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

***Key to key concepts:***

 ***Personal Wellbeing: Economic Wellbeing:***

*Personal Identities PI Career CAR*

*Healthy Lifestyles HL Capability CAP*

*Risk PR Risk ER*

*Relationships RE Economic Understanding EU*

*Diversity D*