

# Year 7 PSHE Planning Matrix for 2019/21

*There are 3 or 4 lessons per half term.*

2020/21	Key Concepts	Key Issues Citizenship	Lesson 1	Lesson 2	Lesson 3	Lesson 4
Autumn term 1	PI PR RE D	<i>Intro to secondary school</i>	Intro to PSHE	Me and my feelings	How to become more Resilient	Teamwork
Autumn term 2	PI HL PR	<i>Making Friends</i>	Friendships	Peer-Pressure	Bullying	E-safety & Cyber Bullying
Spring term 1	PI HL PR RE D	<i>British Values</i>	Introduction to British Values	Our Community	Democracy	Diversity
Spring term	PI CAR CAP D	<i>Growing Up</i>	What is LGBTQ+?	Puberty	Periods	Personal Hygiene
Summer term 1	HL RE DI	<i>Staying Healthy</i>	Emotions	Staying Healthy	You are what you eat	Sugar
Summer term 2	PI HL RI RE	<i>Staying Safe</i>	Staying Safe	Smoking	FGM/Radicalisation	Letter to myself

### Key to key concepts:

#### **Personal Wellbeing:**

Personal Identities  
Healthy Lifestyles  
Risk  
Relationships  
Diversity

PI  
HL  
PR  
RE  
D

#### **Economic Wellbeing:**

Career  
Capability  
Risk  
Economic Understanding

CAR  
CAP  
ER  
EU