maintain a healthy weight, improve our fitness and help our hearts stay healthy.  Describe how we can keep healthy through different types of regular exercise, giving examples of these.  Explain what Black January is.  Realise people’s will in this situation  Discuss causes and consequences of this tragedy  Describe some negative health effects of both smoking and second-hand smoke.  Explain how smoking and second-hand smoke can damage the body in a variety of ways.  Analyse why people continue to smoke despite having knowledge of the risks.  Describe some negative effects of both legal and illegal drugs.  Explain how both legal and illegal drugs damage the body.  Analyse why people continue to use drugs, despite having knowledge of the risks.  Identify ways we can manage our anger in a variety of different circumstances.  Apply new knowledge to describe how six students in different case studies can avoid conflict and manage anger constructively.  Explain the best ways to manage our anger depending on different situations and causes.  Understand what ‘risk’ can mean  Understand what is meant by ‘risking on purpose’  Be aware of online risks.  Identify some ways to keep themselves safe on- and offline.  Know what genocide is.  Provide actual list of genocide that have accured in Azerbaijan  Understand why we mark 8th of March International Women's Day.   Explain what are some of the ways in which the lives of women and men, or boys and girls are unequal?  Identify what is the ancient traditions of celebration of the new year with the arrival of spring.  Discussing the   Celebration rituals Defining the importance of the National Holidays  in Azerbaijan- Novruz-Bayram belongs to the category of Spring celebrations. |
| Term 3 | **Identity**  **Planning for future** | 31 March-Genocide of worldwide Azerbaijanis day  What is bullying?  How can we prevent online bullying?  Who am I?  How can I contribute to my family life?  What are my rights and responsibilities?  What are my aspirations?  Goal setting  June 1-International Defence Day of Children  June 5-International Protection Day of Environment  How do I work best with others?  How do I plan for my future? | Identify strategies for the prevention of bullying, including cyberbullying  Understand the importance of speaking out against bullying  Identify the different types of cyber bullying.  Describe what cyber bullying is and why people do it.  Analyse why the 4 Step Method to stop cyber bullying is effective  Know what is meant by ‘identity’  Be able to state some things that make up someone’s identity.  Understand that both adults and children have roles and responsibilities within families  Have practised the social skill of appreciation.  Understand that people have rights regardless of their different race, religion, culture, ability or disability, gender, age or sexual orientation  To be able to state some of the rights that apply to them as young people  understand that every right comes with its own responsibility.  Describe what ‘aspirations’ are  To be able to discuss their own aspirations.  Be thinking about the positive things they want in the future  Have created steps to help them achieve their goals  Know how to turn steps into targets.  Distinguish between rights, needs and wants.  Empathise with some of the issues facing children around the world and be prepared to speak up or take action on behalf of all children.  To describe different ways to protect Earth’s resources and environment  Name three actions you can take to help the environment  Understand that people have multiple roles and responsibilities in society  Understand how different roles help make a group successful  To be able to describe why positive relationships are helpful when working in groups  To be able to describe the difference between a ‘job’ and a ‘career’  Know what careers might suit them in the future  Know how they might begin to plan a career. |