



Year 7 PSHE Plan

Term 1		Term 2		Term 3	
Lesson 1	Ways to well-being – post Covid/ secondary transition	Lesson 8	Self Esteem	Lesson 14	Challenging stereotypes
Lesson 2	Building positive relationships	Lesson 9	Peer Pressure	Lesson 15	Raising aspirations
Lesson 3	Rights Respecting Schools	Lesson 10	Setting boundaries	Lesson 16	Coombeshead values
Lesson 4	Personal Safety	Lesson 11	Being assertive	Lesson 17	An inclusive community
Lesson 5	Puberty	Lesson 12	Introduction to careers	Lesson 18	Diversity and equality
Lesson 6	Healthy routines – personal hygiene	Lesson 13	Describing self and strengths	Lesson 19	Challenging prejudice
Lesson 7	Diet and Exercise/ Healthy Choices				

Health and Well-Being

Relationships

Living in the Wider World

[Type here]